MSSNL

THE BELIEF TABLE · JESUS & BELIEF

# CONVERSATION SHEETS

ABIDE | BECOME | BE SENT

## One page. One honest conversation about Jesus.

Standalone sheets for one person, a pair, a mentor, or a small group. Print a fresh reflection page for each person at each meeting, and keep private notes private.

**New here?** Choose one session. Read its Scripture and teaching together; take turns with the questions. Each person writes one small thing they will try and when. Pray and agree when to meet again. Next time, return to that written step: what did I try, and how did it go? At your first meeting, skip this check-in. If a step is untried, begin again without a score. Each person keeps their own notes and chooses what to share.

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**Abide. Become. Be Sent.**

A free discipleship resource from MSSNL.
For followers of Jesus and anyone exploring faith: one person, a pair, mentors, and small groups.
mssnl.org/table/belief

# How to use these sheets.

These sheets work with any session of the participant workbook or the online Belief Table. Print a fresh My reflection and next step page for each person at each meeting. Keep your previous page so you can follow up.

1. **Prepare:** choose the session and read its chapter and Scripture.
2. **Last time:** Start with last time. Remind yourself, in one sentence, what the previous session taught. Turn to the My next step box from that session, read what you planned, then ask: How did I respond? What did I notice? What helped or got in the way? At your first meeting, skip this.
3. **Reflect:** use that session's questions. Write privately, then talk only about what you choose.
4. **Choose:** Your next step is one small thing you will do before you meet again to respond to this session. It might be reading a passage, praying a short prayer, asking a question, or practicing trust in one ordinary moment. Write what you will do and when in the My next step box.
5. **Pray and try:** pray aloud, silently, or sit quietly. Try your step between meetings. Bring this page back next time.

> Example: Before our next meeting, I will read John 20 slowly on two mornings and write down one question I want to ask.

If you did not choose a step, missed a meeting, or did not try it, simply say not yet or pass. You can try it again, make it smaller, or choose a new one. There is no score and nothing to catch up on.

**Final session:** choose when you will check in privately or with a trusted person.

**Meeting together:** the shared page is optional; the facilitator's check page is for the person leading, not a report on participants.

# Make the most of your time together.

Read these simple agreements together before your first conversation.

**When and where will we meet?**

- Take turns. Listen to understand before offering an answer.
- Anyone may pass, pause, or keep a reflection private.
- Honest questions and doubts are welcome. Nobody is asked to claim faith.
- Read Scripture to see who Jesus is and how he invites us to respond.
- Choose one small step for yourself, rather than a task for someone else.
- Keep personal stories within the group. Offer a private conversation when someone needs more time.

> **You are welcome here as you are**
>
> Come as a follower of Jesus, as someone exploring faith, or somewhere in between. Nobody needs to claim faith, recite the right answer, or share personal answers to belong at this table. Questions are welcome. Every question may be passed. If something in your story is heavy, you are welcome to talk privately with a pastor or another trusted person.

# My reflection and next step.

**Date:**

**Chapter or session:**

Look at the My next step box on your previous sheet. This is the step you chose to try between meetings. First meeting, no step chosen, or missed a meeting? Skip this check-in and begin here.

**How I responded: what did I try? How did it go? What helped or got in the way?**

**Scripture: what do I notice about Jesus?**

**What am I learning or still wondering about?**

**My next step: one thing I will try before our next session, and when:**

**What am I asking God for, or what do I want to say to him?**

Example: I will read John 20 on two mornings and write down one question. Keep this page and bring it back next time, after you try your step. This page is yours; you do not need to hand it in.

# An optional shared next step.

Complete together only if everyone involved freely chooses. Keep separate personal notes separate.

**One thing each of us noticed about Jesus today:**

**A small practice we agree to try:**

**When will we try it?**

**When will we check in?**

**A question we want to explore together, and where we could look:**

Group sharing: agree on one general insight you are comfortable sharing, or pass. Nobody's beliefs are recorded on this page.

# Facilitator’s meeting check.

1. **Last time:** return to your last My next step note. Skip this at the first meeting.
2. **Read:** Scripture and the session teaching.
3. **Reflect:** answer honestly, in your own words, or pass.
4. **Respond:** choose one small next step and when you will take it.
5. **Pray:** aloud, silently, or simply sit quietly.

- Did we read Scripture and keep the focus on Jesus?
- Was each person free to pass?
- Were questions and doubts welcomed without pressure?
- Does anyone want a private conversation?
- Did each person write a next step and when to try it?
- Have we agreed on the next reading and meeting?

**My preparation for next time:**

Record your own facilitation notes only, not details about anyone's beliefs or story.