

## WHAT IS LIVING FAITH?

Living Faith is a series made for groups of young adults who want to go deeper in knowing, loving and serving God.

## YOUR ROLE

- 1 Support your organiser.  
*(Offer to help!)*
- 2 Watch the episodes & read discussion guides in advance.
- 3 Assist with set-up.
- 4 Welcome guests  
*(esp. those who don't know others).*
- 5 Facilitate the discussions & actions.
- 6 Create a group chat to organise your group's actions and keep in touch after the series.

## SAMPLE SESSION

17:00 Set-Up  
*Meal, Chairs, Games etc.*

18:30 Meal

19:00 Video Part 1

19:10 Discussion 1

19:20 Video Part 2

19:30 Discussion 2

19:50 Actions  
*Check-in, choose new ones*

20:00 Hangout  
*Tea, Chat, Games etc.*

## WHO IS THE HELPER'S GUIDE FOR?

Helpers are incredibly useful for larger groups! If you've been asked by an organiser to help, then this guide is for you.

## TIPS FOR DISCUSSION

## WELCOME

Prepare your group for an open discussion by reminding them everyone needs a chance to speak, all ideas are welcome and everything said in the group is confidential.

## LISTEN

To help the group engage, resist the urge to go into "teaching mode" or to disagree with what others say, unless it absolutely needs clarifying for the group.

## WAIT

Don't be afraid of occasional silences. It can even help to invite a minute of silence while people think about their answers.

## ASK

To ease into the discussion, it can help to first ask the group what stood out to them in the video, particularly if anything inspired or challenged them.

## REFER

If you don't know the answer to a question, don't sweat. Simply say you'll refer to a priest and have the answer for them next time.

## TIME

It's really important to stick to schedule! Have a phone or watch handy. There's no need to cover all the questions, much better to facilitate good but punctual discussion.

## PAIRS

Occasionally break the group into pairs. Then invite them to share their conclusions with the group *(if they want to)*.

## IMPROVISE

If your group runs out of conversation *(we doubt they will)*, you get to lead the show. Add in your own follow-on questions and prompts. Or simply end early. It's your call.