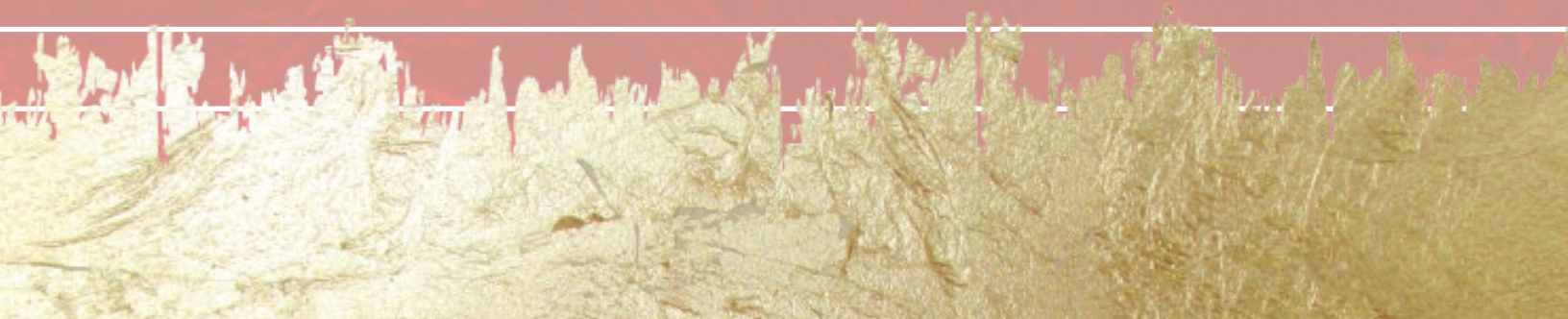




GUIDE TO
Seeing
Each Other

WITH DEIDRA RIGGS



welcome

TO SEEING EACH OTHER!

This month we're inspired by brand-new BELONG Tour speaker Deidra Riggs and her (brand-new) book, *ONE: Unity in a Divided World*. We love how she inspires us to look for ways to see beyond our differences and come together. In the middle of conversations that may challenge us, there will be some sweetness and laughter along the way. Because that's just how we roll here at the BELONG Tour.

Since seeing each other, by definition, requires more than one person, you'll get the most out of this month's program if you get together with other people to talk through what you're learning. There's nothing quite like face-to-face conversation. Of course, you are always welcome (and encouraged!) to engage with the other women online in the BELONG Living Room.

See you online at belongtour.com/livingroom

What to expect:

You may be wondering how this is designed. It's pretty simple:

- Throughout the month we'll post *Seeing Each Other* videos and stories on the BELONG Living Room Facebook page.
- We'll give you a couple of days to watch or read each story. Then we'll post an activity for you to do. Guides for the activities are on the next pages.
- Watch the videos, read the stories, do the activities, and—when you're ready—share your thoughts online.
- Plan to get together with friends to talk through what you're learning about yourself and each other.

BELONG tour Living Room Meetups

WHY?

It's hard to see someone else if you're the only one in the room. This month, especially, it will help to have others with you along the way to talk over what you're learning together.

WHERE?

Wherever you're comfortable. In someone's home, at a coffee shop, on a beach, sitting around a fire pit (preferably with marshmallows to roast). This is your group and your meet-up so feel free to do it your way.

WHEN?

We suggest the third week of the month—that gives everyone time to get a few activities completed—but really, it's up to you. Whenever you meet, take a moment to snap a pic and upload it to the BELONG Living Room Facebook page. You never know . . . that photo just might win your group a prize.

A NOTE FROM DEIDRA

Many of us have been deeply wounded by others, and some of us bear burdens so great, we would be astounded to hear their full weight. This is no call to just get over it. This is not a petition to forget about it and move on. We are human, and each of us is doing the very best we know how to do with the story we're writing. True oneness allows us to be who we were created to be in the fullness of our personhood. Oneness and unity do not constrain us. Oneness and unity free us to delight in our uniqueness and to celebrate the beauty of who we are as we are.



part

1

DIVISIONS

You can spend your life judging people or you can spend it making friends. You get to choose.

ASK YOURSELF:

1. Does this division make sense? Is it rational or not?
2. What purpose does it serve?
3. How does the division impact our humanity?
4. If this is a division you have created or actively participated in—not just witnessed—why do you think you chose to divide yourself from others?

Step 1: Watch The Video



(We'll post it on the Facebook page.)

Step 2: Look for Divisions.

Ask God to show you at least one way we divide ourselves from one another.

“For me,” Deidra says, “the first division I noticed in my life was the racial divide in our churches. But there are many other ways we separate ourselves—distance ourselves really—from one another.”

Sit quietly while you examine the division you identified. Study it. Question it.

Step 3: Think About It/Talk About It

Things to consider and—if you're comfortable—share with your group.

Circle one of the following responses, indicating how often you find yourself in a situation in which you're in the minority because of your gender, your race, your marital status, your faith, or any other designation.

EVERY DAY

MORE THAN
ONCE A WEEK

MORE THAN
ONCE A
MONTH

ONLY ONCE
A YEAR

MORE THAN
ONCE A
YEAR

HARDLY
EVER

part

2

ICU

It's not what you look at that matters, it's what you see.

Step 1: Listen To The Podcast (We'll post a link to it on the Facebook page.)

Step 2: Tell Your Story

Deidra tells us “the act of storytelling is universal in its effectiveness at moving the conversation forward among those who desire unity, oneness, and even reconciliation. But not just any story will do. The story that is most important to share and to hear is the story of the person you seek to understand.”

1) Write Your Story

Take as long as you need. It's important to write the story down and not just rehearse it in your head. Your story is your record of you, and it is sacred.

2) Set up a storytelling day with your group.

After each person tells her story, open the floor for questions and answers, affirmations, and encouragement.

Don't rush this step. Deidra says when she did it with her group, it took 2-3 hours for each story to be told. (You'll want to allow breaks for snacks and stretching in between.) The object is not to get through as quickly as possible, but to really learn each other's stories and by doing so, to strengthen your relationships.

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While you're all together, take a quick photo of your group holding their copies of this guide, then post it on the BELONG Living Room page. We've got a great giveaway this month and that photo will serve as your entry for the drawing.

Step 3: Think About It/Talk About It

Things to consider and—if you're comfortable—share with your group.

- Other than your own story, whose story do you know best?
- How does knowing another person's story impact your relationship with him or her?

part

3

COMING TOGETHER

Step 1: Watch The Video
(We'll post it on the Facebook page)



"We are enlarged by the people who are different from us." - Rabbi Jonathan Sachs

Step 2: Use Your Superpower



Let's imagine you have received a pair of glasses with superhero powers. Your mission this week is to wear them:

Each morning when you get up, picture yourself putting them on.

Of course these glasses don't correct your vision to 20/20; they let you see other people through the lens of your heart.

As you encounter people during your day—whether face-to-face, in your thoughts, or on social media—look at them through your special glasses. Really see them.

ASK YOURSELF:

- **What do you think about this person?**
- **How do you feel—really feel—about this person?**
- **What do you and this person have in common?**
- **After you identified things you and the other person have in common, did your feelings toward them change?**

Step 3: Think About It/Talk About It

Things to consider and—if you're comfortable—share with your group.

- **If you could choose a superpower, what would it be? Why?**

part

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BROKEN-OPEN HEARTS

Step 1: Read the Story Broken-Open Hearts

(We'll post it on the
Facebook page)

Let no
label stick
unless it
was put
there by
God.

Step 2: Bake A Cake

That's not a metaphor, by the way. We're baking an actual cake. (We did promise there would be something sweet this month!)

On the other hand, this particular cake IS a metaphor as well as a sweet treat. We'll post a link to the recipe on the Facebook page.

If you're meeting with a group, invite each friend to bring an ingredient—because we all bring something different to the table. Mix up the cake and while it's baking, talk about what you've learned this month. Once your cake is out of the oven and ready to serve, dish it up—but before you dive into that strawberry goodness, take a moment to study your slice.

As you look at your cake, you'll see two different colors/flavors swirled together. Taste each separately and you'll discover they each retain their individual flavor. But they come together into something that's more beautiful (and delicious) than they would be separately.

You started with ingredients: eggs, cake mix, water, oil, and strawberries. Now all those different ingredients have created a whole new delicious taste. From the perspective of the ingredients, it most likely was not a comfortable process. Just think:

- **If you were an egg, you were cracked open**
- **If you were one of the dry ingredients, you were mixed into a new environment**
- **If you were the whipped topping, you had to be thawed**
- **If you were a strawberry, you were sliced into pieces**

But the result of all that cracking, mixing, thawing, slicing and baking is something bigger and better than any one of those ingredients could provide on their own. Consider that as you think through relationships in your life with different people holding different perspectives and points of view. When we allow ourselves to be broken open in new ways, we can trust that the results will be beautiful and full of incredible flavor.

Step 3: Think About It/Talk About It

Things to consider and—if you're comfortable—share with your group.

- What do you think Deidra means when she says, "God is for us—all of us."
- Have you known people whose hearts have been shattered? Have you known people whose hearts have been broken open?
- How about you? Has your heart been shattered, broken open or both?

If you've found yourself reeling from heartache, disappointment, and setbacks, we hope you feel the comfort of a God who loves you, are surrounded by friends who support you, and know that no matter what, you BELONG.

NOTES

