



## **Building Better Community Skills**

### **Skill 1 - Create Appreciation**

We were created by a Triune God (Three in One – Father, Son, and Holy Spirit - existing *in* community) to live in community with each other. All of us have a God-created desire deep within us to know and be known by others. Sometimes there are simple things we can do to start building deeper community. One of the keys to deeper community is to build joy, and one of the best ways to do this is to ***create appreciation***. Jim Wilder, author of *Rare Leadership*, defines joy as *“being glad to be together with another person.”* As we begin our group this week, we’re going to do a simple exercise to *create appreciation*.

#### **Exercise:**

- *“Okay, everyone, let’s all stand in a circle.”*
- Read the paragraph above to the group.
- *“This might feel a little weird, but it’s a great way for us to create appreciation and build joy in our group.”*
- *“One by one, we’re all going to go around to every other person in the group.”*
- *“You’re going to smile and make eye contact with the other person.”*
- *“Then, you’re going to say to the other person, ‘I’m glad to be with you.’”*
- *“Ready? Go!”* Have everyone do the exercise.
- *“Now let’s circle up again.”*
- *“What did that feel like?”*
- *“How many of you guys ended up laughing or smiling?”*
- *“Each week, we want to build community by growing more and more in being glad to be together with each other.”*
- *“Let’s pray.”*
- Here’s an example:
  - *“Dear God, help us grow in understanding how You have designed community to be a blessing to us. Help us grow in our appreciation for You and for each other. Help us to really learn to be glad to be together each week. Amen.”*

#### **At Home this week:**

You can practice this skill in your home. As you sit down for a meal or prepare for bed, take a moment to pause, take a deep breath, and do the exercise above in your home.