

FACILITATORS NOTES:

Begin your time with prayer – asking God to bless your time and sharpen your team's ability to apply these principles to their situations. Note: If your team is larger than 6 or 7, you may want to divide up for the discussion part of the training so that everyone has the ability to participate.

DISCUSSION OBJECTIVE:

In this session, participants will experience an extended time in the spiritual practice of silence.

SET UP THE CLIP:

In this clip, we will be learning from Mama Maggie Gobran. [Read aloud the bio on the right.] Mama Maggie's leadership comes out of a spiritual depth developed over many years. Let's watch the clip.

TEAM DISCUSSION QUESTIONS:

1. Mama Maggie gained strength for her "tough call" through the practice of the ancient spiritual disciplines. In particular, silence. She said, "In silence, you leave the many to be with the One." Share with your team, have you ever experienced an extended time of silence? What was it like?
2. As a team, spend the next 30 minutes experiencing this discipline of silence. Divide up and find a quiet space. Try to empty yourself of racing thoughts and things to do – so you can be fully aware of God's presence. If it helps you, try to follow Mama Maggie's formula below.
 - Silence your body to listen to your words
 - Silence your tongue to listen to your thoughts
 - Silence your thoughts to listen to your heart beating
 - Silence your heart to listen to your spirit
 - Silence your spirit to listen to His Spirit
3. Regroup after your experience and discuss. What, about this time, has been most impactful for you? It could be something Mama Maggie said, or something that came to you during your time of silence. Allow time for each person to share.



ABOUT THE SPEAKER:

Maggie Gobran, a Christian woman from Egypt's middle class, was teaching computer science at American University in Cairo when she first visited the Zabaleen – an impoverished and despised minority community of Coptic Christians who live and work among the garbage slums of Cairo. Sensing God's calling, she founded Stephen's Children, a ministry that supports 80 preschools with medical clinics and serves children from more than 25,000 urban poor families. She has been nominated for the Nobel Peace Prize and has spent more than 20 years serving the poorest of the poor for Jesus' sake.