

GATHERING YOUR "SMOOTH STONES"

A Resource to Help Navigate Harder Conversations or Sharings

As a facilitator, you may notice times when it would be nice to have a better closure or transition, or way to honor someone during your session. This may be noticeable after something difficult or especially meaningful has been shared. The narrative sharing also invites opportunity for intentional caring of the group.

Mentor, VP3 Coach and seasoned VP3 Pathway Facilitator, Deborah Carnduff of Calgary, refers to the intentionality with which she pays attention to these ministering moments, as "Smooth Stones." Deborah prepares her heart to foster what God is up to in others' lives.

Deborah explains, *"For me, gathering intentional 'smooth stones'—like the five smooth stones that David kept with him to defeat the enemy—is trusting what God put before me to do his good work."* As a mentor or facilitator, Deborah humbly prepares for the time by carrying symbolic ways to remind others of God's faithfulness, power, and love. Deborah continues, *"Having these stones can also serve as a reminder to honor YOUR priestly presence in the room in cooperation with the Holy Spirit."*



Some ideas for "smooth stones" to carry in your pocket may include:

A Smooth Stone of Scripture

Scripture can be a reminder of the care, patience, power and love of God.

- Ephesians 1:17-18 – “I keep asking...God...that the eyes of your heart may be enlightened...know the hope to which he has called you...”
- Ephesians 3:16-21 – “I pray that out of his glorious riches he may strengthen you with power.... May your roots go down deep into the soil of God’s love.... Now to him who is able to do far more abundantly than all that we ask or think....”
- Philippians 1:6-11 – “...being confident of this, that he who began a good work in you will carry it on to completion....”
- Colossians 1:9-12
- Psalm 27 – “The Lord is my light and salvation; whom shall I fear?”
- Psalm 29, 95:1-7a, 96, 100 – to bring us into God’s presence
- Psalm 3:14, 22, 37:1-11, 42, 46 – for times of troubles
- Romans 8 – Nothing can separate me from God; parts of this chapter are gold in many situations.

A Smooth Stone of a Group Member’s Biblical Mandate

This can be used to remind the group member that God is already using his word in the life of this believer. Notice themes and any similarities and common ground of the scripture verses of the group as a whole.

A Smooth Stone of Blessings/Benedictions

- 2 Thessalonians 3:16 – “Now may the Lord of peace himself give you peace....”
- Colossians 2:6-7 – “...just as you received Christ Jesus as Lord, continue to live your lives in him....”
- 2 Peter 3:18 – “Grow in the grace and knowledge.... To him be the glory both now and forever.”
- Revelation 7:12 – “Praise and glory and wisdom and thanks...be to our God....”
- 2 Corinthians 1:2-14 – “The grace of the Lord Jesus Christ, and the love of God.”

A Smooth Stone of Biblical Affirmation

You can use either written words in some creative way or share aloud with focus on who we are now.

- John 1:12 – I am a child of God.
- Romans 8:1 – I am justified and completely forgiven.
- 1 Corinthians 2:16 – I have the mind of Christ.
- 2 Corinthians 5:21 – I have been made righteous.
- Ephesians 1:3 – I have been blessed with every spiritual blessing.
- Colossians 1:14 – I have been redeemed and forgiven of all my sins.
- Colossians 1:27 – I am a dwelling place for Christ. He lives in me.

A Smooth Stone of the RED DOT

Maps often have red dots, that tell you where you are right now. Ask your mentee(s) to identify where they are right now. What are their feelings/emotions? Where is your "red dot" right now? Where is God? Two or three words are sufficient.

A Smooth Stone of Prayer

Ending with the Lord's Prayer or other prayers from the Bible is quite powerful!

Final Thoughts...

"Smooth Stones" are ideas to encourage you. They are not required. They are offered to you by the VP3 Coaching Team to support your care for others. The use of a "smooth stone" is never meant to take center stage over someone's sharing. Trust the Spirit's leading.



A VP3 Facilitator Toolbox resource for *The Journey*, a peer-mentoring group process.