



# Guide for Common Bands

## Introduction

Agreement to follow the Rule of Life is the only pre-requisite for joining a Common Band.

Common Bands must be no greater than 6 members. If a Band exceeds this size then another shall be planted with half of the present group.

The design of the Common Band meeting is to deepen the experience of Commoners following the Commoners' Rule of Life, through the mutual and communal sharing of our lives, the identification of God's activity amongst us and to obey that command of God, "Confess your faults to one another, and pray for one another, that you may be healed." It is a communal space for Commoners to remain accountable and close to one another through the full revelation of those within each group. It is a recognition that through all aspects of life we can draw nearer to God.

**To this end, the following basic guidelines are offered for the meeting together of Common Bands:**

1. To meet once a week or once a fortnight.
2. To come punctually so as to respect the time and commitment of each member of the group.
3. To begin (those who are present) exactly on time with prayer.
4. To share in turn, freely and honestly, the true state of our souls, with the struggles we have had in thought, word, or action, since our last meeting.
5. To share areas where we have struggled with aspects of the Rule or been uplifted by the spiritual disciplines therein.
6. To talk of the spaces where we have encountered God in the last week in others and in the world around us.
7. To identify joy in our lives and to encourage one another.
8. To undertake a scripture reading and discussion. This may be taken from the suggested reading in the Morning Prayer of Common Prayer for that day.
9. To end every meeting with prayer, sensitive to the state of each person present.

10. To treat every meeting with the utmost care, respect and empathy and to hold all shared information as confidential unless it concerns illegal activity.

**The following questions can be used at every meeting if conversation does not happen freely:-**

1. What struggles have you had since our last meeting?
2. What temptations have you faced?
3. How did you deal with them?
4. Where have you encountered God in the last week?
6. Where has joy been present in your life?
7. What has moved you to grief?
5. When considering the Commoners Rule of Life, what have you struggled with and what have you found enriching.
6. How can this group help you in your struggle

Common Bands may also undertake other activities as they see fit. These may include activities such as shared meals and charitable undertakings.

It must always be remembered that these are primarily groups for the mutual promotion and encouragement of the Christian life as guided by the Commoners Rule of Life. As such we do not enter into judgment over one another but rather we enter into mutual burden bearing and a desire to uplift one another. We desire a closer encounter with God and believe that living in community with one another enables this.