

Heart~Sharing

is a variation on worship-sharing that invites participants to respond to a query with the immediate impulse of the heart in a single word or sentence. This discipline allows Friends of all ages to participate equally and richly.



Description of the process:

- ✎ After settling into a worshipful space, a query will be shared out loud.
- ✎ Upon hearing the query, Friends are invited to share the response that is lying right on their hearts. There is a deliberate bypass of the thinking, cogitating and reflecting that adults often engage in with worship sharing to get at the simple, reflexive heart of the response.
- ✎ There is not a limit to the number of times each Friend shares—but responses must be only 1 sentence, or even 1 word.
- ✎ Listen and let others' responses fall into your heart.

Notes for adults:

- ✎ **Hint:** Tap into kids' ability to immediately be in the Spirit. They don't separate worship-time from play-time from work-time – it's all the same to them. This means they can get there right away – follow them.
- ✎ **Hint:** When you limit your response to one sentence that is immediately present to you, you bypass cognitive sensors and your regular old way of thinking. You also are forced to state only the essence of your response – this is a good thing!
- ✎ **Hint:** When you share in the typical adult way with all the nuances and ramifications and details you a) lose the children and b) set a standard that kids can't hope to meet.

Further notes for the Shepherd of Heart~Sharing

- ✎ This form of worship sharing often needs more than 1 query to fill the time with a satisfactory experience. When it feels to the shepherd that the query has done its work, share another one.
- ✎ It can be nice to invite the participants to share a 3rd or 4th query if there is time and they are interested.



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Heart~Sharing Queries:

Below is a list of queries that work well with Heart~Sharing. These are meant as get-you-started suggestions, and of course are not an exhaustive list!

-  What is the most important thing?
-  What is a Quaker?
-  What is it that God wants for us?
-  What gives you joy and makes your heart sing?
-  What helps you be centered in Quaker worship?
-  What gets in the way of you being centered in worship?
-  What is a powerful name for God for you?
-  When does God shine through you the most easily?
-  When is it hardest for you to notice God in your life and in yourself?
-  What is your ministry – the way you share your beautiful gifts with God and the world?

