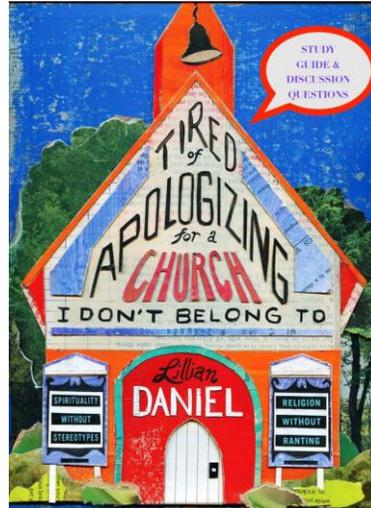


# THE FOUR TYPES OF NONES & YOU

## A Two-Session Small Group Discussion Guide

Based on the book by Lillian Daniel

### TIRED OF APOLOGIZING FOR A CHURCH I DON'T BELONG TO



## The Nones and You

### Reflections on Part 1 “Spirituality Without Stereotypes”

As you look back on your spiritual and religious history, have you been in more than one category? Mark your journey in and out of faith communities, or in and out of the types of None’s below, using these categories to spur your memory:

#### LIFE STAGES

BIRTH

CHILDHOOD

ADOLESCENCE

YOUNG ADULTHOOD

PARENTING

MIDDLE AGE

RETIREMENT

ELDER YEARS

You can also reflect back on major life transitions as a marker to note where you were on your spiritual and religious journey. Consider events like these if they apply to you:

### **LIFE EVENTS & TRANSITIONS**

A NEW SCHOOL

PARENTS' DIVORCE

DEATH OF A FAMILY MEMBER

NEW FRIENDS

MOVING

DATING

MARRIAGE

HAVING CHILDREN

CHILDREN LEAVING THE HOME

DIVORCE

DEATH

ILLNESS

CAREER ADVANCEMENT

CAREER SETBACKS

JOB CHANGES

MOVES

RETIREMENT

GRANDCHILDREN

**YOUR SPIRITUAL AND RELIGIOUS TIMELINE**

Can you draw it here? Could you share it with others?

**Birth.....Today.....and the Future?**

**If you ever were a None, when were you in one or more of these categories?**

- No Way
- No Longer
- Never Have
- Not Yet

**The Nones You Know and the Nones You Don't Know Yet**

Write down the names of at least four people next to the category below, if they are or have ever been in that category.

They should be real people you care about, who you know personally, whose lives you know a little about and who you want to pray for.

- No Way
- No Longer
- Never Have
- Not Yet

Ideas to spark your imagination:

Family members?

People you work with?

Member of your religious community?

Some from another denomination or religious community?

Clergy?

People with no religious community?

**Pick your people and list them:**

- |    |            |
|----|------------|
| 1. | No Way     |
| 2. | No Longer  |
| 3. | Never Have |
| 4. | Not Yet    |

Have they been in or are they currently in one of the “None” categories?

**Think about a time you have experienced God in a religious community.**

Did it fit in one of these categories?

- Reasonable - We once had a speaker at our church who told us that Muslims and Jews....I finally understood why we do that each week....I realized I was not the only one who wondered, in fact I had lots of interesting company....I didn't have to leave my brain on the sidewalk
- Rigorous - I didn't want to go to church that Sunday but I went anyway and I'll never forget what happened....I was praying and it hit me.....It was something that wouldn't have happened without practice...I used to give something up for Lent because I had to, but when I finally chose for myself...I give my money away even when I don't have much to give
- Real - I'll never forget the sermon where the pastor confessed....when our congregation voted to do....when people walked out of the church because....when someone shared that...when a terrible mistake was made...when the church burned down....

**Now imagine telling that story to each of the three people on your list.**

How would you tell that story to another person in your same religious community?

Could you? Would they remember it the same way?

Could you tell that story to someone outside your religious community?

How would you tell it each person whose name you wrote down on your list?

What would you say differently to each of those people?

What would you need to explain?

What would go without saying?

What did you learn and experience in this prayer?

And in this conversation?