

# WHEN THE BAND GATHERS

## **Gather**

Silence - "Come, Holy Spirit."

## **Share**

Each person answers the questions  
Others listen without interruption  
Spoken forgiveness + brief prayer

## **Discern**

What is God doing among us

## **Commit**

One practice or posture for the week

## **Bless**

"Watch over one another in love."

*Confess your sins to one another  
and pray for one another,  
that you may be healed.*

James 5:16



## **Guide for Bands**

Bands follow a simple weekly rhythm of spiritual accountability, honesty, and grace.

Bands are a Wesleyan practice Methodists have used for generations to pursue spiritual growth in small, trusted groups.

**Shiloh Church of Jasper (IN)  
2026**

## **THE BAND COVENANT**

### **Confidentiality** —

What is shared here stays here

### **Honesty** —

We speak truthfully without exaggeration or concealment

### **Humility** —

We listen without fixing, rescuing, or correcting

### **Grace** —

We receive one another without judgment or comparison

### **Presence** —

We show up faithfully and without hurry

### **Prayerfulness** —

We trust the Spirit to do the work

## **THE BAND QUESTIONS**

1. How is it with your soul today
2. Where have you sensed God's presence this week
3. Where have you resisted grace or avoided obedience
4. What temptations or patterns are you facing
5. What do you need to confess
  - a. "In Christ, you are forgiven and invited to walk in freedom."
6. How have you engaged the means of grace
7. What is the Spirit inviting you to this week
8. How can we pray for you