



High Low Guidelines – *last revised December 2025*

Here's the latest instructions on the FinD High-Low tool. It's a great, proven way for small groups to go deeper at retreats or dedicated High-Low Session back in town. Every existing FinD group has used this tool, and with feedback received it has been repeatedly enhanced over the last decade plus to maximize impact.

At the end of this document is the High-Low table to complete **BEFORE** you come to your High-Low Session. It is very important that everyone takes the time to pray and **REALLY** think about their responses. The more vulnerable and detailed everyone gets, the more everyone will benefit.

The next step is to select a **moderator/timekeeper** for this High-Low Session. The moderator will also share their table, but has the dual responsibility of making sure the group follows the guidelines (not always the most popular role to have). Next, put everyone's name into a hat and **draw names for the rotation order** in which you'll go around the room.

Before beginning, pray for the Holy Spirit to guide and fill your session. Ask Him to be an active participant and guidance counselor throughout the process. Each person will have **10-15 minutes** max to share the good and bad of what has been going on over the last several months on their High Low Table. No one else should say ANYTHING (advice, encouragement, admonishment, etc., - nada) during this time. Practice honing your brotherly listening skills. Collectively, this should take about the first two hours of your meeting. These first two hours should be respected as a "**no booze zone**". It's just not fair, especially to the final guys in the rotation, if everyone else is getting tipsy and irreverent when guys are laying their hearts out. The moderator should give every speaker a **10 minute time warning** and a **15 minute STOP alert**. The moderator should also **take down bullet point notes** on what is shared for potential reference later. This **list needs to be burned** (with at least one other witness) or destroyed at the end of the meeting.

At that point groups typically break for lunch/dinner. During (or after) the meal, the group can then go more in depth **only IF the original sharer desires group feedback**. For some folks, just sharing sensitive issues is enough to handle for one day. Everyone is different. For the people that do want feedback, anyone else in the group can then ask clarifying questions and/or share their own personal experience with the same or similar problem. Again, go one by one, preferably in the same previous rotation. This is NOT a time to tell the person what they are doing/did wrong, but a time to explain how you handled the situation in your past – good or bad.



Close your meeting in prayer with a pledge that everything shared in that room stays with the men in that room and Jesus Christ. No exceptions.

If you follow these guidelines, I can assure you it will be a fruitful time and a great growth opportunity for all involved. The primary objective of the High-Low Meeting is to **provide a safe place** with more time than our usual weekly meeting for people to share on a deeper level with one another.

Hopefully, that gives you a clearer idea of what will be happening when YOU GUYS gather. If you have any questions, don't hesitate to contact me.

YBIC,

Clint

Clint Harrington
Founder & Executive Director, FinD



Real men...real discipleship

High Low Table		
	Highs	Lows
Business		
Personal		
Spiritual		
<p>Current Events - How has your time been spent since our last High Low? What's exciting on the horizon?</p>		