

Unitarian Universalist Small Group Ministry Network Website
Small Group Ministry Session Plan

Values

Cascade Unitarian Universalist Fellowship, East Wenatchee, WA, Jeff Lau, February 2019
Written after the group read *Dare to Lead* by Brene Brown.

Preparation: Provide for each participant a list of values similar to the one available at <https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf>

When your values are clear to you, making decisions becomes easier. Roy E. Disney

Chalice lighting

Let us take a moment to gather our thoughts, to settle our minds, to meditate to pray, to follow our breath. Let us pause...

As we continue, let us remember the importance of attentive listening without interruption. Listening is a way to show respect, regard and love.

Check-in

According to the Oxford English Dictionary, values are “principles or standards of behavior; one’s judgment of what is important in life.” In our work, I simplify the definition: A value is a way of being or believing that we hold most important.

Living into our values means that we do more than profess our values, we practice them. We walk our talk - we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts and behaviors align with those beliefs.

Choose one or two values-the beliefs that are most important and dear to you, that help you find your way in the dark, that fill you with a feeling of purpose. As you read them, you should feel a deep resonance of self-identification. Resist holding on to words that resemble something you’ve been coached to be, words that have never felt true for you.
Dare to Lead by Brene Brown

Questions

These questions can be answered philosophically (talk), or experientially (walk) – we will know you by your gait.

- What two core values do you identify with and why do they resonate with you?
- How did these values develop within you?
- What strengths have you discovered by holding these values?
- What are the blind spots can you associate with these values?

Likes and Wishes

Closing words

“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”

– Gandhi