

Unitarian Universalist Small Group Ministry Network Website
Small Group Ministry
Choices We Make
First Parish Church of Stow and Action, MA, March 2018

Opening Words and Chalice Lighting

“Renewal, resolve, resolution, reflection, response, repetition, resurrection
—all are the stuff of second chances, third chances, and more.

As we find ourselves on another journey around the sun,
let us kindle our chalice that its light might show us the way.
Let us kindle our chalice that its flame might warm our hearts
as we open our hearts to one another.” - *Rev. Jan Carlsson-Bull*

Check-in/ Sharing: This is a time to mention briefly any major issue or event on your mind that you would like to share. Please invite agreement with the covenant and read “Deep Listening”.

Topic: Choices we make

Our choices define our lives. When reflecting on choices we’ve made, we may feel regret or great joy. As we look to our choices for the future, we may feel excitement or trepidation. Sometimes choices are obvious, sometime completely evasive. Making choices requires courage, conviction and, often, a leap of faith.

“This is as true in everyday life as it is in battle: we are given one life and the decision is ours whether to wait for circumstances to make up our mind, or whether to act, and in acting, to live.” - *Omar Bradley*

“Your choice of people to associate with, both personally and business-wise, is one of the most important choices you make. If you associate with turkeys, you will never fly with the eagles.” - *Brian Tracy*

“Remembering that I’ll be dead soon is the most important tool I’ve ever encountered to help me make the big choices in life. Because almost everything - all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important.” - *Steve Jobs*

“Every test in our life makes us bitter or better, every problem comes to break us or make us. The choice is ours whether we become victim or victor.” - *Anonymous*

“Everyone makes mistakes in life, but that doesn’t mean they have to pay for them for the rest of their life. Sometimes good people make bad choices. It doesn’t mean they’re bad, it means they’re humans.” - *Anonymous*

“It is our choices....that show what we truly are, far more than our abilities.” - *J.K. Rowling*

“Two roads diverged in a wood, and I—
I took the one less traveled by,

And that has made all the difference.” - *Robert Frost*

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.” — *Roy T. Bennett, The Light in the Heart*

“The more decisions that you are forced to make alone, the more you are aware of your freedom to choose.” — *Thornton Wilder*

“Sir, what is the secret of your success? A reporter asked a bank president.

Two words.

And, sir, what are they?

Good decisions.

And how do you make good decisions?

One word.

And sir, what is that?

Experience.

And how do you get Experience?

Two words.

And, sir, what are they?

Bad decisions”. – *Unknown author*

Questions for Discussion:

1. What were some difficult choices in your life? What transitions resulted from making those decisions?
2. Could you share any past choices that you regret, and why?
3. What are some of the decisions you have made of which you are most proud? Why?
4. What has been helpful to you in making difficult decisions?
5. Can you identify one or two decisions that have substantially altered the course of your life? In what ways?
6. Could you name any of your current or future choices and describe how you feel about them?

(Group will take a few minutes of silence to consider topic and questions followed by sharing)

Wrapping Up: How did you like this topic and session?

Closing Words:

“Life is made of choices. Remove your shoes or scrub the floor.” - *Anonymous*