

Unitarian Universalist Small Group Ministry Network Website
Session Plan
This Is Your Life
Bobby and MiJa Thompson, Unitarian Church of Baton Rouge, 2008

Opening Reading:

Yet the timeless in you is aware of life's timelessness,
And knows that Yesterday is but today's memory and tomorrow is today's dream.
And that that which sings and contemplates in you is still dwelling within the bounds of that first
moment which scattered the stars into space.

Kahlil Gibran

Check in /Sharing

Topic: Your Life Story:

Do we live our lives as forgotten moments or savor that which has never been and will never be again? There is time for reflection and that time is now.

(This can be very personal so you are under no pressure to reveal anything that you are not comfortable sharing.)

1. How would you sum up your life to the present in five minutes? (use a timer)
2. Name three mentors or key people, besides your parents, that have meaning in your life. And if you care to say why.
3. Name three major milestones or turning point besides your birth that has made all the difference.

After everyone has shared, place names in a hat, exchange them, then express affirmations to the person whose name was picked.

Closing Reading;

But if in your thought you must measure time into seasons, let each season encircle all the other seasons,
And let today embrace the past with remembrance and the future with longing.

Kahlil Gibran