

Unitarian Universalist Small Group Ministry Network Website
Small Group Ministry Session Plan
What Will You Do Today?
Katrina VanBrugh, Allen Ave UU Church, Portland, ME, June 20, 2011

Opening Words:

“Whether one is twenty, forty, sixty, or eighty; whether one has succeeded, failed or just muddled along - life begins each morning! The greatest fact in life is that it is never too late to start again. Biography simply overflows with inspiring examples of this truth. However discouraging your days may have been, keep this thought burning brightly in your mind: life begins each morning!”
(L.M. Hodges)

Check-in/Sharing: How are things with you today?

Discussion:

Every day is a chance to reinvent ourselves, to be who we really are.

“The chief beauty about time is that you cannot waste it in advance. The next year, the next day, the next hour are lying ready for you, as perfect, as unspoiled, as if you had never wasted or misapplied a single moment in all your life. You can turn over a new leaf every hour if you choose. “(Arnold Bennett)

Are there “wasted or misapplied moments” in your life that are holding you back with regrets or misconceptions about who you are? Have you failed at something and then allowed that failure to define yourself to the world?

Are there things in your life that you would like to leave behind and forge ahead as if they had never been?

If tomorrow is really a brand new day, filled with possibilities to be the person you truly are, to live your dreams and convictions, how would you change your life? What one action would you take to redefine yourself?

Check-out/Likes and Wishes: How was the session for you?

Closing Words:

“The past does not equal the future. Because you may have failed a moment ago, all day today, or for the last six months, or for the last sixteen years, or for the last fifty years of your life doesn't mean anything. All that matters is what are you going to do now?” (Anthony Robbins)

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