

Preparation For Session 3 – Those Who Have Touched Our Lives

On our journey through life, many people have loved us, inspired us, believed in us, and helped us. Let's take time to remember some of their lessons and their gifts.

Think of three individuals who have touched your life in an important and positive way. The people could be living or dead, fictional or real, people you've met or simply heard about. The following are questions you might consider while thinking about them.

1. How did they teach you, help you, love you, inspire you, challenge you, or believe in you?
2. What values have they demonstrated that you admire?
3. Do their actions continue to have an influence in your life? Why?
4. Consider bringing a memento, photo, a drawing or other work of art, or a brief reading that you associate with the individuals you've chosen. Why does this remind you of that person?