

Preparation For Session 4 – Ministry...the expression of our values in our lives

In the next gathering, we will explore how our values are expressed in our lives, and what impact they have on those around us. Honest, realistic awareness of our own impact on other people's lives is often very difficult to achieve, but is very worthwhile to attempt. In preparation for the next gathering, try to reach an honest and realistic answer to one or more of the following questions:

1. Watch what is happening in the next few days. (Or recall what has happened in the last few days.) What small things (or big things) did you do (or not do) that may have touched another's life? What affect did you see? Do you suppose that there were affects that you did not see? How are your values being reflected?
2. Draw a diagram or sketch that shows the interaction between you and the people you love in the past few days. Put it away for a while, and don't think about it. After coming back to your diagram or sketch, what do you see in the diagram or sketch that shows some good aspect of your interaction? What values are expressed there?
3. Select a person whom you trust and who you think may have gained some benefit from you. Ask them to tell you what affect you have on their lives. (Or if this is too direct a question, imagine that you have asked them.) What values do they see you living out?
4. Reflect on your intentions as you go through a day. What impact are you trying to make on your universe? How are your values being expressed?
5. Light a chalice at your work place or in your home (or imagine that you did so, if it would be dangerous or embarrassing). What difference did it make? What values seem to rise to your awareness?