Preparation for Session 6 – A Gift of Change

In our next gathering, as we prepare for this holiday season, we will explore what it means to receive the gift of personal change. Try to find a few moments of quiet time to reflect on these possibilities.

We've each had many holiday experiences in the past, and they often influence our perception of the holiday season now. Whether our experiences have been rewarding and pleasant, or disappointing and sad, we may expect more of the same this year. But whether the season has been difficult or easy for you in the past, imagine that this year it might become a time to abandon your expectations, let down your guard, and allow the whole experience to touch you deeply in a new way.

Imagine the many experiences that come with the season:

the people, conversations, and laughter
the music and celebrations
the smells and the tastes
the colors and lights
the hopefulness of the children
and even the occasional chaos—

and consider how they might bring a gift of lasting change in your outlook on life that you may not have dreamed possible before.

1. What would you wish that change to be?

2. Now imagine receiving that change as a surprise that springs up within you – see yourself as the wide-eyed child unwrapping something that they are sure to love. Why would this change be such a welcome gift?

3. What change of heart or attitude might start to bring about this change in your life? Please don't make a "to do" list or strategic plan, but just reflect on where and how the change might begin.