

The **SHAPE** of you

Session 3: Sharing experiences, finding abilities

8.00 What do we love doing?

As people arrive, offer Abilities questionnaire to read, chat about and maybe start to fill in. Has reflecting on experiences that shaped us helped bring to mind things that we like (or don't like) to do, or things which feel core to who we are?

8.15 Sharing our experiences, hearts and hopes

Give everyone a chance to share what they have thought about and written. This could take the rest of the evening! Hopefully we can give everyone a chance to share and be prayed for, up to 10 minutes each.

(Optional if time) Choosing to learn from life

Present the learning circle as a way for us to process experiences deliberately and find connections with God's living word which can change our lives.

How can we do this more consciously? Can we do it alone, or could we benefit from help?

9.45 What are our abilities and why should we consider them?

READ Matthew 25:14-30 (the parable of the talents).

What is this about? Consider that we are entrusted with resources, including abilities as well as physical resources. What does God expect us to do with them? What should we expect to happen when we use our abilities and resources (= the ones we are looking after for God)?

Maybe consider from another angle - what should we do when we feel short of resources? Is it better to focus on what we don't have, or make use of what we do have? Again, what should we expect to happen when we do either of these things?

Give out Week 3 journals and ask everyone to complete the Abilities questionnaire for next week.