

To be given out in Session One and done at home in preparation for Session Two

PERSONAL REFLECTION ON YOUR EXPERIENCE

“Praise be to the God and Father of Our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.”
: 3-5) N.I.V. (2 Corinthians 1

God uses our life experiences (the good and the bad ones) to teach us and to grow us into maturity. It is these experiences which enable us to feel compassion, understand other people and minister to them. **What are the life experiences which enrich the ministry you can offer?**

(As you think about the three questions below, draw on your whole life. The experiences could be as a child, teenager, young adult etc up to the present. The experiences could be at home, with family and friends, at work, on holiday, in your hobbies and voluntary activities, or at church).

Jot down a few notes on your thoughts, in the boxes on the left. Keep it short, simple and ordinary. Don’t spend more than about half an hour on it.

(You won’t have to show what you write to anyone, but you will be asked to talk briefly about Question 1 & 2 with a member of the group)



Think about the following questions prayerfully. Ask God to give you discernment and insight on each and take time to listen quietly and expectantly.

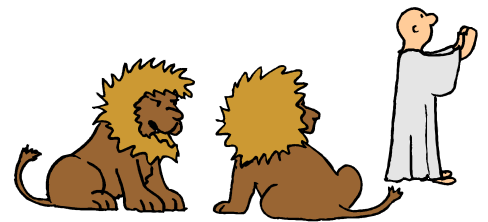
Question 1) **Think of a time when you have been alongside someone who was going through a difficult situation.** Recall some of the main things you did or said so that at our next session you can briefly tell one of the other group members about it. If you wish, jot a few reminders down below, on the left.

<p>Jot down your thoughts:</p>	<p><i>Keep this space free for</i> Feedback to be received in Session Two On my strengths and qualities:</p>
---------------------------------------	---

- Question 2) **Think of one positive spiritual experience** you've had in your life.
Then ask yourself:
a. What did I learn through it? How did it change me?
b. How might this experience help me serve God and others in the future?

<p>Jot down your thoughts:</p>	<p><i>Keep this space free for</i> Feedback to be received in Session Two</p>
---------------------------------------	--

- Question 3) **Think of one really bad or painful experience** you've had in your life.
Then ask yourself:
a. What did I learn through it? How did it change me?
b. How might this experience help me serve God and others in the future?



<p>Jot down your thoughts:</p>	<p><i>Keep this space free for</i> Feedback to be received in Session Two</p>
---------------------------------------	--

Keep this paper carefully until Session 6, to help you build up an overall picture of your SHAPE.

BRING IT TO OUR NEXT MEETING