**Small Group Ministry**

**Group Session Plan**

**Change**

**Opening Words**

“Who are you?" said the caterpillar..."I -- I hardly know, Sir, just at present," Alice rather

shyly. "At least I knew who I was when I got up this morning, but I think I must have

changed several times since then."

Lewis Carroll

"It is not just the pace of change that disorients us. Many Americans have lost the old faith that all transitions are getting us somewhere. To be "up in the air" as one so often is in times of personal transition, is endurable if it means something -- if it is part of a movement toward a desired end."

William Bridges, *Transitions*

**Check-in/Sharing**

**Topic/Activity**

1. What is the most recent; significant change you have gone through or are going through, either by choice or thrust upon you: job; relationship; illness of self or of someone close; marriage; divorce; new child; retirement; graduation; a move; a death; a "big birthday?"
2. What feelings did it bring? What did you do?
3. How have you adapted to change in the past? What worked well? What worked poorly?
4. What is your best vision for yourself of yourself in confronting life's inevitable changes?

**Likes and Wishes**

**Closing Words**

At times of transition (change) it is natural (usual) to feel distress and confusion, but it is endurable if we can see it as FOR SOMETHING, if it is part of a movement toward personal growth. "Whatsoever wishes to know about the world must learn about it in its particular details. Knowledge is not intelligence. In searching for the truth be ready for the unexpected, change alone is unchanging. The same road goes both up and down, the beginnings of a circle is also its end. Not I, but the world says it: all is one. And year everything comes in season."

Heraklietos of Ephesos

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