**Small Group Ministry**

**Group Session Plan**

**It Matters What We Believe**

**Opening Words**

The things that matter most in our lives are not fantastic or grand. They are the moments when we touch one another, when we are there in the most attentive or caring way. This simple and profound intimacy is the love that we all long for. These moments of touching and being touched can become a foundation for a path with a heart, and they; take place in the most immediate and direct way. Mother Teresa put it like this: "In this life we cannot do great things. We can only do small things with great love.

Jack Kornfield

**Check-in/Sharing**

**Topic/Activity**

"It matters what we believe," wrote Sophia Lyon Fahs in a poem of that name. Certainly this applies to the "Big Questions" of Divinity, Creation and the nature of the Universe. We wrestle with the question of what we believe from the time we are children, and throughout our lives.

Think of something that you now believe.

1. How has this belief changed over time?
2. How has this influenced your life and the choices that you have made?
3. How would your life be different if you believed differently?

**Likes and Wishes**

**Closing Words**

Whatsoever things are true,

Whatsoever things are honorable,

Whatsoever things are just,

Whatsoever things are pure,

Whatsoever things are lovely,

Whatsoever things are of good report;

If there be any virtue,

And if there be any praise,

Think on these things.

Philippians 4, *Singing the Living Tradition* #699

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