

Objective, Big Idea & Biblical Focus:

To help participants hone in on the most important reflections from the Life Domains Assessment through personal reflection, sharing and listening to the reflections of others.

BIG IDEA: Opportunity for three-way listening: to honor God, to honor each other and to learn more about ourselves.

Jeremiah 29:4-14. Confession is the first step to activating dreams.

How it Works:

Give participants 5 minutes to fill out the Reporting and Listening worksheet: 3 reflection, 2 struggles, 2 celebrations Have participants write down their three biggest reflections.

Use the remainder of the session for group sharing, giving everyone about 5 minutes.

Model the format and personal vulnerability for sharing ahead of time by sharing from your own life.

Remind participants that beginning in a place of reality in their life is the best way to design their life.

Coaching Tips:

Ensure that everyone gets a chance to share by managing the time appropriately.

Give each person a set time to share and the group a set time to ask questions after the person has shared. Time should be set according to the size of the group. Use a timer.

Encourage and celebrate the honesty and vulnerability of each individual after he or she has shared. This is a time for sharing not fixing so give time for everyone and know as a coach that the “working out” will happen in the sessions ahead.

