

## Small Group Ministry Group Session Plan **Living and Dying**

### **Opening words:**

As everything ages and passes away, may each of us  
be kind to ourselves;

As everything ages and passes away, may each of us  
accept joy and sorrow;

As everything ages and passes away, may each of us  
be happy and at peace.

A Buddhist Loving Kindness prayer  
For the passing away of things

### **Check-in/Sharing**

**Discussion:** John Buehrens, a former UUA President wrote: “Religion is our human response to the dual reality of being alive and having to die.”

The knowledge of our own death can be an enormous shaper of human behavior.

Consider any of the following questions that resonate for you.

1. How does this knowledge shape your life?
2. What sorrow does it bring?
3. What will you most miss?
4. How can the foreknowledge of our own death enrich our days?
5. How would you like to be remembered? What do you hope people will recall about you?

### **Likes and Wishes**

#### **Closing Words:**

“Nothing worth doing is completed in our lifetime; therefore we are saved by hope. Nothing true or beautiful or good makes complete sense in any immediate context of history. Therefore we are saved by faith. Nothing we do, however virtuous, can be accomplished alone. Therefore we are saved by love. No virtuous act is quite as virtuous from the standpoint of our friend or foe as from our own. Therefore we are saved by the final form of love which is forgiveness.”

Reinhold Niebuhr

Revised by Helen Wing  
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