**Small Group Ministry**

**Group Session Plan**

**Glass Half…**

**Opening Words**

We are here to follow the promptings of our deepest heart.

We are here with expectations, alive, spoken and unspoken.

We are here because we are human,

Creatures of solitude and communion,

Wanting wholeness, knowing brokenness.

We meet here once again to remind ourselves of what we already know.

We open ourselves to word, story, song,

To whatever breaks in upon us or summons us to speak or act.

Our time together affects our time apart.

We want to participate, to be known, to be loved.

What we want for ourselves, we want for others.

We know limits, yet so much is possible...

adapted from Mark Belletini

**Topic/Activity**

We are all, from time to time, optimist or pessimists. thinking the glass of' life half empty or half full. But probably, for each of us, we are essentially, at heart, one or the other: an optimist or a pessimist. Is optimism naive? Pessimism more realistic?

1. Which are you? Has this changed over the years?
2. Are we born with one attitude or the other, or are we shaped by our life experience?
3. And is optimism a necessary component of faith?

**Likes and Wishes**

**Closing Words**

We want to participate, to be known, to be loved.

What we want for ourselves, we want for others.

We know limits, yet so much is possible.

May our reason and our passion keep us true to ourselves, true to each other, and true to our vision of what we are becoming.

adapted from Mark Belletini

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