Small Group Ministry

Group Session Plan

**Where We Live: 3. What Now?**

This is the third of a series about where we live, especially as life situations change.

Focus of this session: focuses on life after the change.

**Opening Words** (Suggestion: Share readings.)

For better or for worse, the change has been made! I am now in a new ‘chapter’ of my life! This is a time of adjustment, of new patterns, of new connections and relationships – ready or not!

I have jarring, unsettling moments of wondering whether the change was right. There will be times when I will wish I had done something else. That goes with the uneasiness of change. I will move forward from here; there is nothing to be gained from ruing or dwelling in the past.

People have remarked about how I look since I made the change. I hadn’t thought about how a change could affect my persona or even my outlook on life.

It may be OK to look back on this change as part of life. For the part that was good, may I give thanks. For the part that was hard, may I have patience and compassion.

All the plans were in place. I was preparing for the change. But then, the change itself changed. So I have to re-vision, plan again, and continue the unsettling state awhile longer. Please stay connected with me as the process continues.

I’m settling in, knowing that now is but a continuing step in the walk of life.

**Check in/Sharing**: How is it with you today?

**Topic/Activity** (If you have not made a change, envision how you would like things to be.)

1. What are some of the things that you like about the new situation?
2. Change in living arrangements frequently results in choices about what to let go and what to keep. How does what you brought with you fit into your new situation?
3. What new traditions can you create? What structures, patterns or rituals are part of your life now?
4. Share the impact of your change as it relates to your outlook on life, your relationship with your family, and your ability to live life to the fullest.

**Check out/Likes and Wishes**: How was the session for you?

**Closing words** “Change Alone is Unchanging”

Whosoever 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 beginning of a circle is also its end.

Not I but the world says it: all is one. And yet everything comes in season.

Heraklietos of Ephesos, #655 *Singing the Living Tradition*

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