



# Life Reviews

## *A life review based on personal reflection*

A life review is a time of personal reflection with your group. A chance for you to talk about the things that are important to you, your concerns, your fears, your efforts to grow at home, school, uni, work. Your relationships, your plans for the future. Take an hour, relax and enjoy it!

During your “review” the group will support you by listening with care. Members may wish to ask a few gentle questions to assist you, but it is important that one person remains the subject of the life review. A talk can be too easily spoiled or cut short when someone innocently announces: “The same thing happened to me” or “So did I!” Thus the subject is changed.

A life review may need follow-up some weeks later – especially if a group member is involved in some crisis or action at home, school or work that needs support. But the review doesn’t have to be problem-centred. If you find life a celebration, share your vision!!

## *A life review based on scripture*

Choose a few verses of scripture that your group will relate to.

If possible provide everyone with a copy of the scripture. Carefully **read** the text.

Now there is an open invitation to exchange interpretations and insights from the scripture message.

Ask each member to give an example from his or her own life – applying the scripture text.

Perhaps there is someone in your group who would like to go into more detail about their life situation? Sometimes someone may request this time before the meeting begins.

“Hang in” with this person now, offering listening hearts. This will create an opportunity for the person to reflect in some depth on his growth as a Christian.

Together set some action for the week.

Next week it will be someone else’s chance. But don’t forget to reflect on the previous week and check for follow-up.

Allow plenty of time – depending on the size of your group and how much they want to share this might take one to two hours.

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