

## ME!

### YEAR 1, 22nd Sunday of Ordinary Time

Print out the “Consideration Sheet” and the “Me!” card, enough for half of the participants.

Begin by sharing this lesson with the group: We are all strangers to many people for one reason or another but the most evident and dividing reason is because of our selfishness. More often than not, people look at other people as objects to take or gain something from. Examples: “She’s nice. She’ll pay attention to me.” “He’s handsome. He’ll make me look better.” “We have so much in common. I can talk to them for hours.” But it is rare when true friendship and familiarity appears in the sincere act of loving one another. Examples: “She looks lonely. I should share my company with her.” “He wants to talk. I should listen to what he has to say.” “We have so many common goals. We’d make a great team.” Explain that when we look to “take away” from people we are truly disassembling their minds, spirits and/or bodies for our own will and pleasure. We are being selfish and destructive. However, when we truly love one another then we aim to give, restore and bless the minds, spirits and bodies of others without concern for our own. Building up other people is participating in the “*building*” of God’s kingdom.

Briefly, ask the group what habits, securities or insecurities hold them back from building the kingdom of God. Use the previous examples as a jumping point for conversation if needed. Wrap things up by explaining that after God inspires us with new understanding and a desire to serve one another we need to put that grace into practice and rewire our bad habits into good habits. Explain that we have to be the ones that decide to physically act out our convictions by using God’s graces.

To begin the exercise have the participants breakdown into pairs. Preferably, they would partner with someone with whom they are least familiar. Instruct the partners to choose either the job of “listener” or “storyteller”. Hand out the “Me!” card and the “Consideration Sheet” to the “listeners”.

Introduce the name of the game, (hence the “Me!” card) and explain that when trying to form good habits our bad ones are going to rear their ugly heads. Explain to the listeners that they are going to try and practice the good habit of listening... really listening. Instruct the storytellers to think of a problem (no heavy problems!) they have or have had in the past. Tell the listeners that they are to “help” the storytellers work through their problem by listening and considering the situation with them. Quickly go over the list of “Dos and Don’ts” on the Consideration Sheet and instruct the listeners to admit to the “Don’ts” as they pop up, throughout the conversation, by simply raising the “Me!” card, even if they are just tempted to think about themselves. Emphasize the point is to try to not raise the “Me!” card and to really pay attention but it is important to also be completely honest when the “Don’ts” occur. Give the group 5 minutes to work through the problem.

Swap partner rolls for a second round if time allows.

At the end of the exercise ask individuals to share their experiences about both the challenges and the triumphs.

# Consideration

## “Do’s”

Things to Think and Say:

- You...
- You think...
- You feel...
- You are concerned...
- Sounds like you...

## “Don’t’s”

Things not to Think and Say:

- I...
- I think...
- I feel...
- I know...
- There was this one time...

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**ME!**

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