

Discussion Ideas



Choose strategies from the list below to facilitate group discussion.

☞ Connecting Activity

Ask each person to share a special or unique talent or attribute with the group.

☞ Discussion Questions

1. What are the five parts of a person? Give an example of each.
 - *Physical, mental, emotional, social, spiritual.*
2. How does your conscience help you?
 - *It is the spiritual part that helps you know right from wrong.*
3. ► A healthy person is whole in each of the five dimensions of their life. Think about Pendo, Chokoza, Riziki, and Bahati. How are they healthy? How are they unhealthy?
 - *Pendo and Chokoza struggle emotionally, socially and spiritually. They don't respond to their consciences; they hurt themselves and others. Riziki and Bahati live in a loving environment, are taken care of by Grandma; they show more healthy behaviours.*
4. ► People who are healthy in the emotional, social, and spiritual dimensions of their lives treat themselves and others with respect. What lesson do Bahati and Riziki learn about self-respect?
 - *To value their own unique characteristics.*
5. ► What is one specific choice you can make to become healthier in one dimension of your life? What might be the positive results of this choice?
 - *Choices might include choosing to be more kind or to help others; stopping behaviours that harm self or others.*

☞ Personal Growth Activity

Copy the Dimensions of a Person diagram on a piece of paper. On the diagram, write or draw healthy and unhealthy choices you are making in each dimension.



☞ Spiritual Application

Read Psalm 139:13-16. Then ask: Based on this scripture, how does God feel about you? What does this mean to you?

☞ Prayer Point

Encourage group members to ask God for protection and courage each day. Lead the group in the Lord's Prayer.

"This, then, is how you should pray: " 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.' "

☞ Encouragement

If possible, share one positive thing you have observed in each group member, or how you have enjoyed the group thus far. Encourage group members to do the same for the people around them. Remind the group that each person is unique and special.

Grandma's Wisdom

Psalm 139 says, "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that well. You knew me before I was formed in my mother's womb. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be". This is how God sees us. He knows what we are going to do even in the future. And he loves us because we are valuable to him. Be careful who you listen to. It takes courage to believe that you are one of a kind and special. Be careful to remember that God has a purpose for your life. Don't throw it away.

