

# nibbles

## four ideas one text

### AIMS

This materials aim to be

- flexible, adaptable and easy to use;
- used at any sort of meeting which begins with a Bible-based reflection, for example Ladies Fellowship, Choir, Men's breakfast, Christian Education Leaders, etc....

### STRUCTURE

The same bible passage is used in each reflection. Begin by reading this out. Four different reflection/discussion starters are available. Introduce each one and invite people to discuss in groups the size of which might depend on the size of the whole group and how long this activity might last. Small groups usually give people more confidence. About 10 minutes is enough time to give people something to think about. You might use one at each of four meetings or more than one at any meeting. Once you've got the idea why not make up some of your own and send them in.

### BIBLE PASSAGE

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength" (Jesus, quoted in Mark 12:30, referring to Deuteronomy 6:5)

#### 1. ALL YOUR HEART

Sally set her heart on a dishwasher; for Raymond it was a holiday abroad.

- What did you last set your heart on?
- What would it mean for you to love God with your whole heart?
- What are you going to do about it?

#### 2. ALL YOUR SOUL

Beatrice says that unless you have rhythm in your life "you ain't got soul." For Jake the essence of 'soul' is compassion.

- What is the most important characteristic of 'soul' for you?
- What would it mean for you to love God with your whole soul?
- What are you going to do about it?

#### 3. ALL YOUR MIND

Jan is a dedicated follower of fashion while Peter's mind is pre-occupied with what his computer can do.

- What is that most occupies your mind?
- What would it mean for you to love God with your whole mind?
- What are you going to do about it?

#### 4. ALL YOUR STRENGTH

Chris put incredible effort into completing the project at work on time while Alex moved mountains (or so it felt) to get their daughter into the school they wanted.

- What would motivate you to spend that much effort?
- What would it mean for you to love God with your whole strength?
- What are you going to do about it?

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### EVALUATION

Please try to answer these questions for yourself and for others who will use this material:

1. What was the most helpful thing?
2. What was the least helpful thing?
3. What would you like to try now?

### THE NEXT STEP

If you want more nibbles then other nibbles are on the website for people who are meet in different situations.

If you have written some nibbles yourself, why not send them in?