



## **MyLife-Workshop: an exploration of my life**

### **Preparations for unit three:**

- Video projector, laptop, speakers, screen (flip chart)
- Homework assignments are printed on cards for the next week
- Yellow Post-its

### **3. Bridge**

Ice breaker: Find an item in your wallet or purse that says something about you. What does it tell about who you are?

#### **Input from the facilitator**

Insights learned: We discovered how we were influenced, can describe our lives as if it were a book. But what's the next step? What could our future look like? How could we design it?

Talk about the results of last week's assignment, "What is the good life?"  
Share your results.

Video: The bridge to nowhere.

Main idea: No bridge builder plans and then builds a bridge that will never be used. Bridges should lead to a goal, as should our lives. To where is our life-bridge leading us?

#### **Let's get to work (Workshop)**

A. Brain-storm: Using yellow Post-its, write down the best-case scenario for your life. What do you wish for your future? What are the things that you want to acquire or experience before you die (bucket list) and why?

- Share this in your group

B. Brain-storm: Differentiate between objects and situations. What objects do we want in our future? What state-of-mind should these objects give us?

- Share about this wished-for state-of-mind



C. Assume that you actually get the objects that you now desire. But at some point in time you'll lose them. What consequences would this loss have on your contentment level?

- Share this in your group

D. Behind every wish that we have there resides something much greater: we call it "longing". There are four basic longings that people have: the longing for security, significance, belonging, and meaning. To illustrate: The wish to become a millionaire is possibly based on the longing for significance or security. The wish is the mother of longing.

Question: What is that one thing that must be in your life in order for you to be content?

### **Input from the facilitator:**

The Bible distills each of the longings that we have down to one word/concept: SHALOM (peace).

What is SHALOM?

It is more than the end of conflict, or an appeased conscience.

SHALOM is holistic well-being that cannot be destroyed.

It lasts even when the people and the things that we have held dear are no longer there. It is thus independent of outward circumstances.

It is a gift – given by God to everyone who seeks Him and wants His SHALOM.

A further dimension is found in Numbers 6:24-27

"Shalom" is inner peace despite outward circumstances, whether good or bad, loss or gain.

### **Output (to do this week)**

1. At my funeral, I hear my friends talking about me. What do they say was the quintessence of my life?



2. Write down 2-3 principles that, in your opinion, define the good life.

3. Read Numbers 6:24-26 daily and take time to think about it.

Last round - discussion: What idea was important to me today?

**Facilitator:** We've looked back on a tour of our lives up till now; we've also looked forward at the further development of our lives. This much is true: We have wishes for our future, but are powerless to make sure they come true. God longs to give us what we cannot give ourselves, even if our wishes aren't fulfilled: Shalom.