



## Spirituality Support Nights Beloved of God

At the heart of any deepening relationship with God is the wonder of God's boundless love. A felt experience of God's love can assure us of its abiding nature in times when God feels absent.

Materials Needed: Paper, Pens/Markers, Bible, Music (optional)

- 1) Read **Luke 3:21-22**: You are my Child, my Beloved; with you I am well pleased.
- 2) Have each member take a piece of paper and fold it in quarters. Explain that what is written down will not be shared, so each can have the chance to write freely.
- 3) Give the directive for each quadrant one at a time, allowing at 1 2-3 minutes for writing in between. The group should be encouraged to work silently, or with soft music, to allow others to think. The four quarters will include:
  - a) First quadrant: aspects of oneself that one feels good about or is proud of.
  - b) Second quadrant: aspects one is still working on or struggling with.
  - c) Third quadrant: any regrets about past behavior/choices.
  - d) Fourth quadrant: important relationships in one's life.
- 4) After all lists are complete, have members label the quadrants as follows:
  - a) "Valued"
  - b) "Accepted"
  - c) "Forgiven"
  - d) "Chosen"
- 5) The entire page can then be labeled, "Beloved."
- 6) Read **Luke 3:21-22** again. For silent reflection, read the following questions: What does it mean to be Beloved? What does that feel like? What does that lead us to in our lives?
- 7) A silent closing exercise may be used: each member takes a turn facing the person to his/her right, placing both hands, palms down, on the upturned palms of the next member. Silently, the one whose hands are face down focuses love on the other. This continues around the circle until it is complete.