

CONSIDER:

Everyone in life has a reason for being the way they are, and we all need help sometimes to reach our full potential. YMCA wants to reach out to others in need and be a support to them no matter what their background is or the choices they have made in life. We believe in grace and forgiveness and second chances. We also believe in equality for all.

REFLECT:

Put on the headphones and watch this video clip from Les Miserables. This clip is an example of forgiveness. As you watch, think about these questions: Why did the thief do what he did? Why did the priest do what he did? What difference would it make?

RESPOND:

On the first page of your letter, answer these four questions:

1. Has anyone ever given me a second chance?
2. Is there anyone in my life I would like to forgive and give a second chance to?
3. Do I give myself second chances?
4. What have I learned on STEP about helping others?





CONSIDER:

None of us is created the same, we all have unique abilities and talents. It is important to value each other even if we are different. We need each other if we are going to succeed.

REFLECT:

'Now the body is not made up of one part but of many...If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.' - 1 Corinthians 12:14-20

RESPOND:

Look at the second sheet of your letter and choose the body parts that show the unique talents you have to share with the world. Next to these body parts write your own gifts and talents. After you have finished, write your name or initials on the big body diagramme to show what parts you chose to reflect who you are.

CONSIDER:

We all have different reasons to get up in the morning. Some of us live to succeed at work, to take care of our children, to play football or to go out with our friends. All of these things point towards our values, the things that we wouldn't trade for anything else in life. The YMCA stands for Christian values such as generosity, forgiveness, honesty and love.

REFLECT:

Look at the big tree diagramme and use the markers to make connections between the different values and the things we all live for. Think back to the values you chose in the values card game, and look through the deck of cards to refresh your memory.

RESPOND:

On the third page of your letter choose five values and fill in your own tree, with the roots connecting to the things that give your life meaning. Answer the question, 'What values will be most important to me in the next six months? Are there any more ways I can match my lifestyle to my values?'



**Station 3:
Christian Values**



CONSIDER:

None of us is ever finished learning, growing or experiencing. In the same way, our spiritual journey is never ending, because it involves the infinite. On the journey of our lives, different people come alongside us and help us to reach our goals. Sometimes, we feel alone, sometimes we know that there are others walking beside us, sometimes we need to be carried by others.

REFLECT:

'Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be.'
- Psalm 139:16 • "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

Look at the footprints on the floor and think about the times in your life when others have come alongside you.

RESPOND:

Write on the fourth page of your letter about the people in your life who have guided and supported you when you needed help. Ask yourself: who will I call on in the next six months when I need support? Who can I give support to?