

### **Know your Gifts: Part 1      Preparation**

Have some quiet.

Make a list of situations in which you feel most alive. These situations will generate deep satisfaction, energy, enjoyment and fulfilment. These need not be things that others have valued or even noticed. What was it that made you feel fully alive?

Choose up to 3 examples from the list that you are willing to talk about in small groups.

### **Know your Gifts: Part 2      Discussion**

Form groups of 3 or 4 people

Take turns to share the examples of times when you felt most alive. As you are speaking, other members of the group should be listening attentively, and making notes of any particular aspects of you which strike them as significant. When you have finished sharing your examples, ask the other group members to feedback any observations which have surprised them, or offered any insight about you as a person. It is best if the listeners write down their observations, so that you have them for future reference.

Once this exercise is complete, keep your list and the notes the others have made about you. They are not a complete list of your gifts. They do not define you once and for all. Another group might see different capacities in you. But let them be an aid to helping you to own your God-given capacities and talents.

*From 'Live for a Change' by Francis Dewar  
(Darton, Longman and Todd, 1988)*