

# Session 6

# Belonging Together

▶ Compact ⌚ 35 mins

↔ In-depth ⌚ 60 mins

✎ Custom ⌚ .....

## Session overview



	▶	↔	✎
<b>Intro</b> p3 5 mins Summary of what this session is about	✓	✓	
<b>Film</b> p3 5-10 mins Young people's perspectives on belonging and interconnectedness	✓	✓	
<b>Bible passage</b> p4 10-20 mins 1 Corinthians 12:15-22,26	✓	✓	
<b>Interweaving stories</b> p7 15-25 mins Explore what justice looks like through some light-hearted examples	✓	✓	
<b>Belonging</b> p9 5-10 mins Reflecting on quotes about belonging and interconnectedness			
<b>Vision board</b> p11 5-20 mins Reflect on this session	✓	✓	
<b>Prayer and reflection</b> p12 5 mins Reflect on the learning and habits	✓	✓	

## Session summary:

### Key learning

God has made us interconnected - we need one another in order to flourish

### Application

Have a high value of ourselves and others

### Habits focus

Reimagine a world where all can flourish

## Before the session

### You will need:

- A ball of string
  - Your group's vision board
  - A ball and bucket
- [Optional- if you do the illustration on p120]

### Set up your room:

- For the **Interweaving stories** activity, your group will ideally sit in a circle

# Intro

 00:00

 5 mins

## Aim of the session

This session is called **Belonging Together**.

### In this session we are going to:

- Recognise the value of each one of us and the unique contribution we have to make.
- Explore how we are connected to each other.
- Practise reimagining by celebrating the ways our uniqueness and differences can enrich one another.

This session draws deeply on the idea of ubuntu — see Appendix 12 on p134.



## Recap

Recap the previous session and remind the group of the three habits of being curious, being present, and reimagining.

Ask your group what they remember from the previous session and if they have any examples of actions or stories from the past week.

# Story

 00:00


## Film

 5-10 mins

**Discuss:** What do we learn about belonging in this film?

You might like to draw out examples of the following: the power of coming together; seeking hope; telling a new story.



## Bible passage

### 1 Corinthians 12:15-22, 26


🕒 10-20 mins

Share the passage (the version below is from the NIV translation):

Suppose the foot says, "I am not a hand. So I don't belong to the body." By saying this, it cannot stop being part of the body. And suppose the ear says, "I am not an eye. So I don't belong to the body." By saying this, it cannot stop being part of the body. If the whole body were an eye, how could it hear? If the whole body were an ear, how could it smell? God has placed each part in the body just as he wanted it to be.

If all the parts were the same, how could there be a body? As it is, there are many parts. But there is only one body. The eye can't say to the hand, "I don't need you!" The head can't say to the feet, "I don't need you!" In fact, it is just the opposite. The parts of the body that seem to be weaker are the ones we can't do without...

If one part suffers, every part suffers with it. If one part is honoured, every part shares in its joy."

 **Questions for discussion** (choose as many as your group have time for):

- What do you think the writer (St Paul) is trying to say here?
- What do you think of the image of a body being used to describe a community?
- What would change if we all recognised our need of one another?
- Do you see similar principles and values in other faiths, worldviews or cultures and community traditions?

**Note:** *If your group struggle to imagine the picture of the church being like a human body, you might want to introduce more practical examples such as this simple interactive illustration:*

Create a simple 'machine' of five people moving a ball from one side of the room to the other. Each person has a specific function.

- **Person One** picks up a ball and drops it into a bucket held by Person Two.
- **Person Two** turns to Person Three and offers them the bucket.
- **Person Three** picks the ball out of the bucket and throws it over their shoulder.
- **Person Four** catches the ball and passes it to Person Five.

If all five people try to do the job of Person One, the result is there is no one to hold the bucket! The machine no longer works. In order to function, we need each other, and we need the differences of one another.



## Key learning

**Please highlight the points below:**

- We are each unique, with a contribution to offer that only we can make.
- We need one another in order to flourish.
- When we experience differences, disagreements or divides in a friendship it can feel like hard work. But other people are actually a gift – we and the world would be poorer without them.
- It may be helpful to share one of these quotations from Archbishop Desmond Tutu, who describes the idea of 'ubuntu':

*Either:*

**"Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness...**

**I can be me only if you are fully you. I am because we are, for we are made for togetherness, for family. We are made for complementarity. We are created for a delicate network of relationships, of interdependence with our fellow human beings, with the rest of creation.**

**I have gifts that you don't have, and you have gifts that I don't have. We are different in order to know our need of each other. To be human is to be dependent."**

*or*

**"I am human because I belong, I participate, I share."**



Activity

🕒 15-25 mins

## Interweaving stories

Experience our interconnectedness and need of one another

**Start here**



1

Ask the group to sit or stand in a circle.

Explain that the group will have a theme to discuss. They will take it in turns to say what they associate with the theme – it could be an experience, an opinion or something else. They don't need to have any deep knowledge or expertise.

2

Give the group a theme to discuss, for example:

- Hope
- Flourishing
- Travel
- Social media
- Local fast-food place, local café
- Sport

**Note:** *This isn't a long activity so choose a topic which your group can discuss comfortably in a short period of time without opening up painful experiences which cannot be explored fully here.*

3

Ask for a volunteer to start and give them the ball of string.

The young people take it in turns to share their reflection on the theme. The other young people practise the habits of being curious and being present – seeking to understand others and listening deeply.

The young person who catches the ball of string holds onto a piece before throwing it to the next person (they could wrap the string around their hand or waist), then pass the ball of string to the person who wants to speak next. Over time the string will weave together.

5

After a few minutes, draw the conversation to a close and ask the group to reflect on the discussion and the image of the web that their discussion has created. What might this web represent?

For example:

- It was created by everyone
- Without different people in different positions, the web could not have been created
- We need one another in order to create something
- Everyone collaborated and built on the suggestions of others to create a stronger conclusion
- We are often more interconnected than we think

If you have time, repeat with another topic.





## Key learning

Please highlight the points below:

- Everyone has a contribution to make.
- Our individual understanding is incomplete without the perspectives of others – God has made us to be interconnected.
- Our diversity and differences are a strength to value and celebrate – and they reflect the beauty of God’s creation in all its variety.
- Our stories are interwoven.
- In this activity, we have been:
  - **Being curious** – seeking to understand others.
  - **Being present** – listening deeply to others’ contributions.
  - **Reimagining** – seeing our perspective and understanding grow through joining with others.



## Activity Belonging

🕒 5-10 mins

Discussion, reflecting on quotes about belonging and interdependence.

(Alternatively you could read these out whilst standing collectively holding the web – and not do the discussion if time is short.)

**Start here**



**1** Ask the group to reflect on one of the following quotes:

- "I am human because I belong, I participate, I share."  
(Archbishop Desmond Tutu)
- "Today, if we have no peace, it is because we have forgotten that we belong to each other - that man, that woman, that child is my brother or my sister." (Mother Teresa)
- "Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness...

I can be me only if you are fully you. I am because we are, for we are made for togetherness, for family. We are made for complementarity. We are created for a delicate network of relationships, of interdependence with our fellow human beings, with the rest of creation.

I have gifts that you don't have, and you have gifts that I don't have. We are different in order to know our need of each other. To be human is to be dependent."  
(Archbishop Desmond Tutu)

**2** Ask:

What do you think of these ideas? What difference would it make if we put these ideas into practice?



## Key learning

**Please highlight the point below:**

- Being interconnected means that we flourish when we come together and when we value the uniqueness of each person.



## Top takeaway

**Ask your group (to write down or say aloud):**

What is something you want to remember from this session?  
(Give the group a minute to reflect before answering.)



## Vision board

 **5-20 mins**

**In this final session, use this time to invite your group to reflect on what they have learnt and explored throughout the course by looking at the vision board.**

- 1.** Invite the group to share what they have most valued from the course.
- 2.** Ask a volunteer to write the three habits across the vision board.
- 3.** Invite each young person to say (or write on the vision board) one action they would like to take in order to practise the three habits:  
**Be Curious, Be Present, Reimagine.**



# Prayer and reflection

Please use this as a prayer or guide for reflection:

Loving God, fill us with your Spirit now.

**We think about the fact that our stories are woven together.**

Help us to **be curious** about others' stories – listening as often as we speak.

**We think about our need for one another if we are all to flourish.**

Give us the courage to **be present** – showing up and sticking around.

**We thank you for weaving us into your story and inviting us to join together in your work in this world.**

Inspire us to **reimagine** what's possible – finding hope, knowing that you can transform all things.

In Jesus' name. Amen

## Feedback

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