



R-Group Process

MARK 12:30

Mark 12:30 – “Love the Lord your God with all of your heart and with all of your soul and with all of your mind and with all of your strength.”

Materials:

2 Sheets of Paper / person

Several different colors of markers / pens (make sure you have red, black, yellow and purple)

Teaching: Give a brief overview of the 4 Quadrants

Process:

1. Take one of the sheets of paper and divide it into four equal size sections. Label each section with one of the quadrants: heart, soul, mind or strength. Take 3 minutes and fill out your sheet with your view of yourself. List the characteristics of maturity that you see in yourself for each quadrant. Rank the quadrants in order of strongest to weakest.
2. Put this piece of paper aside for this next part of the process. Now that you have identified the areas where you feel you are mature, we want to hear what areas of maturity that the others in the group see in you. For this part, we will ask one person to go first. Each person in the group will identify one characteristic of maturity and the quadrant they see as that person's strongest, and write that information down. Then, we will go around in a circle and say:
 - a. “I see you as and I see this as part of your quadrant.” (Designate someone to be a scribe and record what each person says. Use the same type of sheet that was used in the first part of this process that has the Quadrants already divided.)
3. Now that everyone has gone, take out the first sheet of paper and compare the two lists.

- a. How did the way that you see yourself compare to what the group saw in you?
- b. Which quadrant was the strongest in your own assessment? How did that compare to what the group called out in you?
- c. Which quadrant was the weakest in your own assessment? How did that compare to how the group viewed you?
- d. What awareness of yourself are you taking away from this?
- e. What quadrant might you want to stretch in this week, and what would that look like?