

Shapes for Living

Mapping our working lives together

This can be a small group or a whole church exercise.

You need to brief the group ahead of time to get the most out of this session (cf. the note at the end of the previous sessions – make sure you make people aware of the preparation for this session).

Let everyone bring something that symbolises work for them. It can be any kind of work – paid, career, voluntary, hobby, past or present. It could be company letterhead, a tool, a picture, uniform ...

Make a display within the space in which you are gathered.

Someone could briefly interview people to say what they have brought.

Invite people to choose words that express their experience of the world of work. Fulfilling, exciting, challenging, boring, frustrating ... etc. You may want to set up a display board or wall space for people to write on a flip-chart sheet or on post-it notes and put up for others to look at. If you use post-it notes, you can move them around into groups of similar words or themes as they emerge. If people would prefer to use pictures or symbols instead (e.g. smiley face), that's fine too.

Explore what it means to be a Christian in the range of particular workplaces represented. How do people practise their faith?

Explore what kind of support people need for their commitments. These can be:

Practical (e.g. child care, transport)

Emotional (e.g. someone to talk to when stress takes over)

Spiritual (e.g. someone to pray with, or someone to pray for you in intercession)

A closing prayer

At the end of this exercise, gather around your display and hold everyone's contribution up to God in praise and thanksgiving.