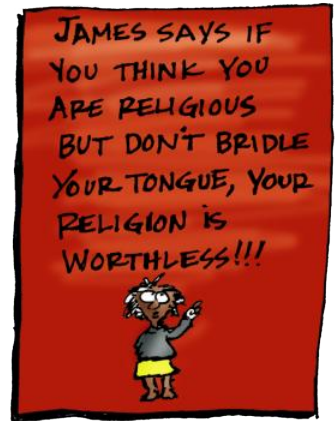
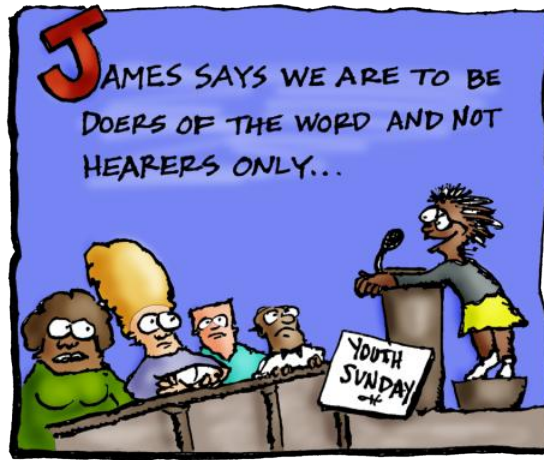




The Universal Letters



SHARE

your highs and lows

Break into pairs.
Listen carefully and
record your partner's
thoughts in the space
provided. Then return
to small group and
share your friend's
highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



READ

**and highlight
the theme verse
in your Bible**

"He himself bore our sins in his body on the cross,
so that, free from sins, we might live for
righteousness; by his wounds you
have been healed."

1 Peter 2:24



TALK

**about how the
Bible reading
might relate to
your highs
and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

IMAGES

1. Choose either the cover photo, cartoon or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

ROLE PLAY

Assign roles and take turns acting out the following:

1. Your cousin is in need of a kidney transplant. You find out that you are a perfect match for him. It will be a painful operation and a lifelong inconvenience, but you decide to donate a kidney. Go tell him why you are doing this.
- 2: Same situation as above, except your cousin is in prison for armed robbery and kidnapping. She begs you for a kidney. Is the conversation any different? Do you ask something more of her because of her past? Act it out.

QUESTIONS TO PONDER

1. What is the biggest sacrifice you have made for someone lately? How did they show thanks? What is the biggest sacrifice someone made for you lately? How did you show thanks?
2. Is there anyone in the world who would die for you? Why would they do it? How do you know?
3. Is there anyone in the world for whom you would die? Why would you do it? Do they know you feel this way? How does the depth of this love relate to God's love for you?

QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

Work is love made visible.

Kahlil Gibran

Serenity is not freedom from the storm, but peace within it.

Unknown

The farther backward you can look, the farther forward you are likely to see.

Winston Churchill

Those who say they never need help, mostly do.

Malcolm Forbes

The world is filled with willing people; some willing to work, the rest willing to let them.

Robert Frost



Write a definition...

CATHOLIC LETTERS

JAMES

PETER

RIGHTEOUSNESS

UNIVERSAL LETTERS



Sleeping Elijah by Dr. He Qi (www.heqigallery.com)



PRAY
for one another's
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

Prayers for Highs

Prayers for Lows



BLESS
one another

Trace the sign of the cross on one another's foreheads or palms.

**REMEMBER
1 THING**

Jesus died so you could live. He offers you the promise of grace for today and hope for tomorrow.



FAITH
INKUBATORS

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