

Review of Life

NB. When a group first does the Review of Life it is advisable to do a simple version without too many questions. The group can then develop it at their own pace using the further questions.

SEE

During 'Newsround' on the Impact Agenda, the group is given a little time to think:

Each person talks about **one** thing which has happened recently (a situation, a conversation, a meeting, an event, a challenge) in their daily life which:

- is real and factual;
- made them think a little, feel bad or good, ask questions, get angry, or want help etc.;
- happened recently;
- involved them or someone they know;

What can we do about it?

From the "situations/events" shared the group chooses the one or two most urgent or relevant. Others can be saved for future meetings if desired.

The members of the group, facilitated by the group leader (a young person) and adult companion or chaplain, **help one another** to explore the details of the event/fact/situation chosen.

The group looks at the **causes and effects** of what has happened.

- What actually happened?
- Where did it take place?
- Who was involved?
- How often does this occur?
- How did/do you feel about it?
- What was said? Why did this happen?
- Why did people act as they did?
- What influenced people's actions?
- How did it affect others involved?

Further questions

Causes:

- What triggered off the situation? In what way did people's actions and behaviour lead to this situation?
- What are the background causes? Were people caught in an overall system or coincidence of situations which influenced what happened?
- Are there larger global issues which provide a framework for what happened?

Consequences:

- What were the effects of this situation on the people involved and on you personally?
- What were your feelings as a result of this happening?

What worked?
How did our action build the Kingdom?

JUDGE

The group discusses the rights and wrongs relevant to the situations and experiences shared, taking note of what has been discovered in the "SEE" part.

- What do you think about this? What makes you think like this?
- What is good and what is bad about this situation?
- Do you think this is right? What makes it right or wrong?

The group then reads the Word of God (usually the Gospel) for inspiration and guidance in their reflection and for encouragement to act.

- What strikes us in the reading we have heard?
- Does being a Christian make any difference in the situations we have shared? Refer to examples from SEE part.
- How do you think Jesus would have reacted in a situation like this?

What's
happening?

Further questions

What positive values can we find in this situation such as love, generosity, loyalty etc. or negative values such as greed, hatred, envy etc.

In relation to the text from the Scripture:

- What vision of the kingdom of God here and now in our midst does this passage give us?
- What does it show us about how those committed to Christ should be and how he/she should act?

To lead us forward to the ACT stage:

- What hopes for the future do we have in relation to the situation(s), experience(s) we have shared ?

ACT

The group discusses possible ways of responding to the situations described in the SEE part. Each person identifies, with the help of the others, some practical action he/she can take.

This personal action is more likely to be done if:

- it is decided by the person who will do it and not just suggested by others.
- it is practical, realistic and achievable.

The action can also be something the group decides to do or organise together in which everyone has a part to play and a responsibility.

- Is there anything you/we can do, no matter how small, to improve the situation?
- Is there anything more we need to find out?
- How can we do this?
- Is there anyone we can influence to improve things?

Further questions

- What is my/our responsibility in this situation? How will this work out in practice?
- Looking again at the consequences and causes of the situation how can I/we make a difference ?
- What are the practical stages that need to be put in place to carry out an effective action?
- If I/we cannot change the situation directly are there other people we can contact, involve, work with?
- Can I/we involve any of our friends (e.g. on the Friends and Contacts Chart) in our action.
- How can we support one another in our action ?

REVIEW

The group considers again the situations that were discussed at the last meeting and the actions that were decided. Each person reports on how they carried out the action or what the difficulties were, the obstacles to overcome. The group tries to be encouraging and affirming. Each person is helped to see the value in what they have done and to reflect further on it. The members try to see the connection between the actions they have carried out and what it means to be a follower of Christ.

- Did we carry out the action? Did we achieve the original purpose?
- What difficulties did we come up against?
- What effect did our action have on us and on others?
- What did we learn from the action?
- How did we feel before? During ? After?
- Is there anything we would do differently?
- Can we compare it to any action Jesus took?
- Is there any further action we can take?

What do we
think about it?
As young
people?
As young
Christians?

Further questions

- Who was involved or affected by the action taken?
- What change has come about as a result of our action?
- What Christian values did we affirm through our action?
- Do we need to persevere further?
- In what way did God's kingdom come through this action?

Leading the Review of Life

The effectiveness of the Review of Life is closely linked to how well it is led so it is important that the person leading it understands their role and how the different stages are meant to develop.

Skill in leading the Review of Life can be developed through practice. Truly caring for the members of the group will help to develop trust and confidence in one another.

Before the meeting

The group president should ensure that the young person who will lead the next review of life meeting has time to prepare. The adult companion or chaplain should prepare with the leader of the Review of Life, especially in the early stages until they become more experienced.

SEE

The starting point in the Review of Life is very important. The leader gives everyone time to think about what has happened in the last week and then invites everyone to share an experience they have had if they so wish.

We don't have to present something big. Small things are important: "I saw a fight on the bus" "My Mom was upset on Tuesday!" "I argued with someone at school!" "My friend has a problem"

The leader helps the group to choose one of the facts presented. Priority is usually given to something of present concern and not ancient history or to something that touches everyone.

The group leader guides the members of the group through the See, Judge, Act process (see pages above) in relation to the experience chosen. The leader shows good example by taking a special interest in each person and by:

- listening carefully.
- asking questions which make things clearer.
- helping the members of the group to express themselves.
- encouraging everyone to take part by using people's names.
- taking his/her own notes of key points to be followed up.

JUDGE

The leader of the group invites the group to give their opinions on the rights and wrongs of the situation. They should not feel that they have to give all the answers. It is important not to let the meeting become a debate between just two people, especially if it is always the same two. The leader should keep trying to bring others into the discussion.

The leaders guides the group to select a scripture text helped by the adult companion or chaplain (see below). The leader invites someone to read the Scripture text and encourages everyone to listen and prompts people to share their reactions.

The group leader can help by:

- putting the group at ease – it is not an exam!
- encouraging everyone to share their ideas and opinions;
- trusting that they will be touched, challenged and enriched by the Word;
- asking the chaplain/adult companion to clarify something if necessary;
- treating each person's faith contribution as important;
- helping the group to respect each other's level of faith.

ACT

The ACT helps the group focus on the original situation chosen as the "fact" for this Review of Life and invites the person who shared it to suggest a possible course of action.

Impact and YCW is not just a discussion group. Impact leads young people into action. It is never complete unless there's action. But action must always be realistic. It may not be possible to



“topple the government” or “change the parish priest”. As adult companion you should help the leader to guide the group to realistic action.

The leader encourages the group to decide on a suitable action. Maybe the action chosen will be as small as merely asking a question, finding out information, influencing someone to change a situation

The leader’s role is:

- helping the group move on to ACT
- prompting them to keep a link with the situations described in the SEE
- reminding them to be realistic
- encouraging them to identify others who can help
- supporting them in carrying out the action after the meeting

REVIEW

Actions decided should be followed up at the next meeting. The group leader has an important role in making sure that members are able to see the value of their actions or to keep trying when things are difficult.

The group leader can help by:

- leading each one to understand the importance of their action
- gently prompting those who forgot or did not get round to it
- discovering the difficulties and obstacles and help find a way forward
- asking about their situations outside the meeting

Choosing a Scripture Text

There are various ways to choose a text for the Review of Life. The members of the group may try to recall any words of Jesus that they feel are relevant. If someone is able to find the text it can be read, otherwise the words can simply be repeated once or twice.

- Choose from the list of texts below
- Ask the chaplain or adult companion to suggest a text.
- Use the Gospel or reading of the last Sunday or next.
- Use the readings or Gospel of the day.

Some tips on how to choose the text:

It is unlikely you will find a text that deals precisely with the day-to-day issues that you are facing. The purpose is not necessarily to find a text that will solve the problem but rather one that will encourage you to keep looking or to have the courage, patience and hope to act well in the situation. Above all Jesus’ words and example inspire us to love others and to find practical ways of doing this.

Who is Jesus and what is His Mission?

Mt 3:13-17, Mt 4:12-17, Mk 6:1-6, Lk 2:41-50, Lk 4:16-24, Jn 2:1-12, Jn 2:13-22, Jn 8:12, Jn 10:1-5

Call and Mission of the Disciples

Mt 4:18-21, Mt 9:9-13, Mt 10:1-10, Mk 6:7-13, Lk 5:1-11

Parables

Lk 10 :25-37, Lk 14 :15-24, Lk 15:1-7, Lk 15:8-10, Lk 15:11-31, Lk 16:19-30, Lk 18:9-14

The Kingdom of God

Mt 13:1-9, Mt 13:31-33. Mt 13: 45

Teaching and Values

Mt 5:1-12, Mt 5:38-48, Mt 6:19-21,24, Mt 6:25-34, Mt 7:12-14, Mk 10:23-27, Mk 12:28-34

Prayer

Mt 6:5-6, Mt 6:7-15, Mt 7:7-11, Lk 18:1-8

Following Christ

Mt 5:13-16, Mt 9:35-37, Mk 9:33-37, Mk 10:41-45
Mk 13:33-37, Lk 1:26-38, Lk 6:46-49

Healing

Mk 1:21-28, Mk 1:40-45, Mk 7:31-37, Mk 8:22-26
Mt 9:1-8, Lk 7:1-10

Raising to Life

Lk 7:11-17, Mt 9:18-23, Jn 11:17-43

Attitude to Sinners

Lk 7:36-50, Lk 23:39-43, Jn 8:2-11

Feeding the hungry

Mk 6:30-44

On the Lake

Mk 4:35-41

Last Judgement

Mt 25:31-45