



Be the Change You Wish to See in the World

Intro – Right now almost everyone would like for the world to be a better place. Most likely everyone here has thought about changes you would like to see in this world. To open this group discussion, as a group describe some qualities and values that you would like to see more of in the world. *Write them on the board as a brainstorming group exercise.*

To help get started here are a few ideas:

The world needs more...

- ✓ Justice
- ✓ Love
- ✓ Freedom
- ✓ Peace
- ✓ Kindness

Add these examples to the list on the board if needed and continue making the list as a group...

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Next steps. The world is large and complex so it may be a tall order to hope to change the entire world on your own. However, even as one person, we can “be the change we wish to see in the world” by making even small changes in ourselves to make the world just a little better and lead by example.

As a group, take turns selecting something from the group brainstorming list that was just made, and discuss something specific you can do to try to be a force for positive change. Some of these may be challenging and require some thought and creativity.

Some examples:

Justice – *“I am going to treat all people that I meet with respect and fairness regardless of what their background is, where they come from, or how much money they have without showing favoritism or prejudice.”*

Love – *“I think that I can try to make a conscious effort to look for the good in people rather than harp on things about others that irritate me, as this is a more loving way to live my life.”*

Peace – *“I am going to call my brother and see if we can try to settle our differences and try to make peace as we stopped talking after an ugly disagreement at the last family party.”*

Try your own.



Closing questions:

- It is often harder to do what is right and it may require more effort and at times even a degree of personal sacrifice. Still, why is it worth it in the long run to try to strive to be a better person by doing the right thing?

- What is one (or two) takeaways from this exercise that you will try to remember?

