Rebuilding hope and confidence:
What do I do well?

People don't recognise gifts in themselves. Many of us will, on occasion, compliment someone on their talent or ability only for them to seem surprised as they don't see it themselves.

If we are to start rebuilding hope and confidence within Mothers' Union, then we need to start in building confidence in ourselves and acknowledging (and using) the gifts that others see in us.

This activity is only suitable for a time when we can meet together in person.

Give each person a piece of paper (cut an A4 sheet into four) and ask them to write their name at the top before passing to the person sitting on their left.

That person then writes (in a couple of words)what they think the named person does well – whether it's a practical skill like knitting or a talent such as being able to sing well. You might like to read Galatians 5:22-23 to remind everyone that are less obvious gifts, and think about gifts such as being considerate, friendly or welcoming.

You can pass these round two or three more people if you wish, but four comments on a sheet is plenty. Then pass the paper back to the person whose name is on the top and give them a few moments to reflect on what has been written about them.

Invite people to share:
- What has been written about them and whether that surprises them
- If there is something they believe they do well that isn't written down

People may be a little reluctant to do this initially, so it is good to have someone who is fairly confident primed to be the first to contribute. Not everyone will be comfortable with sharing what is on their paper, so don't put anyone on the spot.

If time allows, talk about the value of having different and complementary gifts in a Mothers' Union group.

This activity could be used as a way of identifying the gifts from God in ourselves and in others as suggested in the prayer reflection on using our gifts from God (https://www.mothersunion.org/sites/default/files/resources/public/2020%20Theme%20Prayer%20reflection.doc)