

Favorite Quotes

Step-by-Step Instructions:

1. Create a list of quotes relevant to the topic (e.g. quotes about marriage or parenting).
2. Distribute the quotes to participants and discuss how, at different times in our lives, certain quotes may resonate and provide inspiration.
3. Ask each participant to choose one quote that speaks to him or her in relation to his or her current life situation.
4. Ask participants to volunteer to read aloud the quotes they picked and explain its relevance.
5. If this is a group that meets regularly, ask the group members to bring in a weekly quote and begin the class each week with people taking turns reading their quote and explaining why it is relevant to the topic they are learning.

Tips for Discussion and Processing

This is a good way to let group members discuss why they feel inspired by certain quotes. Famous quotes are often timeless and illustrate that across the span of time people have faced the same struggles and life events. By bringing in their own weekly quote, participants will be reminded to think about the class and what they are learning.

Group Size: 1 to 10

Time Needed: 1 to 10 minutes

Goal: To build group cohesion by sharing reflections on lessons and life circumstances

Audience: Couples, teens, parents, singles

Special Considerations: This activity can be done as a large group or by creating small groups of 3-5 participants.

Resources Needed:

- ✓ A page of quotes that pertain to the subject being taught; one copy per participant