

Body Life Group Activity

This interactive group experience can be used in conjunction with Study 7, as you consider how your contributions complement and supplement the contributions of others in order to ensure that, together, you collectively engage in a healthy organizational dynamic.

The activity is based on the premise that we are all part of the Body of Christ, and as a team/home group/organization/ministry/etc., are a local expression of it. Imagining that the group is a human body, there are certain things a body needs and does. The group will get a chance to think through the various needs and contributions of each member to body life.

Materials: the cut-out pieces from the next page (which are also available for easy download and printing from <https://embracingfollowership.com/the-book/companion-resources/>, and either some scrap paper, additional printouts (1 per group member) of the pieces page (kept whole, without separating the pieces so that it can be used as a worksheet or for taking notes), or the following page of pieces if you are using the print edition of this book.

This activity would start with all the included puzzle pieces (and perhaps some of your own that you add in the blank pieces) spread out on a table face-up. Allow a few minutes for the group members to work independently to answer the question: "If I had to choose one person in this group to carry out this body function, it would be..." Each person should make a selection of one group member (they can choose themselves) for each of the puzzle pieces; it's certainly fine to choose more than one function for the same person. Answers can be realistic, metaphorical/symbolic, spiritual, whatever! The idea is to think about the various gifts, talents, abilities, preferences, and personalities represented in your group. It will be easiest if each person writes their choices down so that they don't have to remember all their selections.

After everyone has an opportunity to write down their body function assignments, then spend time talking: perhaps go one-by-one through the various body functions and have everyone share who they selected and why. Some answers may surprise. Some people may select the same person but for different reasons. How does a given person feel about being selected for a particular function?

In the case of a group that works closely together (fellow employees in an office, the members of a volunteer association or committee, a ministry team), you can push the activity further by having the group work towards agreeing on which one (or two) member(s) they would designate/delegate/identify for each function. After going through all the functions, you can then see if some people are looked to for a lot of contributions, some less so, some members appearing to be less well known to the group (in terms of their gifts, abilities, preferences); you can note where some people were assigned a function that will be a challenge for them, which functions would many people in the group be a good fit for, etc. This can also be a setup for future discussions which may relate to delegating real group tasks and responsibilities or getting people to work together, etc.

Brush Teeth	Bathe	Cook
Eat	Exercise	Rest
Get Dressed	Learn/Study	Communicate with Family
Socialize with Friends	Sleep	Plan Day/Week's Schedule
Shop	Manage Finances	Laugh
Repair Things	Confront Others	Cry
Ask Questions	Meditate/Reflect/Contemplate	Play Games