

## Introduction to Power of Enough

While you may adjust any exercises from the Power of Enough Facilitation Guide to suit a shorter session, the following outline can serve as an introduction to the overall curriculum.

<b>Instructions</b>	<b>Suggested Time</b>
Ask each participant to respond to the question: What’s one word that comes to mind when you think of the term “Power of Enough?”	5 min
Put people into small groups of 3 to 4 people. Give the following queries to participants to choose from to explore in small groups. Ask them to choose one query each to respond to to open the sharing in their small groups, and then they may have an open discussion for the rest of the time, or respond to other queries.	25 min
Share an experience that comes up when reflecting on having “enough” and what emotions are connected to it? Fear? Relief?	
What are some things that I can’t have enough of?	
What is something I can easily have too much of, and how does this impact my life and the lives of those around me?	
Share a situation where the meaning you attached to a particular thing wasn’t perceived that way by someone else. What meaning-of-stuff issues do you need to address in your life now?	
Who is someone in my life who I see as struggling with “enough” in some way, and how do I meet them in this struggle? How would I like to meet them?	
Have a large group discussion or <a href="#">worship sharing</a> on what is rising in this moment, as a reflection on the time in small groups. If doing a large group discussion, it can help to ask one person to share an experience they shared in their small groups to get the discussion going. Questions for a discussion can be:	15 min
What was that like?	
Was there anything difficult about the discussion?	
What did you learn, or what do you want to leave this space with?	