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I. Belong (Cover)

A. Ephesians 2:19 (Scripture)

B. Belong Logo

C. Published by the Youth Ministries Department of the Southeastern CA Conference of SDA’s. 2016.   
 a.) secc youth logo

**Pages 2-3**

I. Belong

A. Welcome to BELONG!

Belong is a series of five lessons for leaders who are looking to jumpstart small group fellowship in a Christian environment. That might be a church, classroom, summer camp, church club, youth retreat, or AY program; basically anywhere that young people gather together for instruction and fellowship.

As a ministry leader, you probably strive to create community every week with different social events, outreach events, and leadership training. These lessons can be an intensive tool for you, especially if you’re looking to bring people closer together in a short period of time.

B. Lesson Categories

Each lesson consists of 5 segments with recommended timeframes. (Yes, we were very hungry when we wrote this outline format.)

1. Starter: Let’s begin by doing something together. Starters are short games or activities that are basically icebreakers.

2. Salad: Let’s continue by having a short conversation about what we just did. Shoot off several questions and spend a few minutes talking about the highlights of the game you just played.

3. Entrée: Let’s have a more in-depth discussion or do an activity that relates to starter and helps us start to think about our lesson point. A lot of thinking and talking should take place in this section, so watch the time.

4. Dessert: Let’s think about how we see the world, what the Bible tells us, and what we need to do as Christians. Some of you might choose to insert a short sermon or devotional thought from one pastor or leader centered on the ideas presented in the dessert section.

5. Napkin: How much does what we talked about in the dessert section ring true for the people in your group? Try to figure out if the lesson was relevant or if it missed the mark.

C. Getting the most out of these lessons

\*Small groups: I’m sure you could repurpose these lessons for almost any learning environment, but they’ve been designed for small groups of 7-10 people.

\*Group leader: The lessons have also been designed for someone to lead out in each lesson. I imagine the same person will lead out for all five lessons, but not necessarily. The group leader should review each lesson before instructing others, and make sure they have the required materials prepared.

\*Materials: You’ll need pens, blank notecards, and post-it notes. You’ll need to establish a few guidelines like 1) No cell phone use, 2) Please don’t talk over other people or engage in ‘cross talk’ where you’re having separate discussions with others about things not related to the topic, 3) Please be appropriate with your words.

\*Snacks: If it’s not too much of a distraction, having a bit of food around for everyone to share may help people feel more comfortable.

\*Training: If you have a large group of participants, you’ll probably need to do some training with your group leaders in how to lead a discussion and the content of each lesson.

D. Useful tips.

\*Make these lessons work for you. If you only like the starters and want to use them as ice breakers, go for it. If you’d like to change to order of lessons 2, 3, & 4; do it. If you don’t like the follow-up questions, feel free to make your own. If you’d like to discuss race, gender, and other hot topics that really affect how we feel about belonging I think there is plenty of space to go in those directions with these lessons.

\*As much as possible, I think the same people should be in the same group for each of the 5 lessons. However, if you do these lessons over a period of 5 weekends, it’s probably not going to work out that way. Don’t worry about it too much. Each lesson should be able to stand alone, and the starters are really designed to get people talking, interacting, and building shared experiences.

\*Have fun. Creating an atmosphere where people can feel free to be themselves is probably the most important factor when determining how well things are going each week.

E. Thank You

Thank you to SECC Youth Ministries Department & their desire to create content for the local church that speaks to youth and young adults.

**Pages 3-?**

**I. Belong: Starting a Community**

1. Today our focus is learning more about the people in our group.

2. Materials: For this lesson you’ll need a pack of notecards for the Starter, enough pens for everyone, and about 50 minutes to an hour if you’d like to do every section.

3. Sitting in a circle, having snacks, and setting up a few guidelines on avoiding ‘cross talk’ and restricting cell phone use are always good ideas.

**A. Starter (Time: 12-15 minutes)**

Instructions: On a notecard, instruct everyone in the group to write an answer for each of the follow categories (Don’t write your name on the notecard):

a. Most of my friends are \_\_\_\_\_\_\_\_\_ .

b. Two hobbies I enjoy, but most people don’t know are \_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_.

c. Once I tried to \_\_\_\_\_\_\_\_\_, but it didn’t go exactly like I planned.

2. Next, collect all the notecards.

3. Now we’re going to read the notecards aloud one at a time and talk about who everyone thinks wrote each one. Put it to a vote and then hand the card to the person who the most people thought wrote the response.

4. You can only get one card and try not to get the one you actually wrote.

5. After the game is over, go around the circle and see who got their own card and who got a different card.

**B. Salad (Time: 7-10 minutes)**

\*If you got your own card, what gave it away?

\*If you got a different card, why did people think it was yours?

\*Did you find out you had something new in common with someone else?

\*In the group who had the best answer for the second question? Who had the best answer for the third question?

**C. Entrée (Time: 12-15 minutes)**

Instructions: On a new notecard write these categories:

1) Close friends

2) Friends

3) Acquaintances

4) Not friends

5) Strangers

Next, look around at the people in your group and decide how close you feel to the people around you and then number your notecard accordingly. Example:

1) Close friend: 2 (Two people in my group are close friends.)

2) Friends: 1 (One person in the group in my friend.)

3) Acquaintances: 0 (no one in the group fits into this category for me.)

4) Not friends: 0 (no one of the group fits into this category for me.)

5) Strangers: 5 (Five people in my group are strangers to me)

The group leader/facilitator should collect the cards, shuffle them, and read the result aloud. Don’t show anyone the cards, people might recognize the handwriting.

At the end of the five lessons, we’ll do this activity again and see if anything’s changed.

**D. Dessert (Time: 12-15 minutes)**

\*Is one of your goals in life getting to know Jesus better? Maybe change the relationship status with God from strangers to friends?

If you’ve ever made a new friend, you probably started off by just talking and then graduated to spending time together with that person and other friends. Eventually you spent enough time together that you had a bunch of shared experiences, and maybe (if you’re very close) you’ve told them some of your problems and even asked for their help or advice.

The entire process takes time, proximity, commitment, and probably a group of friends who can nurture that relationship. We call the destination of this process ‘belonging’ and it’s a long road to start out on alone.

So, I’m going to invite all of you to get to know each other better. It’s my hope that after these lessons you’ll be able to upgrade each other a few friendship levels, and also be reminded about how you can grow in your relationship with Christ.

One part of belonging in a church means **starting a community**, which is something you can build every day but it involves talking to others who we might not know very well. However, there might be a few obstacles based on what we’ve learned from our experience in life.

\***The world wants me to believe...**

“Love your family *if* they support your choices but always look out for your friends, those are the people who matter the most because they’re the family you’ve chosen for yourself.

You see other people all the time, at school, church, and at social events but you’re not really friends. You can’t get to know all of them and when they follow you on Instagram you appreciate it but you don’t automatically add them back. If you added everyone on Facebook, it’s just another person you have to say ‘“Happy Birthday”’ to every year (if we feel like it).

As long as you’re not mean to acquaintances or strangers, then you’re not doing anything wrong. Sometimes it feels good to help someone, but if it doesn’t feel right for you then you shouldn’t try to support someone else you don’t know very well.”

\***But** **the Bible Says...**

“If you love only those who love you, what good is that? Even scoundrels do that much.

47If you are friendly only to your friends, how are you different from anyone else? Even the heathens do that.

-Matthew 5:46-47 (CEV)

In other words, if you only care about people who care about you, that’s not really anything special. As followers of Christ, we have an opportunity to minister to others every day by giving some of our precious time to other people we don’t know very well.

**E. Napkin (5-7 minutes)**

\*Take a minute to go around the circle and rate the ‘What the world wants me to believe’ statement above. Does it match with your life experience? Is it false, mostly false, mostly true, or true for you?

**Lesson Point**

\*When we get to know others around us better, we’re practicing the same habits we’ll need to know Jesus better. Hopefully you learned a few new things about the people around you today.

**II. Belong: Building an Inclusive Community**

1. Today our focus is thinking about the other people around us who we don’t know very well.

2. Materials: For this lesson you’ll need a pack of notecards for the Entrée, enough pens for everyone, and about 50 minutes to an hour if you’d like to do every section.

3. Sitting in a circle, having snacks, and setting up a few guidelines on avoiding ‘cross talk’ and restricting cell phone use are always good ideas.

**A. Starter (Time: 10-12 minutes)**

This activity involves guessing or observing things about the other people in your group or knowing enough about them to understand what makes you unique.

1. Have one person sit out and be the judge. If you play multiple rounds, change the judge to a different person for each round.

2. Next, starting with the group leader, make a statement about another person in your group. Either say something that you have in common with another person, (Example, we are both wearing black, we are both sitting down, etc...) **OR** say something that makes you unique from everyone else in the group (I am the only person here who’s been to Australia; I am the only person here who speaks Chinese, etc...).

3. Go around the entire circle.

4. After you’ve gone around the entire circle, the judge will decide who had the most interesting thing in common or who had the most unique statement about themselves.

**B. Salad (Time: 5-7 minutes)**

\*What was the oddest thing someone said that they thought made them unique?

\*Were you surprised to find out you had something in common with another person in your group?

\*What did you learn about the people in your group that may have surprised you?

**C. Entrée (Time: 17-20 minutes)**

Discussion: Let’s say that there’s someone new attending your church, and he’s not really like anyone else. In fact, he’s very different and does things that make some people cringe. His name is;

1) Baraha.

2) He wears a white t-shirt with holes in it along with some pants that seem home-made.

3) After potluck, Baraha scrapes leftover food off of people’s plates and puts it on his own plate to take home.

4) He doesn’t speak or understand English very well.

5) He smells weird.

On a notecard, rank the five things above. Start with the one you think that is probably most likely a reason someone wouldn’t be friends with him to the one that probably matters the least.

Go around the circle and share your ranking with everyone in the group, and why you made those choices.

Follow up Questions

\*If Baraha was in your church for several weeks, which person in your group would he become friends with first?

\*What would your parents and some of the adults think about Baraha? Do you think they adults would notice him? Encourage you to talk to him or tell you not to be his friend?

**D. Dessert (Time: 10-12 minutes)**

\*Do you notice when someone new is at church or are they just another face in the crowd?

Since churches are usually large gathering places, we often focus on the people we know. This isn’t wrong, but we also don’t want to miss out on meeting new people, some of whom might be very different from ourselves.

Being exclusive in a community can make us feel important and popular, but the people who ‘can talk to anyone’ in a group are often the most appreciated and well-liked.

\***The world wants me to believe...**

…that you’re free to do what you want to do, focus on yourself and don’t worry about people you don’t know.

Tell people about all the really cool things you’re doing in life and mention your achievements, vacations, trips, and celebrity sightings as often as possible. Admire the wealthy because they seem to be free to really follow their dreams.

When people annoy you or bother you, make sure to ignore them and tell other people what you think of them. If you keep doing this, hopefully they’ll take a hint or leave you alone.

Always fight for what you believe in. If friends, family, or others disagree with your opinions try to get them to agree with you by telling them why they’re completely wrong. If they still don’t agree, unfriend them and then ignore them.

\*Y**our Bible Says...**

Therefore I (Paul), a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God.

Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love.

Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

For there is one body and one Spirit, just as you have been called to one glorious hope for the future.

-Ephesians 4:1-4

Identity (who we are, who we want to be, and how we see ourselves) really has the power to divide people. If we’re going to **build an inclusive community** of believers, we’re going to have to decide how we all want to respond to each other and new faces in the group.

**E. Napkin (5-7 minutes)**

\*Take a minute to go around the circle and rate the ‘What the world wants me to believe’ statement above. Does it match with your life experience? Is it false, mostly false, mostly true, or true for you?

**Lesson Point**

\* If we keep to ourselves and only focus on our friends, our church is diminished because we might not be showing God’s love to everyone. We need a plan for our community that’s more inclusive.

**III. Belong: Working Together**

1. Today our focus is thinking about how it’s more important to work together than our natural desire to feel like we’re right.

2. Materials: For this lesson you’ll need a pack of notecards, enough pens everyone, and about 50 minutes to an hour if you’d like to do every section.

3. Sitting in a circle, having snacks, and setting up a few guidelines on avoiding ‘cross talk’ and restricting cell phone use are always good ideas.

**A. Starter (Time: 12-15 minutes)**

This activity involves your group working together to perform short, complicated skits with only a short amount of time to prepare.

1. This activity is reverse charades, where the group will be acting out a silent skit for one group member who has to guess the title. You can create some really funny charades; just make sure they are appropriate for your setting.

2. You’ll start by sending one person from the group out of the room (and where they can’t hear anything).

3. Next, you’ll get the title of your skit from the group leader. Sample titles from the Bible: The Tower of Babel, The Israelites cross the Red Sea, The Sermon on the Mount, Saul on the road to Damascus, etc. You can also pull skits from history to make things

More confusing, like: Washington crosses the Delaware River, Lewis & Clark’s expedition, or Columbus discovers America. Feel free to create your own skit titles for the group to perform.

4. Give the group a short amount of time (two minutes or even one minute) to create a skit.

5. Invite the person who left to return and watch the silent skit. Then the person should be expected to guess the title.

6. Play again. Send a new person outside and then create a different skit.

**B. Salad (Time: 5-7 minutes)**

\*How did you feel when it was your turn to watch and guess the charade?

\*Which one was easiest to figure out and which one was hardest?

\*Overall, how well do you think your group did guessing and performing?

**C. Entrée (Time: 15-18 minutes)**

Instructions: Pass out the pens and notecards. Read the situations below one at a time and after you hear each situation write down one adjective (i.e. selfish, annoying, smart, etc.…) a on the card that you think most people who use to describe the behavior/ actions of the person in the story.

After everyone’s written down their word, go around the circle and share which word you chose and why.

**Penny & the Mission Trip**

Fundraising

Penny decides she wants to go on the church mission trip and starts participating in all the fundraising activities that have been planned. Soon she raises more money than anyone else, plans additional fundraising events and tries to get everyone to participate. Penny asks the pastor every week who has raised the most money and never really gets a straight answer. After a few weeks she starts complaining that not enough people are helping and the more she complains the less people seem to want to participate. Finally, enough people complain about Penny that the pastor asks her to help out in a different area of mission trip preparation.

On Day One

On the first full day of work on the mission trip, Penny wakes up and has an unusual amount of bug bites. The bites are very uncomfortable, itchy, and she seems to be having a slight allergic reaction to them. Penny stays in bed, and someone has to bring her breakfast because she feels terrible. When everyone else leaves to go work, she stays behind to rest and do some light duty. For the rest of the day Penny is in a bad mood and even her friends start to avoid her.

Waterfall  
 After working hard on the third day of the trip, the team goes straight from the work site on a hike to a natural waterfall. They spend a few hours relaxing, playing in the cold water, and exploring some natural caves nearby. When they return for dinner, Penny is helping in the kitchen getting dinner ready. When she hears about the trip to the waterfall, she gets emotionally upset and asks why she wasn’t included. Everyone tells her the trip was impromptu, but she still leaves the kitchen & dining area in tears.

Hot Shower  
 The lodging area only has cold showers, which everyone in the group complains about initially. Eventually everyone gets used to it, except Penny who complains every day until she decides to handle it herself. Penny convinces one of the adults to take her to town, where she spends her own money to purchase supplies for a water-heating system. She spends the next two days building the water heater, which wasn’t one of the goals of the trip, but is appreciated by everyone when it’s completed. People are still using the hot water system Penny built years after the church mission trip group leaves.

Follow up Questions

\*Based on Penny’s actions, what do you think most people would think of her? What do you think motivates Penny?

\*Would most people want Penny to go on a mission trip with them? Would you?

\*If Penny was planning to go on a mission trip with your group, what are two or three things you could do as a group to help make her experience more positive?

**D. Dessert (Time: 10-12 minutes)**

\*We’ve covered meeting new people and being inclusive, but what happens when working together gets complicated?

Is it safe to say that usually it’s the people we know (friends & family) who we have our biggest conflicts?

When our friends disagree with us, it can be hard not to take it personally. If we’re going to **work together** to build the kingdom then we’re going to have to overcome something that’s very deep in our nature: our own personal desire to be right.

\***The world wants me to believe...**

It’s more important to be right than to be understanding of others.

It’s more important to get an apology than to give an apology.

It’s more important to be around people who are positive, (and usually agree with you) than to hang out with people who are negative (and usually disagree with you).

**Your Bible says...**

5May God, who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus.

6Then all of you can join together with one voice, giving praise and glory to God, the Father of our Lord Jesus Christ.

7 Therefore, accept each other just as Christ has accepted you so that God will be given glory.

-Romans 15:5-7

Complete harmony sounds like a really farfetched goal. Whenever you get people together, there seems to be plenty of conflict and disagreement. However, can you picture in your mind someone who rarely complains, helps out often, and tries to do what’s best for others in all things? Another way of thinking about harmony is ‘having the same mind’ (YLT) toward each other.

So, if you can imagine a person like that, maybe even someone you know, and then maybe our goal should be to emulate that individual by adopting their mindset.

**E. Napkin (5-7 minutes)**

\*Take a minute to go around the circle and rate the ‘What the world wants me to believe’ statement above. Does it match with your life experience? Is it false, mostly false, mostly true, or true for you?

**Lesson Point**

Even though you’re probably not in a group of strangers, you might be surrounded by people who’ve made you feel like you’re not part of the group.

As Christians, being accepting doesn’t just mean tolerating others; it’s really a call to include everyone. We have a hard time doing this because of the value we put on what we think of ourselves verses how we feel about others.

Our goal should be to realize that if we treat others like they matter more than ourselves, we could really build a brighter community in our church.

**IV. Belong: Valuing Each Other**

1. Today we’re going to focus on what has value and how we can value others.

2. Materials: For this lesson you’ll need a pack of notecards for the Starter & Entrée, enough pens everyone, and about 50 minutes to an hour if you’d like to do every section.

3. Sitting in a circle, having snacks, and setting up a few guidelines on avoiding ‘cross talk’ and cell phone use are always good ideas.

**A. Starter (Time: 12-15 minutes)**

Instructions: On a notecard, write down your name and something you own that is very valuable to you; something that would be hard for you to sell or give away.

Pass all the cards to the group leader who is going to shuffle all the cards. Your goal is to get the notecard with the most valuable item listed on it.

The leader will read a card and pass it left, right, or to someone across the circle. The person who gets it can either decide to pass it left or right, or keep it. You cannot claim your own card, you have to pass that one every time. If a card makes it all the way around the circle, the card is thrown out and no one can claim it.

Once all the cards have been passed out, have the group vote on which one was the most valuable.

**B. Salad (Time: 5-7 minutes)**

\*Did you pass the best card to another person? Did you end up without a card?

\*How valuable did you think your card was compared to the others?

\*Which cards had the most value to a person, but probably wouldn’t sell for much at a garage sale?

**C. Entrée (Time: 15-20 minutes)**

Discussion: There’s an unemployed, single parent at your church who is losing her home and a few church member approach her to offer her some help. (Notecards and pens can help out with this discussion.)

1) The first church member printed out job listings from the internet and a map to a local homeless shelter.

2) The second church member invited her and her two children over for lunch after church was done.

3) The third church member gave her a new Bible and a $35 gift card to a department store so she could buy some new clothes for a job interview.

4) The fourth church member told her that he would keep her in his thoughts and prayers every night until she found a way out of her situation.

On a notecard, rank the four ways the church members helped the single mother based on what you think was most helpful to least helpful.

Go around the circle and share your ranking with everyone in the group, and why you made those choices.

Follow up Questions

\*If you were a single parent in this situation, which one of these four people helped you the most? Which one helped the least?

\*Which one of the people who offered help do you see yourself as in the future?

\*Which church member probably made her feel the most valued?

**D. Dessert (Time: 10-12 minutes)**

Valuing others and being valued by others is a big part of feeling like you belong in a community.

Today, you can form a community with people who share your interests anywhere on the planet. No matter how strange or fringe your interests are, there are probably others out there who want to talk about it.

In other words, we don’t need to find community in our churches because we can find it elsewhere. This raises the stakes for churches, because its feels like we have to compete for a spot in the hearts of the people who attend. We’re going to lose that contest every day if the people in the pews don’t feel likes others care about them.

**The world wants me to believe...**

The people who will value me the most are the ones who won’t judge me, like the people at church would if they knew the real me.

Everyone has to take care of themselves, you’re alone in this world because no one knows the real you. If people knew what you think about, even your friends and family wouldn’t talk to you anymore.

Keep the real you a secret. No one else values the real you.

**Your Bible says...**

But God shows his love for us in that while we were still sinners, Christ died for us.

-Romans 5:8

Jesus didn’t die for the perfect version of us, the one we try to show everyone at school, church, and with our families. Instead, Jesus came to save the hidden person who doesn’t feel valued, loved, or appreciated; the sinner who lingers in darkness.

Even in our most broken state, Jesus still loves us and thinks that **you are valuable**. If that’s His opinion, why do we judge each other so harshly? Instead of creating an atmosphere where we all have to be publically perfect, what can we do to create a church where everyone has the same value?

**E. Napkin (5-7 minutes)**

\*Take a minute to go around the circle and rate the ‘What the world wants me to believe’ statement above. Does it match with your life experience? Is it false, mostly false, mostly true, or true for you?

**Lesson Point**

Value each other. The people who feel like they are valued are the ones who also feel like they belong to the community.

**V. Belong: Affirmation**

1. Today our focus is affirming each other.

2. Materials: For this lesson you’ll need a pack of post-it notes for the Starter, enough pens everyone, and about 50 minutes to an hour if you’d like to do every section.

3. Sitting in a circle, having snacks, and setting up a few guidelines on avoiding ‘cross talk’ and restricting cell phone use are always good ideas.

**A. Starter (Time: 17-20 minutes)**

Instructions: Pass out a notecard and at least post-it notes to each person in the group.

Everyone needs to write their own name on the notecard and pass it back to the group leader.

Next the leader should randomize the cards and pass them back to everyone randomly. Make sure people don’t get the notecard with their own name on it.

Finally, go around the circle and affirm the person whose name appears on the card by writing them a message on one of your post-it notes.

When everyone is done, pass the notecards back to the group leader and randomize them again.

Repeat this exercise as the time allows. Once you’re done, pass out the post-it notes you’ve written.

**B. Salad (Time: 5-7 minutes)**

\*Was this activity nice, awkward, fun, silly, or impossible to do?

\*Was it easy for you to read nice things about you? Was it hard to find something nice to say about someone?

\*If this was the activity for the first lesson would it have been just as hard, easier, or harder?

**C. Entrée (Time: 12-15 minutes)**

Instructions: Ok, time to do this activity again. On a new notecard write these categories:

1) Close friends

2) Friends

3) Acquaintances

4) Not friends

5) Strangers

Next, look around at the people in your group and decide how close you feel to the people around you and then number your notecard accordingly. Example:

1) Close friend: 1 (One person in my group is a close friends.)

2) Friends: 5 (Five people in the group are my friend.)

3) Acquaintances: 1 (One person in the group fits into this category for me.)

4) Not friends: 0 (No one of the group fits into this category for me.)

5) Strangers: 0 (No one in my group are strangers to me)

The group leader/facilitator should collect the cards, shuffle them, and compare them to the previous results from the first lesson.

Follow up Questions

\*Do you feel closer as a group after completing these 5 lessons?

\*What are some of the highlights from your time together in this group?

**D. Dessert (Time: 10-12 minutes)**

During the course of the first four lessons, do you think that you did the following things in your group?

1) Build community?

2) Get outside of your comfort zone?

3) Figure out hope it important it is to include others in a way that makes them feel valued and like they’re part of the group?

4) Talk about your identity in Christ while having meaningful conversations and learning more about each other?

**The world wants me to believe...**

You’ll never been good enough.

**Your Bible Says...**

19Now you are no longer strangers to God and foreigners to heaven, but you are members of God’s very own family, citizens of God’s country, and you belong in God’s household with every other Christian.

20What a foundation you stand on now: the apostles and the prophets; and the cornerstone of the building is Jesus Christ himself.

-Ephesians 2:19-20

The mission of the church is to build community, train leaders, do outreach, and spread the gospel.

\*If you don’t feel called to do any of those things, how else could you help others accomplish those goals through the affirmation of others?

\*What are we going to do to make your church a more welcoming place?

How are you going to make sure others feel included, accepted, affirmed, and a greater sense of belonging?

**E. Napkin (5-7 minutes)**

\*Take a minute to go around the circle and rate the ‘What the world wants me to believe’ statement above. Does it match with your life experience? Is it false, mostly false, mostly true, or true for you?

**Lesson Point**

In the previous lesson, we talked about making others feel valued. The best path to accomplishing that is by using **affirmation**. When you genuinely share with someone specific things that you appreciate about them, you’ve accomplished this goal.