



AIM: A reflective exercise for participants to consider their meaning of God in their lives and discover the beauty in other religions.



Participants: 5 – 20 **Age range:** 20 - 45



Duration: 30 – 90 minutes



Required Material: quotes from different religions – print Handout A and B.



Category: Dialogue exercise / inter-faith

THINGS TO CONSIDER

This subject could be very personal for some, so give room for reflection and silence when sharing with others.

STEPS

Preparation (5 minutes)

Print out the quotes in Handout A and Handout B. The facilitator will receive two sets of papers with quotes about God. The source is written on one of them (handout A). Only the facilitator is allowed to see this. The facilitator will need this during reflection.

The other paper with the same quotes but without the sources (handout B) will be cut up according to the quotes and spread out on a table or the floor.

Activity (25 minutes)

Start by telling the participants that faith and one's relationship to God is very individual. Allow others to take their time to reflect and give room for differences.

The facilitator introduces the exercise by telling the participants that there are different religious quotes on the table.

	<p>The facilitator then asks the participants to go to the table and pick a quote or two that speaks to them (between 5-10 minutes).</p> <p>Participants are then divided into groups of 4, where they can share why they have picked a particular quote (15 minutes).</p>
Evaluation (20 minutes)	<p>Participants are now encouraged to share their thoughts in plenary session. The facilitator will read which quote the given text is from after the participants have shared why they chose the quote.</p> <p>Allow participants to reflect and comment on each other's quotes. Try to moderate a dialogue whereby the participants can reflect on their quotes.</p>
Conclusion (5 minutes)	<p>Thank everyone for their participation, remind that what has been shared is confidential and not for discussion and summarise what was learned.</p>

'God unites' – Annex A

Quotes with sources

Christianity

So I say to you, Ask and it will be given to you; search, and you will find; knock, and the door will be opened for you - **Jesus Christ**

Read more at: https://www.brainyquote.com/quotes/topics/topic_religion.html

With God all things are possible. - **Mark 10:27, The Holy Bible**

God is love – **John 4:8, The Bible**

The Lord is compassionate and gracious, slow to anger, abounding in love - **[Psalm 103:8](#)**
[| NIV](#)

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth" - **[Psalm 46:10](#)** **[| NIV](#)** **[|](#)**

This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all - **[1 John 1:5](#)**

For his anger is but for a moment, and his favour is for a lifetime. Weeping may tarry for the night, but joy comes with the morning - **[Psalm 30:5](#)**

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness - **[Galatians 5:22](#)**

Sanctify them in the truth; your word is truth - **[John 17:17](#)**

And He was transfigured before them; and His face shone like the sun, and His garments became as white as light - **Matthew 17:2**

His radiance is like the sunlight; He has rays flashing from His hand, And there is the hiding of His power - **Habakkuk 3:4**

Islam

God's kindness towards His creatures is more than a mother's towards her baby – **Hadith***

God is a unity, and likes unity - **Hadith**

God is gentle and loves gentleness - **Hadith**

Truly God instructs me to be humble and lowly and not proud, and no one should oppress others – **Hadith** <http://sufism.org/foundations/hadith/peacehadith-2>

He is God, other than whom there is no deity, Knower of the unseen and the witnessed. He is the Most-Merciful, the Dispenser of Mercy." (**Quran 59:22**)

The All-Merciful – **One of Allah's 99 names**

The All-Compassionate - **One of Allah's 99 names**

Hinduism

Of everything he is the inmost Self. He is the truth; he is the Self supreme - **Chandogya Upanishad**

Inspirational humans

God never tires of forgiving us; we are the ones who tire of seeking his mercy."
— **Pope Francis, Evangelii Gaudium: The Joy of the Gospel**

"When you love you should not say, 'God is in my heart,' but rather, 'I am in the heart of God.' **Kahlil Gibran**

When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the creator - **Mahatma Gandhi**

Knock, And He'll open the door. Vanish, And He'll make you shine like the sun. Fall, And He'll raise you to the heavens, Become nothing, And He'll turn you into everything."
— **Jalaluddin Rumi**

*Note: **A hadith is** a collection of traditions containing sayings of the prophet Muhammad, with accounts of his daily practice (the Sunna). These constitute the major source of guidance for Muslims apart from *the Words of The Prophet Muhammad (peace and blessings upon him)*

Buddhist Quotes <http://sourcesofinsight.com/buddha-quotes/>

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little.

To understand everything is to forgive everything.

Those who are free of resentful thoughts surely find peace.

Islamic Quotes

Come, come, whoever you are. Wanderer, worshiper, lover of leaving. It doesn't matter. Ours is not a caravan of despair. come, even if you have broken your vows a thousand times. Come, yet again, come, come. - **Rumi**

And speak good to people [**al-Baqarah 2:83**]

Forgive him who wrongs you; join him who cuts you off; do good to him who does evil to you, and speak the truth although it be against yourself – **Hadith**
(<http://sufism.org/foundations/hadith/peacehadith-2>)

The best of people is one from whom good accrues to humanity – **Hadith**

All God's creatures are His family; and he or she is the most beloved of God who tries to do most good to God's creatures – **Hadith**

If you find me not within you, you will never find me. For I have been with you, from the beginning of me - **Rumi**

So verily with the hardship there is relief, verily with the hardship there is relief – **Quran Ch 94:5-6**

And he is with you wherever you are – **Quran 57:4**

What you seek is seeking you – **Rumi**

Don't you know yet it is your light that lights the worlds - **Rumi**

"To you be your religion, to me be mine."

Christian quotes

Do to others as you would have them do to you - **Luke 6:31**

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked - **Luke 6:35**

The second is this: Love your neighbour as yourself. 'There is no commandment greater than these - **Mark 12:31**

However, each one of you also must love his wife as he loves himself, and the wife must respect her husband - **Ephesians 5:33**

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded- **James 4:8**

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you -**Ephesians 4:31-32 NIV**

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me – Psalm 23:4

With all humility and gentleness, with patience, bearing with one another in love - **Ephesians 4:2**

Behold, how good and pleasant it is when brothers dwell in unity - **Psalms 133:1**

Judge not, that you be not judged - **Matthew 7:1**

Mother Teresa – Catholic

Joy is prayer; joy is strength: joy is love; joy is a net of love by which you can catch souls.

If we have no peace, it is because we have forgotten that we belong to each other.

Kahlil Gibran (Lebanese-American author-poet)

What is prayer but the expansion of yourself into the living ether

You are my brother, and I love you. I love you when you bow in your mosque, kneel in your temple, pray in your church. For you and I are sons of one religion, and it is the spirit."

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolutions.

For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others — [*Long Walk to Freedom: The Autobiography of Nelson Mandela*](#)

'God unites' – Annex B

Quotes without sources

So I say to you, Ask and it will be given to you; search, and you will find; knock, and the door will be opened for you

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God is love

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He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth"

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The All-Merciful

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