

Validating One Another — A Missional Exercise

Validation is a blessing. Blessing, like validation, means *to speak well of someone*.

Purpose: This exercise is for use in leadership teams and other settings in the congregation. It provides a set of steps to thoughtfully identify and meaningfully convey the giftedness in people. Discerning and recognizing the gifts and talents of one another and then acknowledging them is one way we live out the Worth of Persons. LCM is about being fully present with one another and with God. Validating is one way of responding to God and human needs by embodying and living the concerns and passion of Christ.

Steps:

1. Welcome participants with use of Doctrine and Covenants 161: 4a,b,

Do not neglect the smallest among you, for even the least of these are treasures in God's sight. Receive the giftedness and energy of children and youth, listening to understand their questions and their wisdom. Respond to their need to be loved and nurtured as they grow.

Be mindful of the changing of life's seasons, of the passage from the springtime of childhood and youth to the winter years of life. Embrace the blessing of your many differences. Be tender and caring. Be reminded once again that the gifts of all are necessary in order that divine purposes may be accomplished.

2. Show video "Validation:" (14 minutes approximately)

Located on You Tube: <http://www.youtube.com/watch?v=Cbk980jV7Ao>

Make statement, such as: *We all need validation. Why? Because it is important for us to know that we matter to one another in community. In Community of Christ the Worth of Persons is one of our most foundational enduring principles and informs everything we do. Affirming one another in one of the ways we embody the Worth of Persons.*

3. Form small groups to discuss the following questions related to the video "Validation:"
 - How did Hugh's validation make others feel? Which example spoke to you?
 - What caused Hugh to stop validating others?
 - When was the last time you felt your worth as a person was truly validated?
4. Form pairs for each person to validate their partner by using the diagram on following page:

- Have each person write the name of their partner on the bottom of the diagram and provide each person with 2 minutes to reflect on all the gifts and talents they have come to appreciate.
 - Provide 3 minutes for each one to write on the body and head areas of the diagram the gifts and talents they have observed (authentic ones) in the person they are partnered with.
 - Have each one share the gifts and talents listed for each other and then express their genuine appreciation (i.e. validate) for the person. (5 minutes)
 - Share a brief conversation around this question: *How did this exercise make you feel?* (5 minutes)
5. Ask each one to offer a prayer on behalf of their partner seeking God's continued blessing in their lives and that as a disciple, a group or congregation, we be ever alert to bless by *speaking well*.

