

Run for Your Life

Although this discussion deals with death, it is really about life and how we live it. The purpose of this exercise is to help young people evaluate their priorities in light of what is really important. It allows the group to contrast what they are doing now with

what they would do if they only had one month to live. Give each person in the group a list similar to the one below:

If I only had one month to live, I would:

1. Perform some high risk feat that I have always wanted to do, figuring that

if I don't make it, it won't really matter.

2. Stage an incredible robbery for a large amount of money, which I would immediately give to the needy and starving of the world.

3. Not tell anyone.

4. Use my dilemma to present the gospel to as many people as I could.

5. Spend all my time in prayer and Bible reading.

6. Make my own funeral arrangements.

7. Offer myself to science or medicine to be used for experiments that might have fatal results.

8. Have as much fun as possible (sex, parties, booze, whatever turns me on.)

9. Travel around the world and see as much as possible.

10. Buy lots of stuff I've always wanted on credit—expensive cars, fancy clothes, exotic food, etc. ("Sorry, the deceased left no forwarding address.")

11. Spend my last month with my family or close personal friends.

12. Not do anything much different. Just go on as always.

13. Isolate myself from everyone—find a remote place and meditate.

14. Write a book about my life (or last month).

15. Sell all my possessions and give the money to my family, friends, or others who need it.

16. Try to accomplish as many worthwhile projects as possible.

17. Other:

Have the group rank these alternatives (plus any they wish to add) from first to last choice. The first item on their list would be the one they would probably do, and the last would be the one they would probably not do. (Another way to evaluate the alternatives is to put each one on a continuum. On one end of the continuum would be "Yes, definitely" and on the other end, "Absolutely not.") Invite everyone to explain their choices and tell why they chose the way that way; then discuss the results with the entire group.