

That of God Activity

For Quakers, the idea of “That of God in Everyone” is very important.

Materials: index cards, pens or markers, other art supplies

Plan for this activity to take between 30-45 minutes. It works well with teens, adults, and intergenerational groups.

Share the phrase “That of God in Everyone” and ask for one or two people to share what that means to them.

Explain that we will be using the phrase “That of God,” but that participants can feel free to use whatever spiritual language they prefer: Spirit, the Divine, Light, the Universe, That Which is Eternal...

Ask people to think of three things that they really like; they might be things in the natural world, objects, people, places, an activity, or things that aren’t tangible like feelings or emotions.

Ask people to think about “That of God” in these things.

After a time of worship and reflection, give each person an index card and ask them to write or draw or doodle illustrating that of God in that thing. They can decorate the card using colors and other art materials.

Ask people to think of three things that they don’t like. They might be things in the natural world, objects, people, places, an activity, or things that aren’t tangible like feelings or emotions.

Ask people to think about “That of God” in these things.

After a time of worship and reflection, give each person an index card and ask them to write or draw or doodle, illustrating that of God in that thing. They can decorate the card using color and other art materials.

Share: Invite people to share their cards in small groups.

Reflect: Return to the large group and reflect on the following questions: *What does That of God look like? What did you learn in sharing and listening with each other? What does it mean to see That of God even in things we don’t like?*

[Adapted with permission from the *Sharing Our Journeys* resource developed by Friends in Britain Yearly Meeting.]