



FIRST UNITED METHODIST CHURCH TUSCALOOSA

From FUMCT Wellness Check-in Questions and Conversation Starters:

- What's been on your mind lately?
- What are you looking forward to this week?
- What's your favorite way to relax?
- What do you do to recharge your battery?
- Who consistently makes you laugh?
- What have you done recently that you are most proud of?
- What childhood memory makes you smile?
- What's the most useless talent you have?
- What is something new you would like to try?
- What was your favorite game to play as a child? What's your favorite game now?
- When was the last time you did something silly/goofy/childlike? How did you feel afterwards?
- How would your best friend describe you?
- What touches your heart?

Questions About Community:

- What is important to you in a community?
- How do you intentionally stay connected to other people?
- How could your unique story help you share your faith with someone?
- How does forgiveness impact your relationships?
- What are some of your gifts? How can you use them to serve others?
- What is the best way for others to encourage you? How do you encourage others?
- What's one question you wish people would ask you?
- What do you think is the greatest need people have today?
- How do you make the effort to welcome a visitor or church member you do not know?
- In what specific ways do you pay attention and notice when someone needs help?
- Is there someone that you have been judging? How is God calling you to show grace to that person?
- What does it mean to you "to love your neighbor"?