



Thoughts on Inclusion

Have you been left out of something? This is exclusion, being excluded. How does it feel? Inclusion is the opposite. Being included is being part of something, being made welcome. How does that feel? Which would you prefer?

The Bible says

'So there is no difference between Jews and Gentiles, between slaves and free people, between men and women; you are all one in union with Christ Jesus.' *Galatians 3:28*

'There are many parts to a body, but all those parts make only one body. The ear might say, "I am not an eye. So I am not part of the body." But saying this would not make the ear stop being a part of the body. If the whole body were an eye, the body would not be able to hear. If the whole body were an ear, the body would not be able to smell anything. If each part of the body were the same part, there would be no body. But truly God put the parts in the body as he wanted them. **He made a place for each one of them.**'

1 Corinthians 12:12-19

What do you think about these verses?

Do

Find other examples of things that don't appear to be part of the group they belong to, like the tomato.

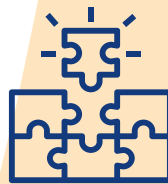
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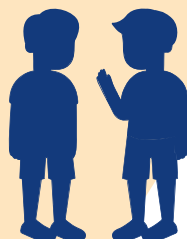
You might think that in a group of apple, orange, pear and tomato, the tomato is the odd one out. But it's not – they are all fruit!



Idea



It feels good to be included, to be welcomed and be part of something. Wouldn't it be great to give that feeling to others? Not just to notice if someone is left out, but to go above and beyond by making sure they feel included and an equal part of the group. You can let someone join in but actually welcoming someone into a group with happiness and enthusiasm, is going above and beyond. How can you make sure you include others at school, at activities, in your community?



Thank you for all the groups we are included in. Help us to be people who include and welcome others into our groups, as equals.

Pray



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