



Neither the one  
who plants  
or the one who  
waters is  
anything, but only  
God, who makes  
things grow.  
1 Corinthians 3:7

# GOING FOR GROWTH

Diocese of Bristol

## Icebreakers

### 1. Introduce yourself.

How do you feel about your name? Do you feel comfortable with it - or would you change it?

### 2a. Animal Identification

If you were asked to identify yourself with an animal, what would it be? If you choose a cat or a dog, try and be specific with breed, colour and temperament!

### 2b. More Animal Identification

A variant of this could be to draw the animal that most represents you and write 3 words by it that explain how you think you are like the one you've chosen. Pass the papers round for others to see. (The leader could then ask which people thought was the best and give a little prize - but don't warn the group before hand!)

### 3. Hands

Outline your hand on a sheet of paper. Write your name in the palm in a style that expresses your personality (small & timid, wild and untidy, smooth and friendly etc!) Write these significant things on each finger:

Thumb - something you believe in strongly

Index finger - something you plan to do

Middle finger - something you value

Ring finger - someone you value

Little finger - some weakness you have

Now share what you have drawn/written with others.

### 4. Unusual Things

Ask everyone to think of four unusual things about themselves, one of which is a lie. Divide the group into groups of 3 or 4 and each in turn share their list. The others try to guess which statement is not true.

## **5. Thought of the Day**

Give everyone plenty of newspaper or scrap paper. Ask everyone to express how they feel or how their day has been through the newspaper. Give them a couple of minutes to reflect and think what to do. They can fold, crumple, cut, tear or wear the paper!!! Give each a chance to explain what they've done and why.

## **6. What means most?**

Which one of these four mean the most to you in your church: the teaching, the fellowship, the communion or the prayer? Why? Go round and share.

## **7. Ultimate Power**

If you were King or Queen for a day what would you do? Share your thoughts.

## **8. Information**

Ask everyone to write a some information about themselves on a sheet of paper without their names. Get them to print in capitals. Information might include things like favourite food, TV programme, or sport, most embarrassing moment etc.. Tell them not to write down the most obvious things. Collect the papers, shuffle them and then read one at a time. Answers can either be called out or give each person a sheet to write their answers and see who gets the most correct.

## **9. Miniature Sculptures**

Members create miniature sculptures to represent their relationships with God. You will need plasticine, or play-doh. Work in groups of 3 or 4 and give each person 60 secs. to complete. Then give the rest of the group 60 secs to guess what the sculpture represents. If no one guesses the person reveals what it is. (This could be adapted to other topics e.g. how do you feel about your church, or work).

## **10. 'Quaker Questions'**

The following icebreaker is called the 'Quaker questions' and has been used by hundreds of people all over the world.

- a. Where did you live between the ages of 7 and 12?
- b. What kind of transport did your family use?
- c. Where were the centres of physical, emotional and spiritual 'warmth' (comfort) in your home?
- d. Who was the person closest to you?
- e. When did God become more than a word to you?

State the first question. Give your answer - this will set the tone i.e, if you are brief others will be! Let each person answer in turn, then move to the next question. If the group is large you may need to miss some questions.

## **11. like 10 - but simpler!**

A simplified version of the above might be to ask everyone to think back to their childhood, when they were aged between 5 and 11 years old. Share a significant memory from that period.

## **12. If you were a barometer**

Ask the group to think if they were a barometer, where would they be pointing at the moment? Which way would the pressure be going?

## **13. Positive post-its**

During the meal/coffee time give each person some post-its and ask them to write something affirming and appreciative about each member of the group and stick it on their backs. At the end of the meal each person can take them off and read what has been said about them.

## **14. Personality post-its**

Stick the name of a famous person on each persons back without them seeing who it is. During the social time they need to ask questions (obviously not the name!) to try and guess who they are. (A variant of this could use Biblical characters).