



BELONG
tour

GUIDE TO
Throwing
Candy

WITH SHAUNA NIEQUIST



welcome

TO THROWING CANDY

We're going to have such a good time together this month. Inspired by Shauna Niequist's 2016 BELONG Tour message, the content, conversations, and activities are designed to help you relax and enjoy the life God has given you.

Bonus: all our materials are calorie-free!

The best way to get the most out of this program is to get people together in person and share what you're all learning along the way.

There will be plenty of women in our online Living Room throwing candy along with you if you'd like to join us that way.

See you online at belongtour.com/livingroom



How it works:

You may be wondering how this is designed. It's pretty simple:

- Throughout the month we'll post Throwing Candy videos and stories on the BELONG Living Room Facebook page.
 - We'll give you a couple of days to watch or read each story. Then we'll post an activity for you to do. Guides for the activities are on the next pages.
 - Watch the videos, read the stories, do the activities, and—when you're ready—share your thoughts online.
 - Plan to get together with friends to talk through what you're learning about yourself and each other. Or hey, be spontaneous and get together even if it's not on your schedule.
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Forget dancing like no one is watching.
Dance like a toddler. They don't even care if there's music.



BELONG tour Living Room Meetups

Why?

You're going to need someone to throw candy at—and with. Together you can laugh over the stories, share what you've learned from the activities, and encourage each other to be spontaneous as you step into a life of living every moment.

Where?

Anywhere you like. In honor of this month's theme story, you might want to meet lakeside...or in a candy shop! If your group includes foodies you could fold in a candy-making session with your discussion, or ask everyone to bring their favorite candy to share. If the weather's nice enough you might even want to go outside to soak in the sunshine and do some stretches together to loosen up that candy-throwing arm. Have fun with it! That's kind of the point.

When?

We suggest the third week of the month—that gives everyone time to get a few activities completed—but really, it's up to you. Whenever you meet, take a moment to snap a pic and upload it to the BELONG Living Room Facebook page. You never know . . . that photo just might win your group a prize.

WHAT IF?

WHY NOT?

LET'S GO!

part

1

PHOTO ALBUM

Step 1: Watch The Video



(We'll post it on the Facebook page on the 1st of the month.)

Step 2: Snapshots of You.

Let's take those mental snapshots Shauna talks about in the video out of your head and onto paper. If you have actual photos, fantastic! Print copies and stick into the appropriate column with a caption describing you and your situation. If you don't have pictures, draw some. You can do literal drawings or draw pictures with words, describing yourself now and in a time and place when you were the most "you." What did you look like? What were you doing? What was the result? Why did that make you the most "you" you?

Step 3: Think About It/Talk About It

Things to consider and—if you're comfortable—share with your group.

- We'd love to see your pictures! Would you share one or both on the Living Room page and/or with your group?
- What did you learn from comparing your "now" and your "then"?

▶ **Me Now**

Me Then

part 2

THROWING CANDY

Step 1: Watch The Video



Step 2: Take the Quiz

Worrying does not empty tomorrow of its troubles. It empties today of its strength.
Corrie ten Boom

1) At this point in your life, what kind of person are you when it comes to “throwing candy”?

- a. I always throw candy.
- b. I throw candy when appropriate or convenient.
- c. I don't throw candy.
- d. I make fun of people who throw candy.

2) What's your motivation to throw (or not throw) candy

- a. Why wouldn't I?
- b. I want to fit in.
- c. It's irresponsible.

3) Finish this sentence: I am able to relax and enjoy myself

- a. Often.
- b. Some of the time.
- c. Never.

4) When invited to take part in something spontaneous and fun my response is:

- a. Let's do it!
- b. Let me check my schedule first.
- c. Are you kidding me? I have absolutely no time or energy for that.

5) Do you want to be the kind of person who throws candy?

- a. Yes.
- b. I don't know.
- c. No.



- **If you circled mostly a's:** You're a Full-On Candy Thrower. You know how to celebrate the moment. Keep it up!!
- **If you circled mostly b's:** You're a Part-Time Candy Thrower. That's a great place to be; you know you can do it, now you can give yourself permission to throw candy more often. You might want to focus less on making sure you're “doing it right” and more on the joy of sharing sweetness with others.
- **If you circled mostly c's:** You're a Candy Saver. You're probably over-scheduled and under-rested. We invite you to relax and remember that no matter how it feels, you are not responsible for everything and everybody. Try tossing a little candy this week.
- **If you circled d:** You're in Need of Candy to Throw. Preferably that's covered in chocolate with multi-colored sprinkles. Look for places in your life that bring you joy. Celebrate those.

Step 3: Think About It/Talk About It

Things to consider and—if you're comfortable—share with your group.

- Has your attitude to throwing candy changed over your life? Why or why not?
- What do your answers tell you about yourself? How do you feel about that?

part

3

WHAT'S NECESSARY?

Step 1: Read the Story
See What Is Necessary
(we'll post it to the Facebook page)

Step 2: Talk to Yourself



You are not required to set yourself on fire to keep other people warm.

When you are too busy to care for yourself, it affects everyone around you—but mostly it hurts you. You might want to make amends with yourself. If you're ready, you can take care of that now:

- Find a mirror in a private place (a bathroom might be the obvious choice). Feel free to lock the door. Let the distractions of your hair or the state of your skin slip away; you can fluff your bangs or slather on moisturizer later.

- Look yourself in the eye and apologize. It might go something like this:

"I'm sorry that I haven't taken care of you the way you deserve. I know you need more _____ [rest, quality time with your spouse/children... whatever you've been missing out on]. You are a valuable, beloved child of God. Today I am committing to nurture you by giving you more of the things you need. I will seek to focus on doing what is necessary, even when something else feels more urgent."

- After your apology, you can accept your apology and offer forgiveness. Forgiving ourselves is often much harder than forgiving others, but don't skip this step. It's important for you to extend grace to yourself. Remember to look yourself in the eye as you speak forgiveness:

"I forgive you. I know you're not perfect. I know God loves you anyway. I love you, too."

Now, go forward. Don't beat yourself up over things in the past. Look ahead and what you can do now. There will still be times you choose the urgent over the necessary; we all do. Don't let that derail you. Forgive yourself and start again, remembering to **"hold what is necessary lovingly with both hands."**

Step 3: Think About It/Talk About It

Things to consider and—if you're comfortable—share with your group.

In ancient times the punishment for certain wrong-doing often was what was called "stoning," where people gathered around the guilty party and hurled rocks at them. In Jesus' day, a group of religious leaders brought to Jesus a woman who had been caught having an affair. "The law says to stone her," they said. "What do you think?" (You'll find his response in the 8th chapter of John.)

It's often easier to throw stones than candy. These days we don't use literal rocks, but our words can do just as much damage. Sometimes, the person we're aiming those words at is ourselves.

How can you trade your rocks for candy this week?

part

4

PERMISSION
SLIPS

Celebrate something today!

Step 1: Watch The Video



Step 2: Complete Your Permission Slip

Congratulations! You have official permission to throw candy. You might want to cut yours out and carry it with you as a reminder. We've given you an extra to share with someone you know who may feel like they need approval to throw candy, even if they don't realize that's what they're waiting for.

PERMISSION *to* THROW

We, the BELONG Tour, give permission for _____ to relax, enjoy life, and—
when the opportunity comes along—to throw candy.

Note: This may lead to outbursts of laughter, feelings of joy, and a surge in emotional wellbeing.

— Signed, this day in 2017 —

Shanuna Niequist

BELONG *tour*

The BELONG Tour

belongtour.com

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Step 3: Think About It/Talk About It

Things to consider and—if you're comfortable—share with your group.

How does it feel to have permission to “throw candy”?

Did you give out any permission slips? How did the person/people you gave them to react?

NOTES

