

# MRS GREN\*

Life in all its fullness

John 10:10

\*MRS GREN is being used as a reflective tool, the statements don't exactly match the biology of living things!

## MOVEMENT

Can you (do you) move your position? Can you give an example of when you have changed your mind?

## RESPIRATION

Where do you get your energy from? What sustains you? What is your "oxygen?"

## SENSITIVITY

Can you detect changes in your surroundings? Are you aware of others and how they are feeling?

## GROWTH

Are you a learner? Are you teachable? Are you continuing to grow in the development of yourself and others?

## REPRODUCTION

Are you making disciples? Are you producing fruit? Are you seeing others join in with ministry because of your investment?

## EXCRETION

Are you keeping short accounts with others and with God? How do you deal with your own failure and mess?

## NUTRITION

When do you get fed? Are you reading, listening engaging with things for your own soul nourishment - or just when preparing content for others?