

☐ *Prepare in Advance*

Facilitator: In advance of the session:

- Retrieve, review, and have ready the media listed below (links are provided on this session's webpage).
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

☐ *Introduce*

Begin by reading Mark 1:29-39 out loud and then show the *Bible Background Video*. Use the following questions to guide discussion.

☐ *Reflection*

Read the poem "Camas Lilies" by Lynn Ungar twice slowly for people to listen:

*Consider the lilies of the field,
the blue banks of camas opening
into acres of sky along the road.
Would the longing to lie down
and be washed by that beauty
abate if you knew their usefulness,
how the natives ground their bulbs
for flour, how the settlers' hogs
uprooted them, grunting in gleeful
oblivion as the flowers fell?*

*And you – what of your rushed and
useful life? Imagine setting it all down –
papers, plans appointments, everything –
leaving only a note: "Gone
to the fields to be lovely. Be back
when I'm through with blooming."*

*Even now, unneeded and uneaten,
the camas lilies gaze out above the grass
from their tender blue eyes.
Even in sleep your life will shine.
Make no mistake. Of course
your work will always matter.
Yet Solomon in all his glory was not arrayed like
one of these.*

Invite people to share their reactions to the poem.

- What catches your attention, and why?
- Share about a time when you "went to the fields to be lovely."
- Invite people to a time of silent prayer
- What might God be inviting you to take a Sabbath from currently?
- Take a few moments and place in God's hands and heart whatever is currently burdening you in your life – a situation, a person, a worry, a quandary. Imagine that God receives it and all you need to do is rest in the truth that you do not have to "do it all."
- Share with God your thoughts and feelings. Listen for God's responses.

☐ *Close*

Close with group prayer – invite people to speak a word or phrase that is connected with their current burden – "Lord, I give you . . ." After each person speaks, have the group say together "Lord, hear our prayer."

By Joy Yee

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