

Mystic



✓ Prepare in Advance

Facilitator: In advance of the session:

- Retrieve, review, and have ready the video's 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.
- Provide pens and paper.
- Have the *Bible Background Video* ready to view.

✓ Reflection

Invite people to make a list of all the things/people/situations/personal "growing edges" that they are presently dissatisfied with. Tell them to include those things that either "dampen your spirits," "imprison you in some way," "cause some part of you to die."

Have someone read all of Psalm 118 out loud (or take turns reading). Then show the *Bible Background Video*.

Say: Pretty much all of life has to do with relationship – with God, with others, with ourselves. Consider the idea that life is found in relationship.

Show the youtube clip, The beauty of humanity as seen in mutual relationships L'Arche

Invite people to close their eyes as you replay the youtube clip. Ask them to imagine their own mental "pictures" of the different relationships in their own lives (positive and negative) as they hear the song on the video.

- Think silently on the following and journal as you feel led:
- What keeps you from fully living your life?
- What are your perceived obstacles, challenges, frustrations? List these things.
- What are your dreams and hopes? List these things.

Spend some moments sharing the lists with God. Listen for God's part in the conversation. Respond back. Jot your thoughts and feelings down.

Invite people to listen to the following song on youtube as a closing meditation: Avalon sings "The Greatest Story"

Close with group prayer.

By Joy Yee

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