

Mystic

What the World Needs

1 JOHN 4:7-21

SESSION 7.18



□ Prepare in Advance

Facilitator: In advance of the session:

- Write the following quotations on a poster –
 - *“Oh, the comfort - the inexpressible comfort of feeling safe with a person - having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away.”* — Dinah Craik *A Life for a Life*, 1859
 - *“There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us.”* 1 John 4:18-19
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

□ Introduce

Invite someone to read 1 John 4:7-21 out loud and show the *Bible Background Video*.

□ Reflection

- Invite people to privately consider the two printed quotations in several contexts (note: you can slowly read the following as a silent guided meditation, or people can journal the questions on their own.)
- First context: Reflect on you and God. What connections do you make between these quotations and how you feel about the relationship between you and God? Spend some time considering how you perceive God loves you. How is that perception like/unlike the content of the quotations? Spend some moments sharing your thoughts and feelings with God. Listen for God's response, if any.
- Second context: Reflect on your perception of yourself. What connections do you make between these quotations and how you feel about the relationship you have with yourself? Spend some time considering how you perceive the love you have for yourself. How is that perception like/unlike the content of the quotations? Spend some moments sharing your

thoughts and feelings with God. Listen for God's response, if any.

- Third context: Reflect on you and others. What connections do you make between these quotations and how you feel about the relationship you have with others? (choose one or two individuals to focus on – perhaps one person you get along with, and one person you struggle with) Spend some time considering how you perceive the love you give to others. How is that perception like/unlike the content of the quotations? Spend some moments sharing your thoughts and feelings with God. Listen for God's response, if any.
- Invite people to share their reflections with the group

Close with prayer.

By Joy Yee

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