

Mystic



✓ Prepare in Advance

Facilitator: In advance of the session:

- Provide adhesive name tags, towels (enough for each person), several large bowls or plastic bins of water (if possible, enough for each pair of people), cup, trash bag or bin.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

✓ Explore

Have someone read Colossians 2:6-19 out loud and show the *Bible Background Video*.

✓ Activity

- Invite people to enter into a time of reflection, and to call to mind all the different wrongs, mistakes, sins, inadequacies, failures that they see in their lives within themselves.
- As things come to mind, have people write the first letter of each thing on a name tag. (e.g. "A" for addiction or abuse or avoidance, etc.) One letter per tag.
- Invite people to stick the name tags on themselves (instruct people to place the name tags selectively because another person will be removing them)
- When everyone has completed the above, invite them to form pairs.

This next part of the activity is to be done in silence by each pair

- Have one person in the pair slowly remove the name tags on his/her partner, put them in the trash, and then wash his/her feet (this is most easily done by pouring a cup of water over the feet placed over the bowl, and then drying the feet on a towel placed on your kneeling lap)
- Repeat these actions with the other partner doing the removing and washing.

✓ Closing

- When all the pairs have completed the activity, come together in the large group.
- If the group wants to, have people share about their experiences.

- Say this together: "We are loved. We are forgiven. We are redeemed."

Close with prayer.

By Joy Yee

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