

# Mystic



## ✓ Prepare in Advance

Facilitator: In advance of the session:

- Collect enough pens, markers, crayons, drawing paper, and playdough for each participant
- Provide music to play in the background (instrumental suggestion: “Due tramonti” by Ludovico Einaudi can be downloaded from iTunes)
- Review today’s scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

## ✓ Introduction

Have someone read Mark 13:1-8 out loud and view the *Bible Background Video*.

## ✓ Activity

Invite people to consider the following questions:

- What is the most important/precious thing or who is the most important/precious person(s) to you in your life? So important that you would be devastated if anything destroyed it/him/her?
- Invite people to draw a picture or sculpt a shape that represents this important thing/person. (note: Play the music softly as people work. Encourage them to use color, shapes, words, symbols, etc. in their creations, and not worry about the “quality” of their art)

## ✓ Prayer Reflection

*Note: Be sensitive to the mood of the group – turn the music lower or off if it is too much of a distraction for people’s personal thinking/feeling during this time.*

Invite people to enter into the following guided reflection:

**Say** (with pauses between each sentence):

- Take a moment to invite God to be present with you. Now hold your picture or sculpture in your hands and ponder what it represents. Think about this person or thing in your life – feel the significance of him/her/it. What are you thankful for? Name why this person/thing is so important to you. Share these thoughts with God.
- Now imagine your life without this person/thing. What would your life be like? What struggles or questions do you think you would have to deal with?

What thoughts and feelings come to the forefront?

What is your greatest fear? Draw another picture or make another sculpture that represents your struggles/questions/fears. Share your thoughts with God.

- What, if anything do you want from God? Take time to let your deepest desire surface. Share it with God.
- Next, consider what it would be let God hold both parts of your reflection and care for them: the person/thing that is most important to you AND the fears you might have about losing this person/thing. Take time to do so, if you feel like it. (You might want to do this internally, or you might want to hold your art close to your heart, and then within open palms offered to God, or you might want to do something else symbolically with your picture/sculpture.)
- Close your reflection by giving God some space/time to respond to you. Rest in God’s presence, however God makes God’s self known.

## ✓ Closing

Invite anyone that wants to share his or her reflections in the larger group. Then, close with group prayer.

**By Joy Yee**

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