

# Mystic



## ✓ Prepare in Advance

Facilitator: In advance of the session:

- Retrieve, review, and have ready the videos and music listed (links are provided on this session's webpage).
- Provide a large assortment of large LEGOS blocks or regular toy wooden blocks, post-it notes, pens
- 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 Luke 1:39-55 out loud and show the *Bible Background Video*.

Next show the clip from Star Trek The Next Generation called "The Neutral Zone". In this scene a wealthy business man placed into cryostasis ("frozen") is revived in the 24<sup>th</sup> century where money no longer exists, and resources are plentiful and freely shared by all.

## ✓ Activity

- Invite people to form groups of 2-3 to "create" the world that Mary describes in her song i.e. a world where the lowly are lifted up, the powerful laid low, the hungry fed, etc. Encourage people to do this activity without any skepticism, instead focusing simply on what is needed.
- Invite people to label the "building blocks" of this world using the post-it notes. For this world to come into being, what needs to be demolished? (stack these blocks to one side) What needs to be built? (stack these blocks in another pile)
- Discuss what people came up with.

## ✓ Guided Prayer

**Say:** When Mary and Elizabeth meet, they imagine a future that has not happened yet. The babies give them a promise of what God is doing and what is to come, even before they are born.

- Invite people to close their eyes and imagine their lives and contexts in Mary's changed/redeemed world. It will be helpful to focus on specific people, situations, problems on their minds – and choose one or two to imagine. Encourage people to let their imaginations run free without hindrance. E.g.

visualize a difficult situation at its absolute best outcome, or imagine someone you care about - well and whole, or envision a world problem being resolved. (note: people might need to be given permission to let go of their fear/doubt/skepticism in order to even imagine such things)

- Invite people to share their visualizations with God . . . and let surface the articulation of what their hearts truly want to see happen in their lives, others' lives and our world. What is your heart's deepest desire in this situation, or for this person, etc.?
- Invite people to listen for any invitation from God's Spirit to contribute a "building block" (however small a block it might seem to be) towards seeing their visualization realized in any measure. What might you be being invited to do, say, change, contribute, release, etc.?
- Invite people to ask God for what they need to be part of God's redemption of the world. What will it take for you to participate in creating a redeemed world with God?

## ✓ Group Sharing

Invite people to share their insights from the time together and close with group prayer.

**By Joy Yee**

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