

# Mystic



## ✓ Prepare in Advance

Facilitator: In advance of the session:

- Retrieve and review the resources located on this session's webpage.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.

## ✓ Explore

As you begin, have someone read Nehemiah 8:1-10 out loud and show the Bible Background Video.

## ✓ Activity

Invite people to view the optical illusion picture (link on this session's webpage), and find all the different "pictures within a picture."

**Ask:** How is this picture like grace in our lives? (Grace can include different aspects, including judgment, and blessing; e.g. the cross is a symbol of unconditional love in our lives. The need for the cross is an indication of judgment in our lives.)

## ✓ Reflection

- Invite people to do an examen (a review with God) of a time in their lives when they did something wrong. They will consider whether or not there is "more to see" in that experience than they have noticed thus far.
- Give people the following guidance (pause a full two minutes between sentences):
  - Invite God to be a part of your reflections. Open your soul to God's presence.
  - Choose a specific time in your life to reflect on when you did something wrong
  - What happened?
  - What did you feel badly about? What do you grieve?
  - Share your feelings with God.
  - What, if any, were the good things that came out of your experience?
  - Is there anything you are thankful for, because of this experience?
  - How did this experience contribute to your being the person that you are today?

- Is there still some valuable aspect of this experience that you have yet to embrace? What might that be? Would you be willing to let God use your experience for good?
- Share your responses with God.
- Leave some silent space for God to be with you in whatever way God chooses.

## ✓ Discussion

Invite people to share their reflections with each other.

After each sharing, speak Nehemiah's words together to the person who has just shared "Do not grieve, for the joy of the Lord is your strength."

Close with prayer.

**By Joy Yee**

## Church Websites

Get FaithLab to develop your new church website and help support FaithElement.

faithlab.com

faithlab