

Mystic



✔ Prepare in Advance

In advance of the session, prepare the following:

- Provide pens and paper.
- Have the *Bible Background Video* ready to view.

✔ Explore

Have someone read Colossians 1:15-29 out loud, then show the *Bible Background Video*.

Point out the focal verse to the group:

Focal verse: v. 23b This is the gospel that you heard and that has been proclaimed to every creature under heaven.

✔ Reflection Activity

Invite people to a private reflection activity. Have each person find a quiet place separate from others. Encourage people to be as honest as they can with this activity. Assure them that this reflection is between them and God alone.

- Invite people to draw 3 large concentric circles on a piece of paper. Give them the following instructions:
- In the center circle, write the names of the people who are the closest to you.
- In the second circle, write the names of people whom you associate with and like.
- In the third circle, write the names of people whom you associate with and don't like.
- In the area outside the circle, write the names of people or groups of people you don't want to be associated with (for whatever reason)
- Spend some moments with God. Ask for the grace to see all these people as God's creation, loved unconditionally by God. Visualize each person living in God's light. If this is difficult to do (especially with someone who you find hard to love), release them over to God's love . . . for God to do what you might not be able to do at the moment.
- For this second part of the reflection, give these instructions:
- On another piece of paper, draw a large circle that takes up most of the space.
- Write the names of all the people (from your first paper) inside this circle, starting with the ones who are in the center circle. One by one, as you write the names, imagine the person coming into the circle to be greeted by you as you say silently to him/her,

"The gospel is for all of us. For you as well." (note: Do not worry about having the right attitude or feeling about saying the words. Just say them.)

- Spend some time in continued silence with God.

✔ Group Prayer

Read John 17:20-23 slowly and meditatively out loud. This is Jesus' prayer for us.

Play the song "Soon Love Soon" by Vienna Teng

After the song ends, spend a few moments in silence, then invite people to offer sentence prayers as they are led by God's Spirit.

By Joy Yee

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