

Mystic



✔ Prepare in Advance

- Retrieve, review, and have ready the videos listed below (links are provided on this session's webpage).
- Have the *Bible Background Video* ready to view.

✔ Freedom?

Listen to the following song: (note: this is a song about how a mother's life experience affects her daughter's life): "Because of You" sung by Kelly Clarkson

Discuss the following:

As a group, come up with a list of factors that this daughter has allowed to imprison her

- What has she learned from her mother?
- What is it that she is afraid of?
- What does she NOT feel free to do? What is she choosing for her own life?

Read the scripture, Philippians 1:21-30, then together view the *Bible Background Video*.

Say: Paul is also in a prison of his own. But in this prison, Paul ponders two choices in a very difficult, stressful, potentially life threatening situation. He has reached a point in his life/maturity where both choices are good. To die or to live are both fruitful and fulfilling. Because of this perspective, Paul is free to act, speak . . . regardless of the consequences. And he wants the Philippian church to live in the same way. "For me, to live is Christ, to die is gain" Paul says of his choice "Life versus more life! I can't lose." (Eugene Peterson's *The Message*).

Discuss the following:

- If Paul's perspective was like the daughter in the song, what might he be afraid of, imprisoned by? What would he NOT feel free to do? As a group, come up with a list of these factors.
- Now make another list from Paul's ACTUAL perspective. What IS he free to do?

✔ Personal Reflection or Church Reflection

Lead people in this guided reflection. Tell them that they can choose to hear the "you" as an individual pronoun or a collective/plural pronoun referring to their church. Allow two minutes for each question or group of questions to be pondered silently.

Reflect on a life experience where you feel you are "imprisoned."

- What do you NOT feel free to do?
- What do you fear?
- Imagine that you meet Jesus in person in a place of your choice. Spend some time sharing your fears with Jesus.
- What do you imagine Jesus says to you? How does he look at you? What does he do?
- Now imagine what it would be like to let go of your fears, and live freely in your situation. From Jesus' perspective what can you envision that you ARE you free to do, regardless of the consequences?

Invite people to share their reflections with the group.

By Joy Yee

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