

# Mystic



## ✔ Prepare in Advance

- Retrieve, review, and **have ready the song** listed below (link is provided on this session's webpage).
- Have the *Bible Background Video* ready to view.
- Provide poster board paper (two blank, and one printed with reflection prompts below) and markers.

## ✔ Choosing Humility

Lead the group in the following meditation:

*First reading:* Invite the group to just listen to the words of the entire text as a whole.

*Second reading:* Read only verses 5-8, and invite people to imagine a specific "snapshot picture" for each italicized phrase (note to leader: pause for 30 seconds after every italicized phrase)

"Your attitude should be the same as that of Christ Jesus: who being in very nature God, did not consider equality with God something to be grasped, but

- *made himself nothing*
- *taking the very nature of a servant*
- *being made in human likeness, and being found in appearance as a man*
- *he humbled himself and became obedient to death – even death on a cross!"*

Discuss the following:

Share the "snapshots" with each other:

What does Jesus understand about doing difficult things on earth for good? Invite people to phrase their answer in Jesus' voice, as he might say it. Write his imagined "words" on a poster board).

Invite the group to list all the "do's" of the text. i.e. What is Paul telling us to do as people of faith? (list on poster paper).

- Is it always easy to do these things? Why not?
- What do you think is God's role in helping us do what is good to do? (Consider that God enables us *to will and to work*).

## ✔ Waiting for Lightning

Play the song by Steven Curtis Chapman, "Waiting for Lightning" (link is on this session's webpage).

Reflection (leader: post the following prompts/questions on a paper that everyone can see).

- Think about a current life situation where it is difficult to "do" what this text tells us to do.
- What do you feel you are being called to "do" in the situation?
- Is this action something you want to do, or not? Why? What keeps you from doing it? (Be as honest as possible with where you are).

*(NOTE to leader: Sometimes it is difficult for people to express their true feelings of negativity or reluctance in prayer. They will instead spend their time asking God for the virtue they want e.g. "Help me to be forgiving", without releasing first to God their honest struggle e.g. "I don't like this person and don't want to forgive her." Encourage people to do the latter first, and then only pray the former if they are truly ready to ask for it).*

- What are the fears, feelings, thoughts involved for you as you deal with this situation?
- Are you willing to share these thoughts and feelings with God? If so, take some time to do so. (Silently in your mind, or write a prayer to God).

After you have shared your part in the conversation with God, spend some time listening for God's "whispers". What might he be saying to you with regards to your soul and your situation? Jot these down. Which ones give you a sense of life and freedom and peace?

## ✔ Closing

Share your reflection experience with the group. When finished, close with prayer for each other.

**By Joy Yee**