

# Mystic



## ✔ Prepare in Advance

- Prepare a focal point in the room with a candle, and cards with the following words (one on each): “regret”, “sorrow”, “question”, “decision”, “problem”, “guilt”, “lost”, “ignorant”, “immature”, “?”.
- Prepare the *Bible Background Video* ready to view.
- Provide paper and pens.
- Note to the facilitator: The instructions under the Examen section may be given verbally - with pauses in between, OR in handouts with space under each instruction for people to write.

## ✔ Telling the Whole Story

Have someone read Psalm 78:1-8. Then show the *Bible Background Video*.

## ✔ LISTEN

Play the song, “Small Enough,” by Nichole Nordeman. You can find the link to this song on this session’s webpage. As people listen to the song, invite them to pay attention to their life journey with God. What personal experiences come to mind as they listen?

## ✔ EXAMEN

An examen is a guided journal reflection.

Take a moment to list the personal experience(s) that came to mind as you listened to the song.

- Jot down what the experiences was like for you. What did you think? How did you feel? What was difficult about the time? What was easy?
- Now jot down what you sensed of God during that experience. What did you learn about God? What did God do or not do?
- Is there anything you would like to say/share with God as you reflect on your experience? Express your thoughts/feelings by praying silently or journaling a prayer. When you are done with your prayer, look up so that the leader knows when everyone has completed their examen.

## ✔ DISCUSSION

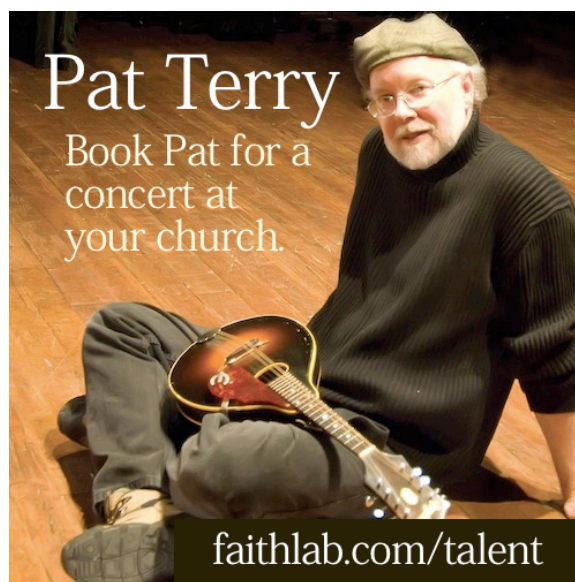
- Invite people to share their examen with the group.
- What would your story about yourself be, if you were to share it with the “next generation?”

- What would your story about God be, if you were to share it with the “next generation?”
- Is there anyone specific who comes to mind with whom you want to share your story? Who? Why?

## ✔ PRAYER

Close with prayers of praise and thanksgiving for God’s work/presence in your life stories.

By Joy Yee



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