

Mystic



✔ Prepare in Advance

- Prior to your meeting, invite people to bring a song to share with the group that is significant to them when they are going through difficult times. Emphasize that the song does not have to be a “church song” or one that speaks from a Christian perspective.
- Provide a way to listen to those songs with either speakers to which people can connect an MP3 player and/or a CD player.
- Retrieve, review, and have ready the music listed. (links are provided on this sessions webpage.)
- Prepare the *Bible Background Video* for viewing.

✔ Learning Together

Have someone read Psalm 123 out loud and then view the *Bible Background Video*.

✔ Listening

Depending on your time frame (and how many people are able to bring their own songs), play the following: (each of the links to these songs can be found on this sessions webpage.)

- Louis Armstrong sings “Nobody Knows de Trouble I’ve Seen” This is a song that grew out of the African American experience of slavery in the U.S.
- Nichole Nordeman sings “To Say Thanks” This is a song that can be seen as a modern day lament psalm.
- Alfie Boe sings “Bring Him Home” from Les Misérables. This is a prayer that the character Valjean sings about a young man who has been injured in battle.
- Invite each person to share his/her song by playing it, and then saying why it is significant to him/her.

✔ Personal Reflection

- Instruct people to find a quiet place by themselves for 30 minutes.
- Invite people to consider what it would be like to turn their chosen song into a prayer to God. What would the chosen song lead them to open up to God? What feelings? Questions? Thoughts?
- Have people journal their thoughts.

- Encourage people to privately pray their songs (or a paraphrase/extension of their songs) to God if they feel led to.

✔ Sharing

Have each person share their experiences and insights with the large group. Gather the group together to do this. Encourage people to receive what is shared, without giving comment or suggestion.

✔ Closing

End with sentence prayers of petition and thanksgiving.

By Joy Yee

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