

Mystic



✔ Prepare in Advance

Facilitator: In advance of the session:

- Provide pens and paper for those who want to write down their thoughts during the guided prayer meditation.
- Have the *Bible Background Video* ready to view.

✔ A Christmas Meditation

Show the *Bible Background Video*.

✔ Guided Prayer Meditation

Invite people to listen as the text is read out loud four times, and pay attention to the word or phrases that most catch their attention with each reading. Tell them you will also be using reflection questions to guide them as they silently sit with the readings and God.

- First reading: Invite people to listen to the text as a whole to become aware of the content.
- Second reading: Invite people to listen to the text as a word to them personally and to pay attention to the following question: *What word or phrase catches your attention?* Pause for one minute of silence after reading the text.
- Pause for two minutes of silence between each of the following questions.
 - *What does that word or phrase have to do with your life at the moment?*
 - *Is there anything you want to share with God about your thoughts?*
 - *What, if anything do you sense from God in this moment?*
 - *What is your response? (e.g. a thanksgiving, a praise, a question, a feeling, a doubt, a request, etc.)*
- Third reading: Invite people to listen to the text as a word to their church and/or family community and to pay attention to the word or phrase that catches their attention. Pause for one minute of silence after reading the text.
- Pause for two minutes of silence between each of the following questions.
 - *What word or phrase caught your attention, and why?*
 - *What feelings/thoughts are surfacing for you as you reflect on your church/family community and the word/phrase?*

- *Is there anything you want to share with God about your thoughts?*
- *What, if anything do you sense from God in this moment?*
- *What is your response?*
- *Is there anything you want to share with your church/family community? What?*

- Fourth reading: Invite people to listen to the text as a word to our world and to pay attention to the word/phrase that catches their attention. Pause for one minute of silence after reading the text.

Pause for two minutes of silence between each of the following questions

- *What word or phrase caught your attention and why?*
- *What hopes or doubts are surfacing for you as you reflect on our world and the word/phrase?*
- *Is there anything you want to share with God?*
- *What, if anything do you sense from God in this moment?*
- *What is your response to God?*
- *Is there anything you want to share with our world? What?*

✔ Group Sharing

Invite people to share one word that surfaces for them as a result of doing the guided prayer meditation.

Close with sentence prayers.

By Joy Yee

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