

Mystic



✔ Prepare in Advance

Facilitator: in advance of the session:

- Provide paper, pens, and hand mirrors.
- Have the *Bible Background Video* ready to view

✔ Learning Together

Have someone read Luke 2:22-40 out loud.

Show the *Bible Background Video*.

✔ Guided Individual Reflection—An Internal/ External Life Examen

- Invite people to begin with silent prayer, opening their souls to God and asking God for the grace to see themselves clearly.
- Give each person a hand mirror and ask him/her to spend a few moments looking at the reflection there, and consider: What is visible on the outside of you? What is not visible in the mirror, but is inside you?
- Invite people to draw a large circle on their papers. Give them the following instructions:
 - Around the outside of the circle write words to describe what you think people (at work, at church, at school, around the neighborhood, within family) see when they look at you, and what you think God sees when God looks at your outside.
 - In the circle, write words to describe what you see when you look inside yourself, and what you think God sees when God looks at your inside.
 - Share your drawing with God in prayer
 - How do you feel about the drawing?
 - What, if anything would you change about yourself?
 - Ask God how God feels/thinks about you. (Try not to make up an answer for God; let there be silent space for God to enter the conversation as God wills; alternately, invite people to imagine that Jesus comes and sits next to them to answer the question)
 - Journal on your paper about your prayer time
 - What was the prayer time like for you?
 - What was comforting? Disturbing? Challenging? Familiar? New? Puzzling? Resolved? Unresolved?

✔ Group Sharing

If the group is comfortable doing so, invite people to share their reflection experiences (be sure to set up a confidential safe space for people to share; invite people to receive each other's sharing without giving advice, trying to "fix" anyone's difficulties, or commenting on the experience)

✔ Closing

Invite people to listen to the song "Who Am I" sung by Casting Crowns

Close with prayer

By Joy Yee

Church Websites

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