

Mystic



✔ Prepare in Advance

- Have the *Bible Background Video* ready to view.
- Provide pens and 8.5 x 11 paper.

✔ Joining Our Actions To Our Beliefs

Have someone read the Mark 1:4-11 out loud then show the *Bible Background Video*.

Say: Jesus' baptism marked the inauguration of his ministry and life's direction. It was an action that concretized his beliefs about God, his purpose, and his intentions to live a certain way.

✔ Individual Prayer Reflection

Invite people to fold a piece of paper in thirds.

- Give people a minute to silently open their hearts and ask for God's presence and participation in this reflection time.
- On the left side of the paper, have people write down a list of 7-10 beliefs they hold in their lives with regards to their faith. E.g. "I believe . . ."
- In the middle of the paper, have people write down an action that reflects *or could reflect* each belief.
- On the right side of the paper, have people prayerfully consider the following questions for each belief/action, and jot down their thoughts:
 - *What does my current action help me discover about my belief? (e.g. Is this belief still just an ideal/desire? Does my action reveal that I actually believe something different? If so, what?)*
 - *If my action doesn't currently reflect this belief in a way that brings me a sense of peace, what, if anything do I want to change? What will it take to change?*
 - *What do I sense God inviting me to think about differently or do differently?*

When people have finished, invite them to offer the content of their reflections to God.

- *Is there anything you want to say to God?*
- *Is there anything you want or need from God?*
- *What does God seem to say to you?*

✔ A Closing Reading

Invite people to listen as you slowly read the following encouragement twice, with some silence between each reading:

By Pierre Teilhard de Chardin SJ in Hearts on Fire – Praying with the Jesuits

“Patient Trust”

Above all, trust in the slow work of God

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way to something unknown, something new.

And yet it is the law of all progress

that it is made by passing through

some stages of instability –

and that it may take a very long time.

And so I think it is with you.

your ideas mature gradually – let them grow,

Let them shape themselves, without undue haste.

Don't try to force them on,

as though you could be today what time

(that is so say, grace and circumstances

acting on your own good will)

will make of you tomorrow.

Only God could say what this new spirit

gradually forming within you will be.

Give our Lord the benefit of believing that his hand

is leading you,

and accept the anxiety of feeling yourself

in suspense and incomplete.

By Joy Yee

Church Websites

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