

Mystic



✔ Prepare in Advance

Facilitator: In advance of the session:

- Have the *Bible Background Video* ready to view.
- Provide the following materials: hand mirrors, pens/markers, star coloring pages (there is a link for the coloring page on today's session webpage.)

✔ Learning Together

Have someone read Mark 1:14-20 out loud.

Show the *Bible Background Video*.

✔ ACTIVITY

- Give each person a hand mirror, pen or marker, and a star coloring page.
- Invite people to position the mirror at the top of the coloring page so that they can see the shape reflected in the mirror.
- Instruct people to trace the shape on the page, BUT they can only look at the mirrored image while they do so (give everyone time to trace the whole star shape).

✔ DISCUSSION

- What connections do you make between the activity and today's text and video on daily discipleship? (Note: the group might like to view the video a second time)
- What did you notice about how you completed the activity? What did you do? What did you think? What did you feel?
- What connection do you notice between the activity and the way you might experience the challenge of daily discipleship and aligning your values and way of life with God's ways?

✔ Individual Guided Prayer Journal Reflection

(Note to leader: Ask these questions out loud, and pause long enough between each one to give people ample time to jot down their responses.)

- What areas of discipleship are challenging for you at this point in your life?
- What are things God might be inviting you to turn from?
- What are things God might be inviting you to turn to?

- What is your current response (thoughts, feelings, actions) to these invitations from God?
- What, if anything, do you need from God?
- Spend some time praying silently in your heart, or writing a prayer to God about your reflections
- What, if anything do you sense from God?

✔ Closing

Invite each person to share with the group one insight, question, decision, or struggle he or she is holding at the end of this lesson.

Close with prayer for each other.

By Joy Yee

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