

Exercise for the week:

Think about your 'fellowship' (those you are committed to) and ask yourself whether any of these people are committed to your healing. If you can identify someone committed to your healing, then consider thanking God for them *and* thanking them personally

RHYTHM OF LIFE

Order of Meeting – Fellowship Rhythm

The leader for the week reads the Opening Words aloud.

BECOMING FULLY PRESENT (I-III)

I. OPENING WORDS

We gather with one purpose—to grow together in love as we learn to follow the way of Jesus with all of our lives. This is a space where every voice matters and where everyone has something valuable to contribute. We celebrate with those who are celebrating and mourn with those who are mourning. Through sincere listening, support and open questions we honour each other.

The leader reads the questions out loud and each person gets an opportunity to respond to them. The purpose of them are to get to know each other better

II. OPENING QUESTIONS

In partners:

- What is something someone recently did for you that made you feel really cared for?
- Share a story where you and a group of friends got up to mischief (either in your childhood or more recently).



The leader reads and follows the instructions in italics and then leads the group in the activity. This section will be different each week, but the goal of it is to, as a group, to create a time to focus on God together through various disciplines/activities

III. STANDING STILL AND COMMUNILY CONNECTING WITH GOD

- *Communally choose a song that you would like to sing together (If it is a song around friendship then that will be an additional bonus)*

Or

- *Breathe deeply in and out - as deep as you can - and slow down your breathing, just asking God to make you aware of His presence. Now, take 5 minutes and reflect on your interactions the past 24 hours. Where were you fully present? How did the people closest to you experience you?*

Exercise for the week:

Think about your 'fellowship' (those you are committed to) and ask yourself whether any of these people are committed to your healing. If you can identify someone committed to your healing, then consider thanking God for them *and* thanking them personally

Read the scripture together, allow some silence, and read it again. The leader then reads the set of questions and encourages discussion with each member using 'I'-statements



The leader reads the set of questions out loud and each member gets an opportunity to respond to 1/more of the questions.

As closing the group can pray together as comfortable. Leader reads blessing at the end.

IV. WE LISTEN AND LEARN TOGETHER

Read Mark 2:1-12 twice with the group. Invite the group to close their eyes and 'listen to the text with their imagination'. Invite them to listen to the text the first time as if they are the 'friends' and invite them to listen to the text the second time as the 'man on the mat'.

After reading the text for the first time:

Ask something like this:

"As one of the friends of the man on the mat, what did you...see...smell...touch and feel".

After reading the text for the second time:

Ask something like this:

"As the man on the mat, what was it like to be carried by your friends to Jesus? What went through your mind and heart as you were lowered through the roof"?

Mark 2:1-12

When Jesus returned to Capernaum several days later, the news spread quickly that he was back home. Soon the house where he was staying was so packed with visitors that there was no more room, even outside the door. While he was preaching God's word to them, four men arrived carrying a paralyzed man on a mat. They couldn't bring him to Jesus because of the crowd, so they dug a hole through the roof above his head. Then they lowered the man on his mat, right down in front of Jesus. Seeing their faith, Jesus said to the paralyzed man, "My child, your sins are forgiven." But some of the teachers of religious law who were sitting there thought to themselves, "What is he saying? This is blasphemy! Only God can forgive sins!"

Jesus knew immediately what they were thinking, so he asked them, "Why do you question this in your hearts? Is it easier to say to the paralyzed man 'Your

Exercise for the week:

Think about your 'fellowship' (those you are committed to) and ask yourself whether any of these people are committed to your healing. If you can identify someone committed to your healing, then consider thanking God for them *and* thanking them personally

sins are forgiven,' or 'Stand up, pick up your mat, and walk'? So I will prove to you that the Son of Man has the authority on earth to forgive sins." Then Jesus turned to the paralyzed man and said, "Stand up, pick up your mat, and go home!"

And the man jumped up, grabbed his mat, and walked out through the stunned onlookers. They were all amazed and praised God, exclaiming, "We've never seen anything like this before!"

Questions:

- What was your experience when you imagined yourself as one of the friends?
- What was your experience when you imagined yourself as the one on the mat?
- What kind of friendship do you think there was between the man on the mat and the others?
- Do you experience this kind of friendship currently? Share a story that made you feel like you had a friend or friends that was committed to your healing.

VI. REFLECTION TIME

What stood out for you about the conversation? Did you have any insights? Is there anything practical you would like to do this week as a response? Is there any support that you would like this week?

VII. BLESSING

May God send you friends that are committed to your healing.
May God give you eyes to see these people for the wonderful gift that they are.
And may God give you an open heart to receive this gift when it is given.
Amen