

Mystic

One Heck of a Baby Announcement

Luke 1:68-79 | Session 7.50

Before the Session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).
- **Preparation:** Place several pillar candles and votives in the center of the room. Also have available an unlit taper candle. Light three of the pillar candles. Arrange chairs in a circle around the candles.

Content

Read [Luke 1:68-79](#), then watch the Bible Background Video.

An Audio/Visual Reflection on Darkness and Light

Turn off the lights in the room and close blinds or shades so that the only illumination is from the candles.

Invite people to enter into a reflection time. Ask them to ponder the following questions silently for five minutes:

- What is your greatest sorrow currently?
- Where is there a “darkness” in your life?

Play Morten Lauridsen’s [“Lux Aeterna”](#) in its entirety, and invite people to listen in each other and God’s presence. This is about 30 minutes of music set to texts that speak in the context of death — of the eternal light of God, the coming of God’s Spirit, the birth of a savior, and the Lamb of God. A full translation [can be found here](#).

At the end of the music, invite people to light votives and the remaining unlit pillar candles with the taper as a symbolic gesture of waiting for and drawing near to God’s light.

Spend a few more moments in silence after all the candles are lit. Have one person read the Luke text again slowly out loud. Close by simply saying, “Amen.”

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