

Mystic

He is Not Here!

Luke 24:1-12 | Session 8.13

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)
- **Prepare a focal point** Make a focal point in the center of the group – arrange plants, flowers, a cross, draped cloth, candles, and Kleenex (see below)

Context

Read [Luke 24:1-12](#), then watch the Bible Background Video.

A Musical Reflection/Meditation

This meditation will open a space for people to consider the situations in their lives or within their souls that need a sense of love and new life. Because places of darkness and "death" can be deep and tender, provide some boxes of Kleenex with the focal point as a tacit "permission" to cry, if needed.

Play Nichole Nordeman's song "[Hold On](#)" three times through.

Provide the following guidance:

For the **FIRST** playing, invite people to just listen to the song as a whole. (Pause for 1 minutes before playing the song again)

For the **SECOND** playing, invite people to listen to the song and pay attention to which words or images come to the forefront of their minds. Ask them to consider what connections these words or images might have to their lives. (Pause for 2 minutes before playing the song again)

For the **THIRD** playing, invite people to listen for God’s words to them. Let them know that there will be a time of silence following the song so that they can hold their thoughts and feelings and stay “with” whatever has happened in the reflection, and respond to God, if they choose to. (Pause about 3- 5 minutes after the song is played)

Create a safe, confidential space for people to share. There is no need for people to comment on, fix or elaborate on what any person shares. Encourage persons to simply listen, receive what is shared, and hold what is shared in confidence. Invite those who want to, to share their reflection experiences with the group.

Close with group prayer.

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