



MYSTIC  
session page

## Non-Reactionary Love

**Romans 5:1-11 | Session 8.48**

### 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 poster or whiteboard with reflection instructions (See Reflection).
- Materials needed: pens and the "A Blessing from God" handout.
- Find web links for underlined items on this session's webpage at [faithelement.net](http://faithelement.net).

### Context

Read aloud [Romans 5:1-11](#) then play the Bible Background Video.

*In today's session, the group will share in engaging their reflective imaginations in interpreting the mountaintop experiences in their lives.*

## Reflection

Before the session, prepare a poster or whiteboard with the reflection instructions listed below.

Give each person two copies of the blessing (see download link on the webpage for this session) and invite the group to spend some time in personal prayer and to “listen” to the printed blessing. Remind the group that this is a time of contemplation and prayer that is not to be rushed, but should take as much time as they need to focus and listen. Have individuals write their names on the provided blank and tell them to imagine that God is speaking these words to them, as the group revisits these words four times, according to the following instructions:

*FIRST READING: read slowly and silently through the whole blessing.*

*SECOND READING: pause at the end of each line of the blessing and see what thoughts/feelings/images come to mind. What, if anything, do you want to say to God? Pause as you feel led, to make a space for God to respond to you.*

For the next two readings, choose someone from your life that you might bless with these same words and start by writing his or her name on the provided blank.

*THIRD READING: Imagine speaking these words to that person. See what thoughts/feelings/images come to mind. What, if anything, do you want to say to God? Pause as you feel led, to make a space for God to respond to you.*

*FOURTH READING: Rest in the blessing as you imagine God speaking these words to all people.*

Give the group sufficient time for full reflection (fifteen to twenty minutes, or until it appears that the entire group has finished) then invite people to share their prayer experience with the group, reminding everyone that they need not comment on, fix, or give advice with regard to anyone else's experience, but simply receive what is shared and hold it with respect.

Close with prayers of thanksgiving.

**Writer: Joy Yee**