



MYSTIC
session page

Be an Ezer Kenegdo

Genesis 2:18-24 | Session 10.40

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.
- Materials Needed: Paper, colored markers, and pens.
- Encourage your group to listen to the FaithElement podcast ahead of the next session (Share the link via email or social media)
- Make a focal point in the room with candles, decorative cloth, cross, and two small posters with the following:

Fred Rogers often told this story about when he was a boy and would see scary things on the news: "My mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. -1 Corinthians 13:4-7

Context

Read [Genesis 2:18-24](#), and watch the Bible Background Video before asking:

This is a reflective personal inventory experience.

Reflection

Give each person a piece of paper, a pen, and three markers. Invite the group to a time of reflection with God where they recall all the people in their lives who they help in some way, or feel they should help, listing those names on the paper, with space around each name.

Invite everyone to consider what each person needs from them currently, and list the top three next to each, using one of their colored markers. Have them consider what help is possible for them to give that would be the most useful for each need and list those in a second color of marker.

Encourage the group to consider the content on their paper, and open their hearts to God's input, thinking about each person on the paper, his or her needs, and their ability to provide help. What thoughts, feelings, or questions come to mind? As they consider this, have them listen for God to enter the conversation, asking:

- What does God seem to say?
- What is your response?

Encourage everyone to write the results of their conversation with God next to each name in a third color of marker. Once everyone is finished invite volunteers to share their reflections with the group.

Close with a prayer that includes any addressable needs that arose during this activity, lifting them as a group into God's heart and hands.

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