



MYSTIC
session page

Holy Terror

Psalm 90 | Session 10.41

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)
- Materials Needed: Small stones and permanent markers.

Context

Read Psalm 90, and watch the Bible Background Video before asking:

This is an exercise in creating tangible symbols for reflection and focus.

Reflection

Tell the group: *There is an Hasidic story about a Rabbi Simcha Bunam of Pzhysha who once said to his students, 'Everyone must have two pockets, so that he can reach into the one or the other, according to his needs. In his right pocket are to be the words, 'For my sake was the world created,' and in his left, 'I am but dust and ashes.' It is wisdom to know when you need which.*

Give each person a stones and a marker, and invite the group to contemplate their lives and the situations they encounter, beginning the time with some silence to give people time to think about the question below:

- Which of those sets of words do you need at this point in your life or in a particular situation?

Encourage everyone to write the phrase on a stone and contemplate the words and how they might apply to their life. Give everyone some time with God and the words, where they can share their thoughts and feelings with God and listen for God. When each person is finished, have them look up.

Invite volunteers to share their reflections with the group, then give each a second stone and have them write the phrase that is the pair of the first one they chose, so that each person has two stones for their own pockets.

Encourage further sharing by asking:

- What did you discover about God or yourself from taking part in this process?
- At what points in your life do you see these stones possibly being helpful?
- What are some things that we're all dealing with, where someone having these stones might help us all?
- What will you do to remember these two truths if you find yourself in a situation where the stones are not available?

Close in prayer.

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