

Small Group Ministry Group Session Plan

Opening Words:

Within each of us there is a silence
--a silence as vast as the universe.
We are afraid of it. . . we long for it.
When we experience that silence, we remember
who we are; creatures of the stars, created
from the birth of galaxies, created
from the cooling of this planet, created
from dust and gas, created
from the elements, created
from time and space . . . created
from silence.
Silence is our deepest nature,
our home, our common ground, our peace.
Silence reveals. Silence heals.

“Sharing Silence”, G. Norris

Check-in

Topic: “Sharing silence with others is a profound act of trust, love, and courtesy. It is a mutual gift, a necessity, a helping hand, a path and a discipline.” –G. Norris

Centering in Silent Meditation

Find a comfortable position with your feet on the floor and your back in an upright but relaxed posture. Become aware of your breathing. You may wish to dim the lights and focus on a candle. Take time to share silence with your group, being present, moment to moment.

Focus Questions: (speaking out of the silence)

How does it feel to sit in silence? What is your relationship with silence? (Does it make you uncomfortable? Do you long for it? Do you make room in your life for silence?) If you have or had a silent meditation practice, describe your experience. If not, do you have an interest? What would it take for you to sit in stillness for 5 to 20 minutes each day?

Sharing/ Deep Listening

Conversation

Likes & Wishes

Closing Words:

Thirty spokes share the wheels hub;
It is the center hole that makes it useful.
Shape clay into a vessel;
It is the space within that makes it useful.
- Tao Te Ching