



Session 3 - Materials:

- Device to play a YouTube video
 - Possibly speakers
- Bible, if you don't have one it is all available on USCCB.org
- CRS Rice Bowl
- Handout: Blessed and Broken Antiphon

Greeting and Gathering

Be a welcoming host as guests return.

Welcome all participants and share how excited you are for this next stage in the journey.

*Reassure them that anything shared in the group will remain **confidential**, and that everyone is invited to share as much as they feel comfortable sharing.*

Explain to them that tonight's session will be about beginning to unpack what it means to be Blessed and Broken by God. You will begin with prayer and then open the group to share with one another.

Opening Prayer

Handout: Blessed and Broken Antiphon

Weekly Questions

Present these questions to the group as a weekly check in with one another. Try and keep it to at most 20 minutes.

Where was I taken today? This Week?

Where was I blessed? broken?

Where was I given?

Video

Following the sharing remind everyone this week's theme is Blessed and Broken. Watch this video:

<http://www.youtube.com/watch?v=-sXnpajo7Js&feature=related>

Allow time to sit silently. Encourage people to spread out and journal. Offer about 5-10 minutes of silence or play soft meditative music. Invite everyone back to the circle Ask these questions to generate conversation. Let the spirit move. Be aware of any one

Broken & Blessed

person directing too much attention towards themselves. Thank them for sharing and encourage others to speak up. If some prompting is needed use these questions:

What word or phrase do you associate with broken?

Do these words about brokenness resonate with you? How?

What word or phrase do you associate with blessed?

Do Henri's words about blessedness resonate with you? How?

Who has blessed you? Who have you blessed?

***Review** Henri's challenge with everyone. Either read these points off or encourage a discussion as you walk everyone through them.*

1) Embrace your brokenness. Befriend your brokenness.

- Just as you claim your unique blessedness, claim your unique pain.

- To embrace your brokenness means to take up your cross, not to create a cross for yourself.

- You won't be a happy person if you deny your brokenness.

2) Dare to put your brokenness under the blessing.

- Put your brokenness under the hands of God, who says, "You are my beloved daughter, you are my beloved son."

- Your brokenness can become purifying.

***Explain** to everyone that this evening we are going to learn how to put our brokenness under our blessing. You are going to put your brokenness under each other's hands. The laying on of hands is an ancient Christian tradition used to bestow blessings on one another. You have some options for how to move forward with this. You can invite everyone to bless one person at a time or split into groups of two or three and have the pairs bless each other. (Be sure to include yourself). This choice might vary based on the comfort level of the group with one another. All that needs to be done is that you place your hands on the shoulder of whomever is being blessed and read the Blessing.*

*If you choose **a group blessing** have one person stand or sit in the center of the circle. Invite everyone to come around them and place one hand on the person's shoulder. Read the blessing.*

*If you choose **the pairs** split everyone up into pairs and have them stand facing one another. Instruct them to place a hand on their partner's shoulder or forehead. Give them a copy of the blessing to say over one another.*

Blessing:

“(name) you are loved by God. You are fearfully and wonderfully made. You are precious in God's sight and in mine. All your brokenness within you and in your relationships is embraced and loved by God. May Christ dwell in you and root you in love. May you have the strength to comprehend the brokenness of others. May you have the heart to respond with compassion to



those needs. And may your eyes and ears always be open to receiving and sharing the love of God.”

*As the prayers end invite everyone to sit back down. **Allow** for silence.*

Check in with everyone. Ask how it felt to be blessed in this way.

Closing prayer

As your time draws to a close read this prayer in a playful and prayerful tone.

The seed cracked open

Hafiz is a Fourteenth century Sufi poet from Persia. Sufism is mystical form of Islam.

It used to be that when I would wake in the morning
I could with confidence say,
“What am ‘I’ going to Do?”

That was before the seed
cracked open.

Now Hafiz is certain:

There are two of us housed
In this body

Doing the shopping together in the market and
tickling each other
While fixing the evening’s food.

Now when I awake
All the internal instruments play the same music:

“God, what love-mischief can ‘We’ do
For the world
today?”

***Thank** everyone for coming **Remind** everyone to contribute to the CRS rice bowl if they can. **Make** any announcements about next week, allow for others to make announcements about things they are involved with.*

*Broken
& Blessed*

Blessed and Broken Antiphon (adapted
from Isaiah 58)

Side 1: We are Blessed

Side 1: The breath of life moves through us

Side 1: We bear the image of the Holy One

Side 1: We are the salvation of the world

Side 1: The naked we clothe

Side 1: The oppressed we set free

Side 1: The afflicted we comfort

Side 1: The Light of God is with us

Side 2: We are Broken.

Side 2: The sins of the world are on us

Side 2: We bear the deep pain of those
suffering

Side 2: We are the salvation of the world

Side 2: The homeless we shelter

Side 2: The hungry we feed

Side 2: The broken walls we restore

Side 2: The Glory of the Lord will never
leave us