

REFLECTION GUIDE

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REFLECTION GUIDE

FOR FAMILIES, INDIVIDUALS, & SMALL GROUPS

REFLECT.

1

Describe a time when God rolled a stone away for you that you couldn't move yourself (when God changed something you couldn't control to open up a way to freedom and peace)?

2

Knowing that God is in the freedom business, as Rev. Zack asked, "what worries would you hand over today if you knew the battle belonged to God?"

3

What aspect of the resurrection transformation do you most relate to right now? God turned the women's fear into faith, their worry on the way to the tomb into witness, their paralysis into preaching. Tell the story of a transformation or resurrection in your life. What was your life like before your encounter with God, how did you encounter God, and how were you transformed and different afterwards? (or perhaps like the women in Mark's account of this story, you haven't seen the "afterwards" yet, but maybe you have an idea of how you'd like to be changed).



IMAGINE.

So as we continue our re-entry into the Galilee of our workplaces, schools, churches, and civic spaces post-COVID, I suspect we will find many things have changed and much has stayed the same. What will be said of you and me? Will ours be a faith with the courage humility to evolve...? - Rev. Zack Nyein

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Imagine returning to your Galilee, the place you are called to reenter and return to after a season of change and transformation. Often after we feel so changed, reentry into the spaces that were once so familiar can be difficult. We don't fit the same way anymore because we're not the same person anymore. Whether it's a return to more familiar ways after COVID or a return to those spaces after a spiritual transformation, IMAGINE what that reentry and return will be like. How are you different? How are you the same? What changes in yourself do you want to hold on to? Imagine yourself and your life with those changes intact. What does that new life look like in those old spaces?



EXPRESS.

*But when they looked up, they saw that the stone, which was very large,
had been rolled away*

Mark 16:4

Draw a timeline of your life and mark on it the times where God rolled a stone away, when God was faithful to you, when something worked out that you couldn't have controlled. Note the "mountains AND the valleys" and times when, looking back, you can see God in both the highs and lows.

Gather stones. You might gather some stones or gravel, one for each thing you've marked on your timeline that you can remember. Place them on your timeline, or set them somewhere outside or in a place you regularly pass as a reminder of God's goodness and faithfulness to you.

Look with new eyes. For what goodness do you give God thanks in this season of change? Do you see any ways in which things you thought were graves turned out to be gardens?

Offer praise. Listen again to the song "Graves into Gardens", open your heart to God, and lift your praises and thanksgivings for resurrection and transformation, remembering God is the star of the story, and God invites us to experience the goodness in the story alongside God: <https://youtu.be/YihKbG8-X3U>

