

Undone Kickoff

The topic for this month is Undone. We are going to explore what happens, how we react, and what may be happening when life comes undone.

When our plans lay in pieces. When what we thought we knew isn't working any more. Maybe scripture is dry. Maybe God seems silent. Maybe the usual "go tos" are no longer working. And no matter what it may look like to those outside your head (or your family), things are in shambles.

I think, sometimes, with a topic like "undone", it can be helpful to have visuals and ideas on what this *could* look like. With that idea in mind, I have compiled some movie clips for you to watch with your group. Watch (some or all) the clips with the idea of seeing how the character(s) are coming undone.

What emotions are they feeling/expressing? How are they expressing emotions?

What do you experience while watching?

Are you uncomfortable?

Do you relate (maybe not to the exact scene, but the emotions and distress being portrayed)?

Consider a time in your life when you were undone: demolished, devastated, almost immobilized by life and/or death. How was God "with" you?

When did He feel far away?

When was He so present you could feel Him?

What would He ask you to do differently in your next "undone" time?

How has God matured you when you were in pieces? Brainstorm all of the beauty you found in being undone. What were the gifts God gave you through being undone?

How has God re-created you?

Movie clips can be found on the [CSPC Women's Ministries Youtube page](#) (playlist [UNDONE](#)).

Note on movie clips: The first four clips have "language" (*Good Will Hunting* - both clips, *American Beauty* clip, *Manchester by the Sea* (Michelle Williams) clip) and is noted as such in the playlist. If you would prefer not to hear foul language, feel free to skip these clips.

The clip from *Silver Linings Playbook* has been edited so the language is "bleeped" out.

The rest of the clips (*War Room*, *Mom's Day Out* (both), and *Steel Magnolias*) do not have any language issues.

I know we would all prefer movies (and life) without offensive language, but I do think that in the selected clips some (but not all) of the language is necessary to express the anguish of the situations. I will confess that there are times when things are falling apart around me, that words come out of my mouth (and are screamed in my head) that normally do not.

Sometimes those words are the only ones to accurately express what is happening inside.

But again, there are plenty of clips without cuss words if you prefer.

The last item on the playlist is a song that is set to scenes from various movies. The lyrics (best as I could figure out) are on the next page. I thought the lyrics were powerful - either just listen to the song and read along with the lyrics or watch the full video.

Enjoy engaging in this topic together this month!!! ~RP

Broken Open

Do you recognize me?
Baby am I you
Lying here in pieces on the floor
Dirty little secret cutting it right to the truth
And I can't hide it anymore

You might see broken when you look at me
You might see messed up
But I disagree
You might feel sorry
You might feel rage
But I'm broken open
Open to change

Everyday the silence, well it was killing me
I never let anyone inside
And how did I become the girl I swore never to be
Staring back at me with those eyes

You might see broken when you look at me
You might see messed up
But I disagree
You might feel sorry
You might feel rage
But I'm broken open
Open to change

I can feel a hope returning
I can feel the old me burning
Maybe all the pain was worth it now
I can see a new beginning
Letting go and finally living
Maybe I need you to show me how

You might see broken when you look at me
You might see messed up
I disagree
So please, please don't judge me
Because I'm not sorry
I'm not ashamed
I'm broken open now
Open to change
Bring on the change