### Journey into Compassion
#### A Study Series
#### Session V

Chapters 7 and 8

**Theme: God’s Time**

<table>
<thead>
<tr>
<th>Assemble</th>
<th>Participants handouts placed on seats</th>
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</thead>
<tbody>
<tr>
<td>Flip chart and markers</td>
<td>Worship page</td>
</tr>
<tr>
<td>Name tags</td>
<td>Time Use Sheets</td>
</tr>
<tr>
<td>Chime (Singing Bowl or Bell)</td>
<td>Envelopes for watches and phones</td>
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<tr>
<td>Stones from sessions II (now marked with a cross)</td>
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<tr>
<td>Hourglass</td>
<td></td>
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<tr>
<td>Loaf of Unsliced Bread</td>
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<tr>
<td>Candle, placed on center table</td>
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<tr>
<td>Bible, placed on center table (readings marked)</td>
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<tr>
<td>Cross, placed on center table</td>
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<tr>
<td>Computer for playing music</td>
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<table>
<thead>
<tr>
<th>Agenda Item</th>
<th>Suggested Time</th>
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<tbody>
<tr>
<td>Worship</td>
<td>5 minutes</td>
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<tr>
<td>Opening Sharing and follow-up discussion</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Soul Work</td>
<td>20 minutes</td>
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<tr>
<td>Conclusion</td>
<td>5 minutes</td>
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<tr>
<td>Sending Prayer</td>
<td>5 minutes</td>
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Gathering Time:

Before session begins make reading assignments.

Gathering music “In His Time.” This can be found in Session V resources or you can use this link http://www.youtube.com/watch?v=C06xJos0yDA

Light the candle, take your seat and ring the chime, after a moment turn down the music.

Opening Worship

Facilitator: Let us begin this hour together by leaving chronos time or “Human Time” and enter into God’s Time. Pause the other facilitator carries in an hourglass with the sand on the bottom and places it on the table At your place you each have an envelope. We ask you to please place your watches and any other electronic devices in it and place them under your chair. This hourglass will be a symbol for us to be in the here and now, present in the moment. Patience dispels clock time and reveals a new time, the time of salvation. It is not the time measured by the abstract, objective units of the clock, the watch, or the calendar, but rather the time lived from within and experienced as full time. It is this full time about which scripture speaks. All the great events of the Gospels occur in the fullness of time:

Reader 1: Mark 1:14-15

All Say: God’s presence is manifest in the here and now.

Reader 2: Gal 4:4-5

All say: God’s presence is manifest in the here and now.

Reader 3: Col 3:12

All say: God’s presence is manifest in the here and now.

All: There is a time for everything,

   and a season for every activity under heaven:
   a time to be born and a time to die,
   a time to plant and a time to uproot,
   a time to kill and a time to heal,
   a time to tear down and a time to build,
   a time to weep and a time to laugh,
a time to mourn and a time to dance,  
a time to scatter stones and a time to gather them,  
a time to embrace and a time to refrain,  
a time to search and a time to give up,  
a time to keep and a time to throw away,  
a time to tear and a time to mend,  
a time to be silent and a time to speak,  
a time to love and a time to hate,  
a time for war and a time for peace.

All say: God’s presence is manifest in the here and now.

Opening Dialogue

Sharing 1  
Welcome group and invite participants to share the Haiku poems if anyone chose to write one.

Sharing 2  
Repeat group sharing asking participants to share their experience of intentional displacement.

Sharing 3  
Repeat group sharing asking participants to respond to the incomplete sentences regarding their reading for the week.

Discussion:  
Facilitator leads discussion of the commonalities or most important issues raised in the above dialogue.

Activity

Time Use Sheet  
Facilitator: There are so many voices calling for our attention and so many activities distracting us that a serious effort is necessary if we are to become and remain sensitive to the diving presence in our lives. In this activity we are going to look at how we spend our time. Introduce the Time Use Sheet and give instructions to fill out the first column.

Soul Work

Ask all that are able to stand  
Facilitator: Prayer requires that we stand in God’s presence with open hands, naked and vulnerable proclaiming to ourselves and to others that without God we can do nothing. Let’s spend a few minutes in silence being present with God. Stop and listen, taste and see, pay attention and be aware. Silence for a few minutes.
Facilitator: Repeat after me: God’s presence is manifest in the here and now.

ALL: God’s presence is manifest in the here and now.

All may be seated
Facilitator Prayer is not an isolated activity. It is in community that prayer becomes the powerful force it is. As we share this loaf of bread, we become the community that supports one another in our journeys toward compassion. Break off a piece of bread and passing the loaf to the next person say, “we are one bread” after a moment of silence we will eat together

Conclusion

• Questions and answers
• Read Chapters 9 and the conclusion for next week.
• Homework Assignment:
  Walk through your neighborhood. Invite the Holy Spirit to be present with you as you walk with awareness. Observe everything. Be present. Think about the people there. During our Sending Prayer you will each receive one of the stones that we place by the cross on our worship table in session II. During your walk in your neighborhood place the stone at a place where your heart is touched. Where you feel the need for compassion.

Sending Prayer

All Grant, O God, that your holy and life-giving Spirit may so move every human heart that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. Amen (BCP)

Facilitator: One by one please come forward to receive a stone. Facilitator says “(Name) receive this stone and place it in your neighborhood as a sign of Jesus’s presence.”

Facilitator Let us offer our concerns and encouragements to each other, as we leave this space to continue our journey...

All:

Lord, make us instruments of your peace.
Where there is hatred, let us sow love;
where there is injury, pardon;
where there is discord, union;
where there is doubt, faith;
where there is despair, hope; where there is darkness, light;
where there is sadness, joy.
Grant that we may not so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen.

**Facilitator:** Go in peace to love and serve the Lord with compassion. Let us share the peace as we prepare to continue our journey.

**Everyone shares God’s Peace**