

Session 2...

To the



Neighbor

Sometimes our compassion helps us make brave choices. And when we do, look out! God's power is able to restore our communities, our friendships, and ourselves. Next, we are going to hear a story about some heavy lifting, a massive hole, and some neighbors who took a risk to help a friend. We will see how one act of bravery changed a community.



The Campfire

Mark 2:1-12

Look it up in your own Bible or use the reading from The Message included in this packet on the next page.

Let's listen for the hidden and surprising moments of compassion. Remember having compassion means - I see your hurt, I feel your hurt with you, and I'll work to ease your hurt. We might think we only need to be brave for big, scary things. We might think being brave is only for superheroes! Compassion helps us be brave. Sometimes being brave means being like the friends by showing up for someone, helping carry their burdens, helping them get where they need to be, and standing with them. Sometimes being brave means being like the friend who was paralyzed by sharing your own story and asking for what you need. And sometimes, being brave means being like Jesus by fully seeing and accepting a person.

- Do you have a favorite Super Hero?
- What would your super power be if you had one?
- What do you think it means to be brave? What does it feel like?
- Who do you know who is brave?
- When have you felt brave?
- When have you been scared?
- Who was brave in this story?
- Why?



- Why do the friends bring their friend to Jesus?
- What would you do for a friend or family member?
- Talk about a good friend...
- Can you imagine what the friends feel for their friend who was paralyzed? Do you know anyone who is hurt or suffering?
- What do you imagine the crowd was feeling?

The Four Friends

Mark 12:1-12

The Message

2 ¹⁻⁵ After a few days, Jesus returned to Capernaum, and word got around that he was back home. A crowd gathered, jamming the entrance so no one could get in or out. He was teaching the Word. They brought a paraplegic to him, carried by four men. When they weren't able to get in because of the crowd, they removed part of the roof and lowered the paraplegic on his stretcher. Impressed by their bold belief, Jesus said to the paraplegic, "Son, I forgive your sins."

6-7 Some religion scholars sitting there started whispering among themselves, "He can't talk that way! That's blasphemy! God and only God can forgive sins."

8-12 Jesus knew right away what they were thinking, and said, "Why are you so skeptical? Which is simpler: to say to the paraplegic, 'I forgive your sins,' or say, 'Get up, take your stretcher, and start walking'? Well, just so it's clear that I'm the Son of Man and authorized to do either, or both . . ." (he looked now at the paraplegic), "Get up. Pick up your stretcher and go home." And the man did it—got up, grabbed his stretcher, and walked out, with everyone there watching him. They rubbed their eyes, incredulous—and then praised God, saying, "We've never seen anything like this!"

Highlight, doodle or talk
about what "sparkles"...





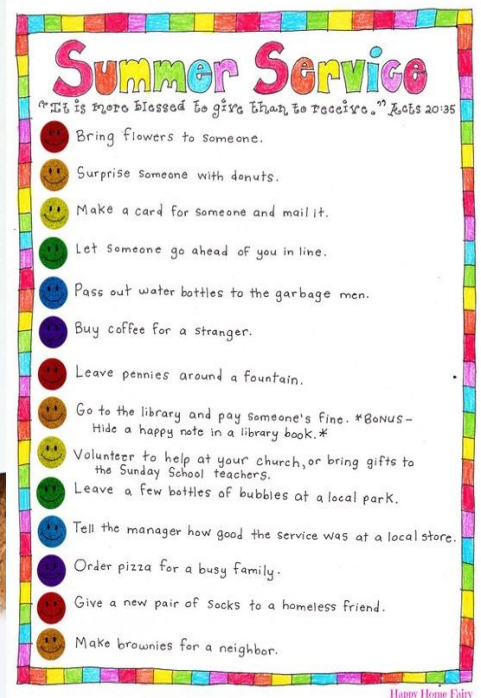
an ACT of service

“ No one can help *Everyone* ”

But everyone can help *Someone*



What
can
you & your
family
do?



bucket lists...

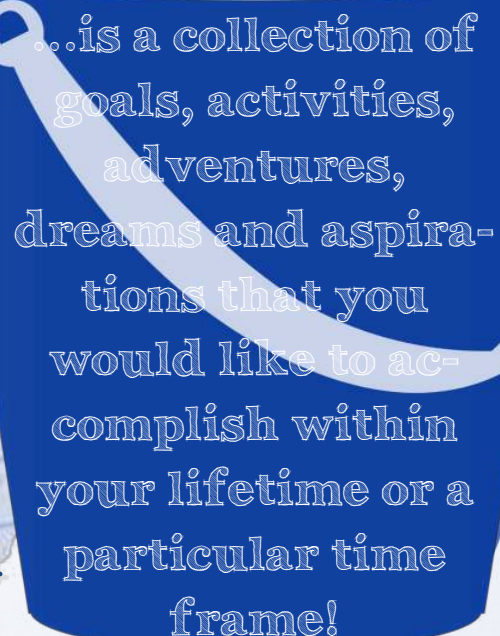
3

Silly games...the
A.B.C's of bravery



Invite everyone to participate! The challenge is to come up with an entire list of the "crazier the better" bucket list items! Go around the circle starting with the letter A, and continuing to the next person who takes the letter B. To make it harder, have the 2nd person say the A item before they add their own. Have the 3rd person say item A, item B and then their item!!!! Continue to Z!!

Make your own *bravery* bucket list!!



...is a collection of
goals, activities,
adventures,
dreams and aspira-
tions that you
would like to ac-
complish within
your lifetime or a
particular time
frame!

4



Yoga began as a spiritual practice in ancient India, centering on bringing the mind, body, and spirit into oneness with the Divine. This meaningful practice has grown globally, with people of all faiths and belief systems finding nourishment in different variations - a powerful reminder of how we learn from one another. When we say, "Namaste," we connect with siblings across the world.

Breathing is the heart of yoga, and breath itself is a physical way to receive and release. As we reflect on the ways compassion makes us release, accept, and welcome, we will focus on breath alongside some basic yoga poses.



Sit on the floor, legs crossed. Take three deep, slow breaths together, with one person saying the following during inhales and exhales:

INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>
INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>
INHALE:	<i>I am...</i>	EXHALE:	<i>...brave.</i>



Slowly rise, stand in mountain pose (Tadasana), arms straight and strong by your side, feet firmly planted on the ground. One big breath in, one big breath out. One person can say:

"In mountain pose, we feel our strength. We are unshakeable."



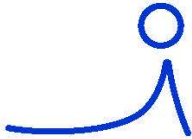
Reach your arms up to the sky, then back down as you bend into forward fold (Uttanasana), hands on the ground or resting on your shins (wherever is comfortable). Take a breath in and raise your hands to your knees, head looking forward. One person can say:

"We prepare and focus our eyes forward."

Take a breath, and put your hands back to the ground in forward fold.

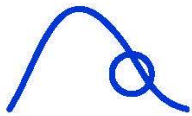


From forward fold, jump both legs back (or step one leg, then the other) into plank pose (Phalakasana). Lower further to the ground.

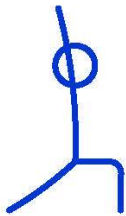


Straighten your arms and stretch your upper body, head toward the sky, into upward facing dog (Urdhva Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

"We face the sun and welcome with courage what this day holds for us."

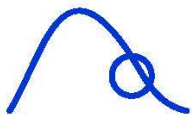


From upward facing dog, lower your upper body back to the ground, and push your hips and legs up into downward facing dog (Adho Mukha Svanasana). Raise your right leg up, then step it forward into a lunge, foot between your hands.

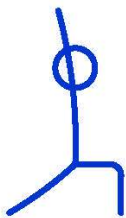


Raise your upper body, arms up to the sky, chest and face forward, into Warrior I (Virabhadrasana I). Take a few breaths, in and out. One person can say:

"In Warrior I, we feel focus, power, and stability. We are strong and brave."



As you breathe out, lower your arms back to the floor, step your right foot back to meet the left, and move into downward facing dog. Repeat this same sequence on the left side. Raise your left leg up, then step it forward into a lunge, foot between your hands.

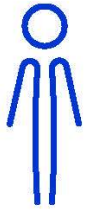


Raise your upper body, arms up to the sky, chest and face forward, into Warrior I on the other side. Take a few breaths, in and out. One person can say:

"In Warrior I, we feel focus, power, and stability. We are strong and brave."



Lower your arms back to the floor, step your left foot back to meet the right, and move into downward facing dog.

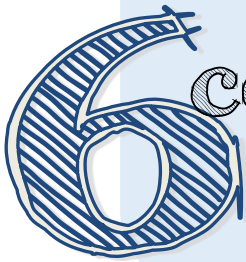


From downward facing dog, jump both feet forward (or step one foot, then the other) to meet your hands. Slowly roll your back up until you are standing straight and tall in mountain pose.



Reach your arms up to the sky, then draw them into prayer form, right by your heart. End with a bow of your head and hands as you share the foundational yoga greeting - "Namaste" - a call to see one another the way God sees each of us. One interpretation of the phrase is, "The Light in me sees the Light in you."

Be still and give in to the coloring!.
Listen for God in the serenity around you and give
thanks for the time you have to



coloring compassionately



DEAR
Dad

Your COMPASSION always

looked like
COURAGE

STRENGTHEN OUR HEARTS WITH
YOUR bravery

AS WE RISK, REACH, & LIFT UP
OUT, @

OUR-SIBLINGS NEAR AND FEAR.

HELP US KEEP OUR EYES

on . YOU

Amen