

SESSION 2

Scripture: Mark 2:1-12

A Paraplegic

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."

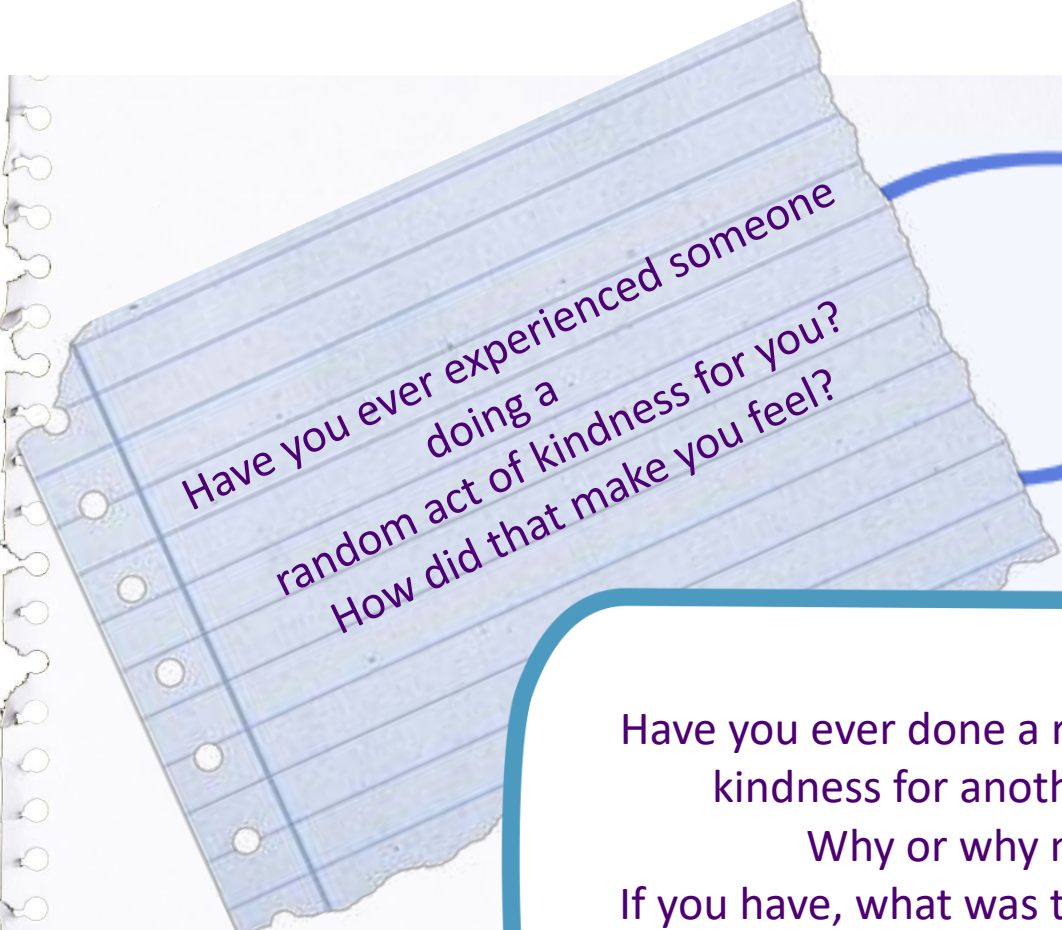
⁶⁻⁷ Some religion scholars sitting there started whispering among themselves, "He can't talk that way! That's blasphemy! God and only God can forgive sins."

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!"

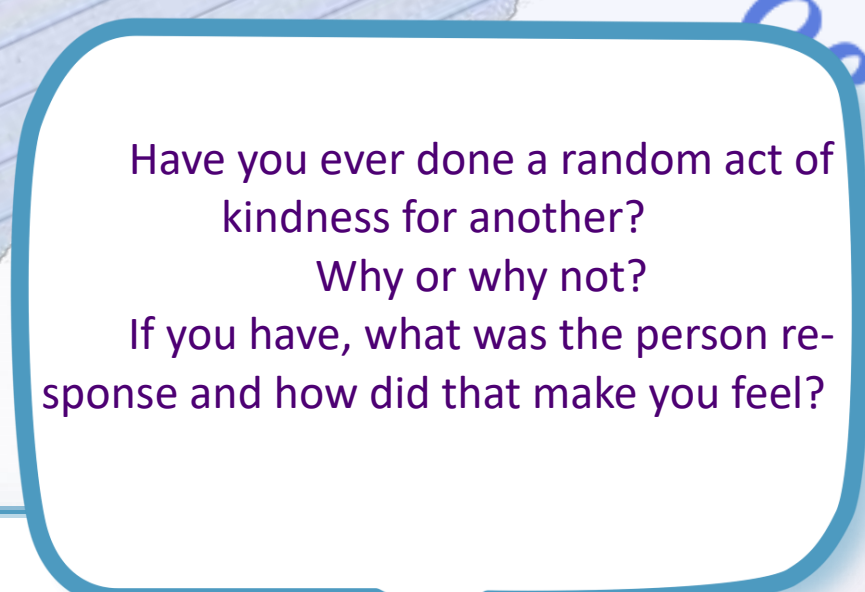
-Prayer of the Day-

Dear Jesus, Your compassion always looked like courage. Strengthen our hearts with your bravery as we risk, reach out, and lift up our siblings near and far. Help us keep our eyes on you. Amen.

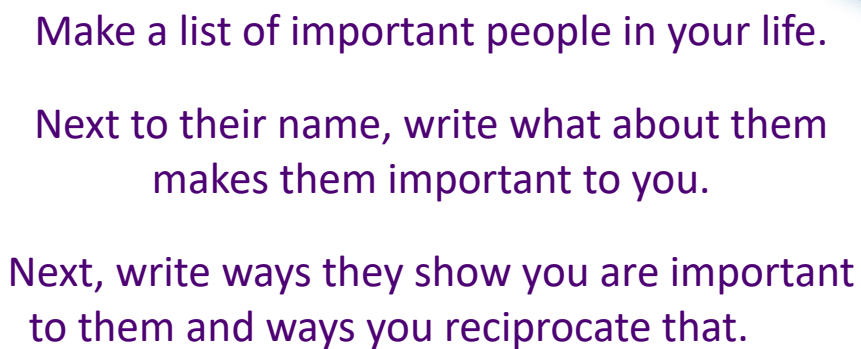




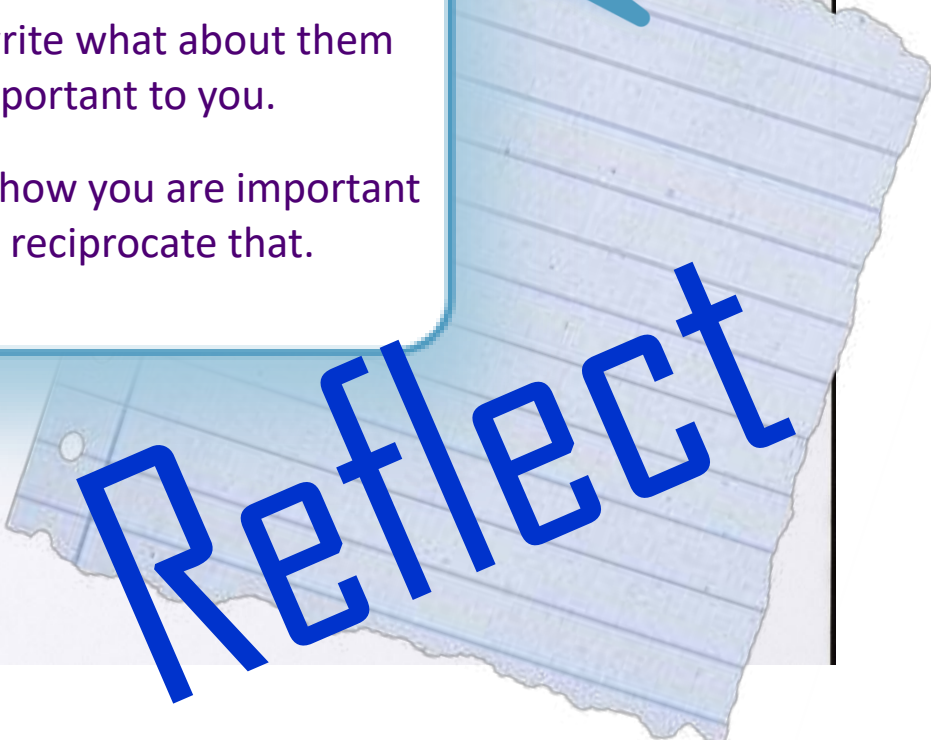
Have you ever experienced someone
doing a
random act of kindness for you?
How did that make you feel?



Have you ever done a random act of
kindness for another?
Why or why not?
If you have, what was the person re-
sponse and how did that make you feel?



Make a list of important people in your life.
Next to their name, write what about them
makes them important to you.
Next, write ways they show you are important
to them and ways you reciprocate that.



Reflect

Create

Create a reminder for
yourself of all the people
in your life who love and

1

Draw or collect images that represent people in your life. Get creative; this might be a literal photo but could be something inanimate that symbolizes a person. Make sure to think farther than just your closest, most immediate circle.

2

On a flat surface, lay these images out in a circle with your closest people inside, and then add another circle with people/things not quite as close to you. Repeat these circles outward as you see fit.

3

Snap a photo of the final product. Save this photo for when you need a reminder of all God's goodness in your life!

As you add pieces influenced by a specific person, think about why you are thankful for that person and thank God for them.

Find a time to connect
with someone you are
close to, either outside
and in person, over

CONNECT

1

Conversation Starters:

- How are you doing?
- How was your day?
- Have you started any new hobbies?
- What have you been watching/reading/
listening to?
- What's one thing you're grateful you have
time for right now?
- What is something you have really en-
joyed this week?
- How is this summer different than your
normal summer, and how is it similar
to normal?

Activities:

Sporcle quizzes at sporcle.com (share your screen and you can play together!), Jackboxtv.com, Netflix Watch Party

THANK
You

2

Write a Thank-You note to your parents and leave it in a place to surprise them. Think about what they do for you daily and write something short and sweet to thank them for their every-day

Let Go

YOGA

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."

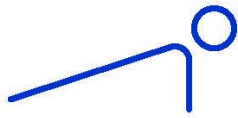


Reach your arms up to the sky, then back down as you bend into forward fold (Uttanasana), hands on the ground or resting on your shins (wherever is comfortable). Take a breath in and raise your hands to your knees, head looking forward. One person can say:

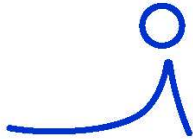
"We prepare and focus our eyes forward."

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

Inhale the light...

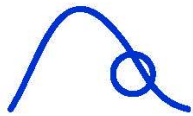


From forward fold, jump both legs back (or step one leg, then the other) into plank pose (Phalakasana). Lower further to the ground.

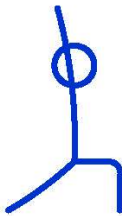


Straighten your arms and stretch your upper body, head toward the sky, into upward facing dog (Urdhva Mukha Svanasana). Hold this pose while breathing in and out a few times. One person can say:

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

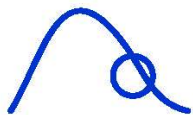


From upward facing dog, lower your upper body back to the ground, and push your hips and legs up into downward facing dog (Adho Mukha Svanasana). Raise your right leg up, then step it forward into a lunge, foot between your hands.

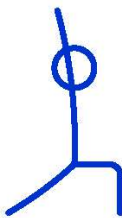


Raise your upper body, arms up to the sky, chest and face forward, into Warrior I (Virabhadrasana I). Take a few breaths, in and out. One person can say:

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

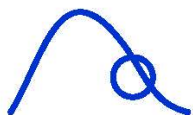


As you breathe out, lower your arms back to the floor, step your right foot back to meet the left, and move into downward facing dog. Repeat this same sequence on the left side. Raise your left leg up, then step it forward into a lunge, foot between your hands.



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:

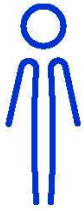
"In Warrior I, we feel focus, power, and stability. We are strong and brave."



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

... Exhale the dark.

Let It Go.



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."

COLORING

A row of sharpened colored pencils in various colors including blue, brown, orange, red, yellow, black, green, and pink, arranged horizontally.

Zone out and let your worries melt away.
Listen for God in the serenity around you and give
thanks for the time you have

DEAR
Dad

Your COMPASSION always
looked like
COURAGE

STRENGTHEN OUR HEARTS WITH
YOUR bravery
AS RISK, REACH, & LIFT UP
OUR-SIBLINGS NEAR AND FEAR.

HELP US KEEP OUR EYES
on YOU

amen

the EXAMEN

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. This is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

Blessings

Where have you felt the presence of God?
What brought you joy this day?
Where have you found peace?

Blessings & Bruises can be done daily or whenever you feel the urge. They are a great "around the campfire" conversation and way of connecting! You can even journal or draw



Bruises

Where have you felt an absence of god?
Have there been moments of unrest?

Songs to Listen to:

Make a Difference (Rachel Kurtz),
Lean on Me (Bill Withers), Brave (Sara Bareilles)