

Small Group Ministry
Session Plan
Attention

Suggestion: Have copies of the Soul Matters Packet November 2019, for participants.

Opening Words:

To give one's full attention is to look closely, to linger upon, to delve, to immerse oneself into something that at first seems 'other' but soon seems 'one with.' To give attention, in the end, is to be grasped. *David Seaburn*

Check-in/Sharing: How is it with your spirit today?

Topic/Activity:

Word Roots

Attention stems from the Latin *ad* (toward) and *tendere* (to stretch), meaning "to stretch toward."

Our word tender also comes from *tendere*. So, the tenderness of our attention comes both from our reaching toward something out of love, and also in the way stretching ourselves towards something changes us and makes us more tender.

Guided Meditation:

Relax into a comfortable position. You may close your eyes if you wish.

Take a walk to a place or setting that is special to you, be it one that you visit often or rarely.

Reflect on the questions raised in the poem [Gratitude](#) by Mary Oliver

What do you notice?

What do you hear?

When do you admire?

What astonished you?

What would you like to see again?

What was most tender?

What was most wonderful?

What do you think was happening?

Slowly and gently return to this space and setting.

You are invited to share the meditation experience.

Quotes: Take a few minutes to review the quotes in the Soul Matters Packet. Is there a quote that particularly gets your attention? Why and how?

Check-out/Likes and Wishes: How was the session for you?

Closing Words:

If you take a deep breath and look around, 'Look what's happening to me!' can become 'Look what's happening!' And what's happening? The incredible drama of life is happening. And we're in it! *Sylvia Boorstein*

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