

# LIVING IT OUT

## SESSION 8 PLACES IN THE HEART

We often think that spiritual practices or spiritual disciplines are limited to Bible study and prayer. Did you ever consider a movie and popcorn for your spiritual practice? That is exactly what is on the menu for this session's "Living it Out."

Rent (or perhaps you know someone with a copy) the movie "Places in the Heart" and invite friends to watch it with you.

After the movie:

Share with your movie partners what it was like to witness communion in the movie.

Why do you think Jesus often used mealtime for teaching and for relationship building?

*About Communion:*

Depending upon your church's practices, a prayer known as the Great Thanksgiving may be used in preparation for communion. This prayer tells/retells bits of the biblical Story and helps worshippers remember God's action and love made visible in journey, liberation, salvation, forgiveness and community. In conjunction with remembering the faith story is the opportunity for confession and reconciliation. Prior to receiving communion, everyone is encouraged to offer people with whom they are worshipping signs of peace and reconciliation. In other words, just like our ancestors, before we receive this meal, we reflect upon our lives and actions and seek to get right with others.

### **Reflection, Prayer and Action**

Spend time in prayer, reflecting on your words and actions that unintentionally or intentionally hurt another person.

Is there someone with whom you have a strained or broken relationship?

Find a picture of that person or write their name on a piece of paper. Place it in space where you will see it frequently. Pray for that person and yourself.

Consider steps toward reconciliation. If possible, you might invite that person out for coffee or to share a meal.

**Prayer of Confession**

*God who is made visible to us in the breaking of the bread, we sit in the Upper Room and wonder “is it I, Lord, who have and will betray you”? Is it I Lord who would sell you for thirty pieces of silver? For the money in my bank account? For any pleasure in this world? For gadgets and policies that promise security? At the expense of others? Please forgive me for any way I have acted as Judas when he betrayed you. Forgive me for any way I have acted as Peter when he denied you. Forgive us all, O God, for we are not so different than these two men – capable of love and capable of betrayal. We claim your table promise that the cup of forgiveness is poured out for each of us. Let us drink deeply and live fully to honor the One in whose name we pray. Amen.*

– Cynthia Langston Kirk

