**Small Group Ministry**

**Group Session Plan**

**Water Of Life**

Preparation: Set a pitcher filled with water and empty basin in the center as the group begins.

**Opening Words**

Water flows from high in the mountains.

Water runs deep in the Earth.

Miraculously, water comes to us,

and sustains all of life.

Water and sun

green these plants.

When the rain of compassion falls,

even a desert becomes an

immense, green ocean.

Thich Nhat Hanh, *Singing the Living Tradition* #554

**Check-in/Sharing**

**Topic/Activity**

We swim, bathe and drink in the same water prehistoric beings savored. In our closed ecological system, only rock and the fiery depths of molten earth rival water of ancients. Our world is two-thirds water. We are nine-tenths water. Each and every living organism depends on water for life. Water fills us up, it fills us out, it nourishes, cleanses, .buoy us, overpowers us, drowns us.

*(Pour water from pitcher to basin. Allow for silence, except for the sound of flowing water. Pause, allow for contemplation of the water at their center.)*

What is water? What sacred quality does it hold for you--if any? Why do we welcome children with water? Why do we collect water from our summer adventures? Why have people for all time sought water for health, renewal, freedom? Are you drawn to water?

Share a story of a time when water has changed your life.

**Likes and Wishes**

**Closing Words**

Out of the sea to the land, up from darkness to light,

Rising to walk and to fly, out of the sea trembled life……

This is the marvel of life, rising to see and to know;

Out of your heart, cry wonder:

Sing that we live."

Robert T. Weston, from “Out of the Stars.”

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