

Lesson Plan – Session One

Exploring Inner Space

Journaling & Sharing

- Begin with Prayer: suggested- Book of Common Prayer, page 234, Proper 21, then concerns of group & Lord's Prayer
 - Organize groups at round tables of 5-7 people, having the same people at each session. If anyone is not sure they will be participating in all the sessions, be sure they let the group know this now.
 - Have them bring the reading and their journals to each session. They will not read each other's journals; they will share only what they wish to share with others.
 - Each table introduces themselves and answers the question briefly: "What is an activity I enjoy and why?"
 - Make sure everyone has the "Introduction" (have extras just in case), also have paper and pens available.
- A. **Awareness Exercise:** Dark Chocolate: Have a piece (individually wrapped) for each person; instruct them not to eat it until told when. Chocolate should be plain or sugar-free, no nuts or other flavoring. Have them open it and take a full minute to eat it like this: "Avoid other thoughts, savor the flavor, become fully aware." On paper, jot down what this was like, then share what they wrote. **Purpose of this is two-fold:**
1. To show that we always have room to grow in conscious awareness, but don't usually take the time. To learn to savor the inner world: Things we are consciously aware of-also memories, hazy perceptions, contents of dreams and prayer time, images unique to us or common to humanity in all times and places.
 2. To show that tapping into the sources of joy may take effort, or be a little scary, but it is always worth it. We look for a deeper encounter with "**Christ within, the hope of glory.**" "O taste and see that the Lord is good."
- B. **Taking the Plunge:** Small group sharing – have someone read aloud the brief story at beginning of "Introduction"
1. Ask the question: "In what area do I want to take the plunge this Lent?" You may want to model this by making a brief personal answer to give them confidence. Suggest a personal challenge, something postponed or a new area to explore, a relationship to work on.
 2. Write a paragraph about this; then share as a group around the table.

C. Basic Attitudes: Journaling

Have group take a couple of minutes to read over pp. 6-7, the “Four Attitudes.” Ask them to “Pick the one you react to most strongly and write for 10 minutes on the question given.”

1. Discuss as plenary group: “What was your experience of the process of writing this?”
2. Invite someone to volunteer to read what he/she wrote. Do this for all four questions; there will probably be at least four different people willing to share.
3. Consider if these four attitudes are sufficient. Discuss options for “Attitude Five” for a few minutes around the table. Then have each table report if they came up with anything else. (Maybe write them up on white board or newsprint.)

D. **Next Week:** Hand out next week’s reading: “Dreams and the Spiritual Archetypes.” (This handout will be used for two sessions: 1st week will be using the methods suggested to “work with” the dreams presented; 2nd week will explore the archetypes).

- Ask them to try keeping a dream journal this week (paper & pen by bedside so you can write down dreams as you wake up).
- Bring a dream to next session: 1 page maximum.

FULLY ALIVE NOW

5-PART LENTEN PROGRAM

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