



MyLife-Workshop: an exploration of my life

Preparations for unit four:

- Video projector, speakers, laptop, screen (flip chart)
- Homework assignments printed on cards for the coming week
- Pens

4. Music

Input from the leader:

Ice breaker: The facilitator shows various traffic signs, among them a "detour" sign. He asks participants: Where did you experience a "detour" last week?

Each group discusses the results of the homework from last week:

- What would your best friends say about the quintessence of your life at your funeral?
- What is "the good life"?

Video clip: Mozart symphony 40 in G major - Listen to the first 5 minutes
(<http://www.youtube.com/watch?v=2HbMzu1aQW8>)

Input from the leader: Today we'll talk about a major melody in our lives. We've just listened to Mozart's Symphony Number 40 in G major and discovered that there was a dominant melody that was played, sometimes loudly, sometimes softly, but it was always present.

God's presence is like the background music in our lives, a kind of **major melody**. At times we hear it loudly, at other times softly, but it's always present.

Input from Facilitator: The facilitator will share an event from his own life in which he experienced "hearing" (or recognizing) the presence of God in his/her life.



Let's get to work (Workshop)

Look at the milestones on your MyLife-Map. Where have we sensed the music of God's presence In both the green and the red zones of our lives? Next to such milestones draw a music note.

Note: For atheists or agnostics, draw musical notes next to events in your life that were unexplainable.

Everyone shares some of the milestones in their lives in which they "heard" the presence of God (or higher being, or something unexplainable).

Input from the leader: The music of God's presence is to be understood as His invitation. He is courting each one of us so that we would get to know Him personally and grow close to Him.

Quote Acts 17:27-28 "God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. For in him we live and move and have our being."

Output for the coming week: Pray the prayer of an unbeliever, a doubter: "God, if you truly exist and if you have been wooing me all my life, please show yourself to me. If the melody of your presence is an invitation to get to know you, I want to accept this invitation, I want to know you."

Last round - Discuss in the small groups: What idea was important to me today?