



Young  
Adults

Y<sup>2</sup>AM  
Ministry Plan  
2019-20

Finding Christ  
Through Stillness (September 2019)



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# LEARNING SESSION

# SEPTEMBER 2019

## **Finding Christ Through Stillness**

### **GOAL:**

To learn stillness

### **OBJECTIVE:**

To identify distractions in their lives through  
negative thought patterns

### **ESTIMATED DURATION:**

45 minutes

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**SUPPLIES NEEDED:**

1. projector and laptop
2. blank paper for each participant
3. pen for each participant

**Saint Story Source:** [https://  
orthochristian.com/89683.html](https://orthochristian.com/89683.html)

**Article Source:** [https://oca.org/reflections/fr.-  
john-breck/on-silence-and-stillness](https://oca.org/reflections/fr.-john-breck/on-silence-and-stillness)

## OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*Lord, allow us “to offer ourselves as a living sacrifice,” one that is, “holy and acceptable to God for this is Your true and proper worship.” Allow us “not conform to the pattern of this world, but be transformed by the renewal of our minds.” So that we may be able to “test and prove what is God’s will, His good, pleasing and perfect will.”*

*Amen.*

*(a passage from Romans 12:1-2)*

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## ICEBREAKER:

*10 minutes*

Tell us your name, and play “two truths and a lie”.

### **Remember:**

*It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.*

## ACTIVITY 1: SAINT STORY

*10 minutes*

Read the following story before discussion, and talk to your group about some of the highlights of the life of St. Seraphim of Sarov:

<https://orthochristian.com/89683.html>

Ask the following questions, facilitating a discussion:

- How was stillness incorporated into his life?
- How can we take lessons about stillness from his life and apply them in our lives?
- What ideas stood out to you in the article? Did something surprise you or make you think differently?

## ACTIVITY 2: ARTICLE

*10 minutes*

Read the following article:

<https://oca.org/reflections/fr.-john-breck/on-silence-and-stillness>

Ask participants the following questions and facilitate a discussion:

- What is the difference between silence and stillness?
- What is your current relationship to stillness?
- What can you do to acquire stillness in your everyday life?

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## ACTIVITY 3: SCRIPTURE

*10 minutes*

Have students read the following verses:

Luke 10: 38-42

“38 Now as they went on their way, he entered a village; and a woman named Martha received him into her house. 39 And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching. 40 But Martha was distracted with much serving; and she went to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” 41 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things; 42 one thing is needful. Mary has chosen the good portion, which shall not be taken away from her.”

Ask the following questions and facilitate a discussion:

- Who are the characters in this passage and what are their roles?
- How could we be like Martha in our lives? Mary?
- How does Mary choose and act out stillness?

## Conclusion: wrap-up

*5 minutes*

Go around the circle and ask the group to name one way to incorporate stillness into the life of a college student.

## CLOSING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.*

*" Lord, You know my heart better than I know it myself. You know my struggles and You hold each hope and fear in Your caring hands. Teach me, LORD, to be still and to know that You are God. You are in Your holy temple; let all the earth, including my mind and heart, be still before You, resting in Your sovereignty. Like Elijah, teach me to wait for Your "still, small voice" and quiet the earthquakes and blazing fires in my life. Replace my restless doing with inner calm, and help me, like Mary, to sit at Your feet in quiet adoration even when there may be a million things clamoring for my attention. As You spoke over the tumultuous sea and storms, so speak over my heart Your peace.*

*Amen.*