



## ***Discover & Live Your Future Invitation: Worship Guide***

There are a number of ways to use a video like the [Discover and Live Your Future](#) video with congregations and/or small groups. One way is to offer a time of worship with the video in the space traditionally used for the message. Below, we offer a worship outline that incorporates the video in this way. May God bless you as you share in a meaningful encounter.

**Gathering Song:** Come, Holy Spirit Come, CCS 154

**Opening Group Prayer:**

God, where will your Spirit lead today?  
Help me be fully awake and ready to respond.  
Grant me courage to risk something new  
And become a blessing of your love and peace. Amen

**Sharing in Community:**

Where did you see / experience God this past week?

**Grounding in Scripture: Doctrine and Covenants 163:1**

“Community of Christ,” your name, given as a divine blessing, is your identity and calling. If you will discern and embrace its full meaning, you will not only discover your future, you will become a blessing to the whole creation. Do not be afraid to go where it beckons you to go.

**Question for pairs in Community:**

What does the name “Community of Christ” mean to you? How has it created in you a desire to create and live into loving and authentic Christian community?

**Introduction to the Rhythm: Spiritual Practice**

Invite people to sit comfortably in their chair, feet on the ground. Draw their attention to their breathing, encouraging a rhythmic in breath and out breath. As they breathe in, call their attention to the word awake as they breathe out, to the word bless. Have participants breathe in this way for a minute, focusing on the words “awake” and bless”

Share with participants this guided meditation: Imagine yourself asleep in a forest. You are laying in a bed of moss, warm and soft, and you are surrounded by tall trees. You feel safe and, even though you sense that you are beginning to wake up, you keep your eyes closed, hoping to sleep just a moment longer.

Finally, you know you must open your eyes. They gently open and you feel yourself waking up. You look around noticing the height of the trees, the color of their leaves, the sun shining through their branches. You realize you aren't alone. There are others sleeping too, not too close but within your line of vision. You see them begin to move in the same way as you are beginning to rise. You sit up and you pause for a moment to say good morning to the Creative Life Force that has supported you in sleep and that nudges you awake. You feel grateful.

Sitting in the middle of the field is a long table surrounded by chairs. You realize that even if all of the people in the forest sat at that table there would still be room for one more. Curious you find yourself stretching and standing, walking to what quickly becomes clear is your chair. As you sit down, you see the other beings, those who were waking up with you, sitting too. You begin to introduce yourself as a child of God to one another, you quickly find things you hold in common. You begin to see that these are your people. You are finally, fully awake.

The community around the table shares together in a meal and conversation. You pray together. You recognize and honor God together. Your laugh and cry and share vulnerably and support one another. Soon enough, you begin to look around and notice that not everyone is there, seated at the table in community. There are people missing. Although it feels like a risk, you decided to leave the table in search of new relationships, new conversations, new forms of community. Others leave with you. The table remains, surrounded by a circle of love. You start out, taking that love with you as you go.

Your experiences are glorious as you discover God at work in you, among you and around you. You are grounded in the peace of Jesus Christ and sent with the hope of transformation. Many bridges are crossed. Many moments are moving. Often you have questions. You turn to one another for courage. You begin to find community wherever you are sent.

And then you notice something surprising. Wherever you have gone, whomever you are with, you discover a table. Born of the center community but new and set with love. As you've been moving through the world you've been embodying Christ's love and peace and now, before the table, you decided to pause, reflect and share together in a blessing. You are humbled to know that you could have never imagined the journey you've completed and that the blessings of God have been sure and many. You've been blessed and you know that you can continue to be a blessing by celebrating community and supporting the next ones who stand up and take a risk to move out into the world in faith and hope.

Before you open your eyes, say a silent thank you to the God who created you and who draws you into community. Bow in reverence to the table and all those seated there. Remember that wherever you go, God goes before, within and around you. Open your eyes knowing that at any time, you can close them again and return to the table of Christ.

- Pause and allow people to return to the present moment, eyes open. –

**Song:** Breathe on Me, Breath of God, CCS 190

**Video:** Discover and Live Your Future (found at [www.missionalleaders.org](http://www.missionalleaders.org))

**Moment of Silent Reflection**

**Questions for Large Group in Community:**

How is the Spirit calling you as an individual to slow down, be more present and aware?

**Questions for Small Groups:**

What might you do as an individual willing to risk something new?

How are you willing to risk in relationship with others?

What spiritual practice has meaning for you as a disciple and for your community as you live a life of faith and growth in the world? How might you incorporate that practice into your life between now and the next time you meet in community?

**Song:** (Choose a song that has meaning for your community)

**Closing Prayer:**

God of new ways of being,

I invite you to walk with us as we wake up to your movement in the world;

As we risk new ways of being in relationship and community;

As we bless and are blessed on the journey.

Teach us your unforced rhythms of grace.

\*CCS- Community of Christ Sings Hymnal