

LEADER'S GUIDE

(Created by Chaplain Donnel Miller-Mutia. *Be creative: adjust, revise this guide to fit your needs/particular context. For more resources, go to <https://www.growingedgesnm.com/resources-for-spiritual-care-groups.html>).

Parable of the Good Sheperd

Introduce the Session: [See Script]

- **SONG: Peace Before Us (2X)**
- **Breathing Exercise + Embodied Gesture**
- Introduction + Think of someone who has provided protection for you; or share a moment when you provided protection for someone OR Rock and Water
- **SONG: Peace Before Us (Love, Hope, Light)**

THE STORY

- **GODLY PLAY STORY** – The Parable of the Good Shepherd + RING BELL
- **WONDERING:** What caught your attention? Which part of the story was most important?

THE WORK – Share work sheets

- **WONDERING:** Share moments when you were in green grass/fresh water
- **WONDERING:** Moments when you were lost: **SONG: Honor the Dark OR It's OK**
- **WONDERING:** Who is your Shepherd? **SONG: The Only Way Through Is Through**
- **WONDERING:** Share moments when you were found – what was that like? **SONG: Amazing Grace OR SONG: All Around (1nd Half)**

CLOSING

- Invitation to name Prayers & Intentions for Healing
- **SONG: Precious Lord**
- **BLESSING:**
Holy One, you who are our source of Inner Peace and Calm, watch over us who are in this circle; bless and guide us wherever each of us may be: NAMES. Strengthen us when we stand; comfort us when discouraged or sorrowful; raise us up when we fall, AND when we feel lost and disoriented, guide us towards meaning, purpose, and new life. *And in our hearts may your peace which passes understanding abide all the days of our lives. AMEN.*

INDIVIDUAL BLESSING

And now may there be kindness in your gaze when you look within. May you never place walls between the light and yourself. May your angel free you from the prisons of guilt, fear, disappointment and despair. May you allow the wild beauty of the invisible world to gather you, to mind you, and embrace you in belonging. AMEN.

OR

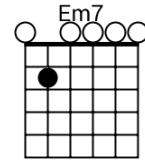
May tension in us be replaced with a deep peace.
May the turbulence within us be replaced with a sacred calm.
May the anxiety within us be replaced with quiet confidence.
May our fears be replaced with strong faith.
May our bitterness be replaced with sweet grace.
May darkness be replaced with a gentle light.
May coldness within us be replaced with a gentle warmth.
May despair be replaced with hope.

And so we commend our needs, our prayers, and all the deepest longings of our hearts to the Source of Life, the Great Love from which we come, and in which we abide, and to which we all return. AMEN.

- **SONG: Shepherd Me O Love**

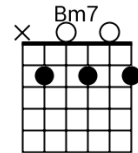
Shepherd me o God |4| †2| CAPO 1 HAUGEN BZ1b0KeI2QE - readableMusic.com

REFRAIN: [| Em = C = | G = D = | Bm7 = C = |
 Shepherd me, O God, beyond my wants, beyond my fears, from
 † Am7 Bm7 | Em = Am = | Em7 = °A = |] → TO VERSES 1-3, 5
 death into ↓ life. | → TO VERSE 4
 FINAL: | C D | Em Am | E ♪ |



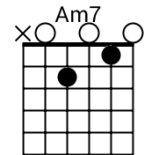
| Em °Am | Em7 °A | Em °Am |
 1. God is my shepherd, so nothing shall I want, I rest in the meadows of

| Em7 °A | Am7 Bm7 | Am D | Em °Am | Em7 °A |
 faithfulness and love, I walk by the quiet waters of peace.



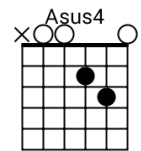
| Em °Am | Em7 °A | Em °Am |
 2. Gently you raise me and heal my weary soul, you lead me by pathways of

| Em7 °A | Am7 Bm7 | Am D | Em °Am | Em7 °A |
 righteousness and truth, my spirit shall sing the music of your Name.



| Em °Am | Em7 °A | Em °Am |
 3. Though I should wander the valley of death, I fear no evil, for

| Em7 °A | Am7 Bm7 | Am D | Em °Am | Em7 °A |
 you are at my side, your rod and your staff, my comfort and my hope.



† Am7 | D | G | C |
 4. You have set me a banquet of love in the face of hatred,

| °Am Am7 | Am | B7 | = |
 crowning me with love beyond my power to hold.

| Em °Am | Em7 °A | Am7 Bm7 | A^{sus4} A |
 5. Surely your kindness and mercy follow me all the days of my life; I will

| Am7 Bm7 | C D | Em °Am | Em7 °A |
 dwell in the house of my God forever - more.

HONOR THE DARK (by Lea Morris) – 1st Fr

Am

Honor the dark, as you do the light

D

E

Receive the gifts that come to us by day and by night

Am

I choose to honor the dark, uncertainty and change

D

E

Am

Deliver us from fear until only love remains

Am

E

As the butterfly slips free from her dark cocoon

D

E

As the evening sky reveals the light of the moon

Am

E

Sometimes, fear surrounds us, sometimes, there will be pain

D

E

Let the darkness heal you until only love remains ...**Honor**

Am

E

As the seed emerges from under the dark earth

D

E

As a mother push's the dark womb to give birth

Am

E

Sometimes, fear surrounds us, sometimes, there will be pain

D

E

Let the darkness heal you until only love remains ...**Honor**

AMAZING GRACE (by John Newton, 1779)

D

G

Em A

Amazing Grace how sweet the sound

D

A

That saved a wretch like me

D

G

Em A

I once was lost, but now I'm found

D

A

D

Was blind but now I see

D

G

Em A

'Twas grace that taught my heart to fear

D

A

And grace my fears relieved

D

G

Em A

How precious did that grace appear

D

A

D

The hour I first believed

D

G

Em A

Through many dangers, toils, and snares

D

A

I have already come

D

G

Em A

'Tis grace that brought me safe thus far

D

A

D

And grace will lead me home

The Only Way Through Is Through (By Dianne Baker) 4thF

Am E Am

The only way through is through

E Am

The only way through is through

Am D

Well you can choose when it's time to start

Am E Am

But the only way through is through

Am E Am

You're being pressed down by a heavy hand

Am E Am

But when you reach rock bottom there's a place to stand

Am E Am

You take one step, you're still full of the dark

Am C E

You take two steps you might see a little spark

Am C E

Three steps ahead you see the light of the day

Am C - E - Am

Keep on walkin' 'cause you're on your way