

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>).

The Parable of the Deep Well

SONG: Peace Before Us (by David Haas) & Come come Whoever You Are

INTRODUCTION

Introduce the Session: What is a Chaplain? What is spirituality?

- Marking sacred space: Light the Candle to honor a sacred space in a circle
- Bell: An invitation to deepen one's breath
- Conversation Guidelines: Respect by listening to each other; we do not cross talk or talk on top of another person; use the talking object.

BREATHING EXERCISE – EMBODIED GESTURES

Intro of Participants: Share your name, Pronouns + Name a moment when things were chaotic (lost control) and how you accessed peace.

FLUTE + Bell

STORY

Godly Play + Bell + Wonderings

I wonder where you are in the story? Which part of this story is about you?

Which character in the story can you identify with or empathize with the most?

- The fast walking travelers?
- The traveler who took time?
- The travelers who have not yet arrived at the well?
- The golden threads?
- The bucket?
- The well itself?
- Can you identify with the desert?

SONG: The Well

I've Got the River of Life

Come to the Living Waters

WORK

PRAYERS, INTENTION

SONG Sending U Light

READ BLESSING + FLUTE

The Well (by Casting Crowns) 5th FRET

G
Leave it all behind

G
Leave it all behind

Em
Leave it all behind

C
Leave it all behind

VERSE 1

G
I have what you need
But you keep on searching

Em
I've done all the work
But you keep on working

D
When you're running on empty

C
And you can't find the remedy
G C G

Just come to the well.

VERSE 2

G
You can spend your whole life
Chasing what's missing

Em
But that empty inside
It just ain't gonna listen

D
When nothing can satisfy

C
And the world leaves you high and dry
G C G

Just come to the well

CHORUS:

C G
And all who thirst will thirst no more

C G D
And all who search will find what their souls long for

Am Em
The world will try, but it can never fill

C D G C G
So leave it all behind, and come to the well

VERSE 3

G
So bring me your heart
No matter how broken
Em
Just come as you are
When your last prayer is spoken

D
Just rest in my arms a while
C
You'll feel the change my child
G C G
When you come to the well

VERSE 4

G
And now that you're full
Of love beyond measure
Em
Your joy's gonna flow
Like a stream in the desert
D
Soon all the world will see
C
Living water is found in me
G C G
'Cause you've come to the well

I've Got a River of Life Flowing Within Me (2nd Fret)

Em Am C G
V1. I've got a river of life flowing within me;
Em Am C G
It makes the lame to walk and the blind to see.
Em Am C G
It opens prison doors, sets the captives free.
Em Am C G
I've got a river of life flowing within me.

CHORUS:

Em-Am C G
Spring up, O well, inside my soul!
Spring up, O well, and make me whole!
Spring up, O well, inside my soul!

Em Am C G
O I got the river of life flowing out of me.

Em Am C G
V2. I've got a river of life flowing within me;
Em Am C G
It started gushing up when Love set me free.
Em Am C G
That I keep the flow is my only plea.
Em Am C G
I've got a river of life springing within me.

AGREE OR DISAGREE:

The "River of Life" or "Well of Life" is that which quenches our thirst for our deepest human needs. That which you drink changes you.

That this water flow is within ourselves.

THOUGHTS OR REFLECTIONS?

COME TO THE LIVING WATERS

Am E Am
Come to the living waters
C E
Come to the living waters
Am C
Come to the living waters
Am E Am
Together at the well!

ROCK & WATER CLOSING

+

COME TO THE LIVING WATERS

BLESSING (John O'Donohue)

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 together you, mind you, and embrace you in belonging. AMEN.

I Will Go Down to the Well (4th F)

(Sarah MacEwan)

D (Em) G A
I will go down to the well.
D Em A
Let the water ring me like a bell.
D G A
Let the water rock me like a child.
D Em A - D
For this well will not run dry.
G Em A - D (Em)
No, this well will not run dry.

I've Got a River of Life Flowing Within Me (3rd Fret)

Em Am C G
V1. I've got a river of life flowing within me;
Em Am C G
It makes the lame to walk and the blind to see.
Em Am C G
It opens prison doors, sets the captives free.
Em Am C G
I've got a river of life flowing within me.
CHORUS:
Em-Am C G
Spring up, O well, inside my soul!
Spring up, O well, and make me whole!
Spring up, O well, inside my soul!
Em Am C G
O I got the river of life flowing out of me.

Spirit of Wisdom Fall Afresh on Me

D Em - D G D A D
Spirit of Wis - dom, fall afresh on me.
D Em - D G D A D
Spirit of Wis - dom, fall afresh on me.
G D E A - A7
Melt me, mould me, fill me, use me.
D Em - D G D A D
Spirit of Wis - dom, fall afresh on me.

BENEDICTION:

My dear friends, may we become golden strands for each other, and may we be able to connect with the River of Life within each one of us.
SO WE CAN GO OUT INTO THE WORLD in peace & hope, serving and loving one another.

I Will Be Your Standing Stone (Melanie DeMoore)

DADC I Will Be Your Standing **Stone**
DAD I will stand by you

- For people who are grieving...
- For those who struggle with their addictions...
- For those who are unhoused & looking for a home...
- For those who are lonely...
- For those who are seeking peace & safety from violence...
- For those who are searching for their meaningful work ...
- For those who seeking healing...
- For those who feel hopeless...
- For those who seeking hope and love...