

## Opening “Check-In” Ritual with Rocks & Water

### Low Points/Rocks

*(Do: Set a bowl of rocks and a pitcher of water in the center of the circle.)*

Say:

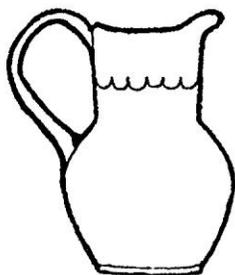
**Jesus says, come to me all you who are weary and carrying heavy burdens and I will give you rest....(Matt 11:28)**



**These rocks remind us that everyone has things in life that feel hard, or heavy, or rough...like a rock.**

*(Do: Invite everyone to take a rock in their hands and remember what was hard, heavy, or rough in the past week. After a period of silence, go around the circle and invite everyone to place their rock in a central bowl, and briefly share their “low point.” The ritual leader may go first.)*

### High Points/Water



Say: **Jesus says, ' I am the Living Water...let everyone who is thirsty come to me. Let anyone who wishes take the water of life as a gift...'(John 4; John 7; Rev. 22:17)**

**This water reminds us that— over and around and even through the hard and rough things in life-- God is *always* pouring love and blessing over us.**

*(Do: Invite everyone to remember a blessing from the past week. When have they felt especially loved, joyful, energized, peaceful, or thankful? After a period of silence, go around the circle and invite everyone to pour a bit of water from a pitcher over the rocks in a central bowl, and briefly share their “high point”. The ritual leader may go first. )*

## Closing Prayer Ritual with Candle

*(Do: Invite someone to light the candle. When the candle is lit, put it in the center of the circle. )*

*Say:*

**We are reminded in Philippians (4:6) that we do not have to be anxious about anything. Some things that can help us be less anxious are to make requests in prayer to God and to remember the things we are thankful for.**



**As we finish our time together, let's take time in Silence to think of our prayers and thanksgivings.**

*(Do: Ring bowl bell to enter silence. Wait for 30 seconds to 1 min. Ring Chime to end silence)*



*Say:*

**As we pass the candle, when you receive it offer up a prayer of request or thanksgiving. You can also choose to take another moment of silence when you have the candle.**

*(Do: Pass candle all the way around the circle for everyone to have a turn. Return candle to the middle of the circle)*



*Say:*

**Loving God,  
we thank you for hearing our prayers,  
feeding us with your word  
and encouraging us in our meeting together.  
Take us and use us  
to love and serve you,  
and all people,  
in the power of your Spirit  
and in the name of your Son,  
Jesus Christ our Lord. Amen.**

*\*Create by Rev. Sylvia Miller-Mutia*