

Worship Engagement and Devotion for week of June 6, 2021

READ 1 Samuel 1:1-18 | Mark 5:21-43

Week 2 I've Been Meaning to Ask...Where Does It Hurt?



I've Been Meaning to Ask...A Series for Curiosity, Courage, and Connection

In order to build connection and trust, we need to listen to each other's stories and experiences to learn who and what has shaped us. We also need to feel seen and known for who we are.

Questions for Reflection:

This week's question implies that all of us have known pain and suffering. In order to cultivate connection, we must first get curious about the pain others carry and the pain we carry ourselves. Before we can act, we must first acknowledge and believe the pain is real, for bearing witness to each other's pain helps us cultivate compassion. In 1 Samuel, Hannah's pain is ignored, diminished, and mocked. Yet, Hannah vulnerably and courageously bears all of herself before God, which transforms Eli's perspective. She finds release by being fully seen and known by God. In the dual healing story of the hemorrhaging woman and Jairus' daughter, we acknowledge those who suffer chronically and in isolation. By telling these women's stories, we hope to bear witness to the particular and very common struggles related to fertility and reproductive health. Additionally, we must confess the harm done in neglecting the emotional, physical, individual, historical, and systemic wounds that exist among us.



- Where do you hurt? What makes your heart hurt? Where in your life do you feel vulnerable, humbled, or broken?
 - Where does the world hurt?
 - What pain has been ignored, silenced or unacknowledged? What pain have I missed or ignored?
 - Reflect on a challenge, hardship, or obstacle you have faced in the past. How has that experience shaped who you are now?
 - Think about a time when you have spoken about your hurt out loud. How did that make you feel? Did it help you heal?
 - What spoken and unspoken grief weighs heavily within your community? Who in your community is suffering—publicly or privately?
- Reflect on a time when your pain or experience was dismissed or denied by others. What do you wish you could have changed about that experience?
 - Describe a time you witnessed someone else's grief or pain. How did that experience impact you?
 - Describe a time when you felt fully seen, known, and accepted for who you are.
 - What is one way you care for yourself daily?

Adapted from SANCTIFIED ART I'VE BEEN MEANING TO ASK SERMON PLANNING GUIDE

Spiritual Practice: Contemplative Art

Choose some art materials (colored pencils, crayons, watercolor paints, etc). Reflect on this week's scripture and reflection questions. Create a picture or symbol illustrating your hurt or a hurt you observe in your community. Then, create a picture or symbol illustrating acceptance and/or healing. You don't need to draw pictures unless you are moved to do so. Just allow the colors and shapes to flow from your spirit as you reflect.

