**Small Group Ministry**

**Group Session Plan**

**Experience of Music**

This Session will require some preparation. Ask each person to bring a piece of recorded music to share that has special meaning to them -- CD or tape, 2-3 minutes in length. Or people can play an instrument or sing. Someone in the group, of course, needs to bring a CD/tape player.

**Opening Words**

If you want the truth, I will tell you the truth.

Listen to the secret sound, the real sound, which is inside you -

The music from the strings no one touches... Kabir

Oh music, In your depths we deposit our hearts and souls. Thou has taught us to see with our eyes and hear with our hearts. Kahil Gibran

**Check-in/Sharing**

**Topic/Activity**

Sound is a nutrient for our spirit as well as our body. It is how we express ourselves to the world. And sound in the form of music accompanies us throughout our lives, celebrating our brightest moments, sensualizing our romances, and offering comfort for our pain. For many of us, music is the bridge between the inner world and the external, between the invisible world of dreams and passions, and the concrete world we can see and touch. How music touches us is at once personal and universal.

Share your music piece and describe its meaning to you or just tell why this is a favorite piece.

**Likes and Wishes**

**Closing Words**

Sound can travel thousands of miles and be heard by many. May my sounds create mutual

understanding and love; may my words be as beautiful as gems, as lovely as flowers.

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