

Going my Way?

A game to discover more about the spiritual journey.

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This sermon / parable / worship vehicle is designed for the entire group to participate and discover the essence of spiritual journeying.

Time Requirement:

30 – 40 minutes.

Number of Participants:

6 to 30.

Preparation and Materials:

- "Going My Way?" question sheets - one for each participant
- A pen or pencils for each participant
- A large gift box with a removable lid
- Wrapping paper and bow or ribbon
- A large piece of paper
- A blindfold
- "Thinking music" and CD player (optional)
- Flip chart paper, and flip chart pens
- Flip chart stand

Preparation

- Photocopy "Going My Way?" question sheets
- Use wrapping paper and bow or ribbon to wrap the large gift box. Wrap the lid separate from the body of the box, so the lid can be removed without destroying the wrapping.
- Write "What are you looking in here for? " on the large piece of paper. Place inside the gift box.
- Write Session titles on flip chart pad (see below)

1) Taking the Journeys

Place the gift box at the back of the room. Select 6 people. Have them come to the front of the group. Explain to everyone present that each of these people are about to embark on a spiritual journey. Each journey will be different, but every journey will end up at the destination (the gift box). Selecting one person at a time, have them complete the journeys listed below to the destination (the box). No one is to open the gift box until told to do so by the leader. (Note: Get an energetic young person to perform journey #6)

Journey 1

Put on a blindfold. Attempt to make your way to the gift box. You will not be allowed to ask for any help. When you get to the gift box, do not open it until told to do so.

Journey 2

Put on a blindfold. Ask for someone to help you guide your way to the gift box. When you get to the gift box, do not open it until told to do so.

Journey 3

Exit the building from the door closest to the piano. Walk around the building and reenter at the door by the kitchen. Go to the gift box. Do not open the gift box until told to do so.

Journey 4

Walk directly to the gift box. Do not stop along the way. Do not look at anything but the gift box. Do not open the gift box until told to do so.

Journey 5

Go to the kitchen and pour yourself a glass of juice or water. Take the time to enjoy the pleasant sensation as the water travels down your throat. Next, go up to someone and give them a hug. Now, close your eyes and take a big breath of air, paying attention to yourself as you inhale, and then exhale. Next, go up to the flowers on the altar and smell them, enjoying their sent. Now, go to the gift box. Do not open until told to do so.

Journey 6

- 1) Do 10 Jumping Jacks
- 2) Spin in a circle 5 times in one direction, then 5 times in another
- 3) Do 10 more Jumping Jacks
- 4)
 - a. Get a chair.
 - b. Sit down in it.
 - c. Stand up.
 - d. Repeat steps b and c 10 times
- 5) Do 10 more Jumping Jacks
- 6) Stand on one foot for 30 seconds
- 7) Crawl on your hands and knees to the gift box. Do not open the gift box until told to do so.

Once everyone has reached the gift box, ask one person to open the gift box, a second to reach inside and remove the paper, and a third to open the paper and reveal it to everyone. The paper says, "What are you looking in here for?"

2) Play "Going my Way?"

Version 1

- Hand out the "Going my Way?" question sheets. Give each person 5 minutes to answer the following questions. Play suitable "thinking" music as people write:
 - 1) Which journey to the gift box do you most relate to? Why?
 - 2) Which journey would you choose to take if you had the choice? Why?
 - 3) What do you suppose the question in the gift box meant?
 - 4) How do you make your spiritual journey more difficult?
 - 5) How do you think you can make your spiritual journey more fun?

- Next, divide the group into 5 smaller groups (no more than 6 to a group). Give one of the questions to each of the 5 groups. The game will then be played in 4 sessions: (write the Session titles on the flip chart so teams will remember them)

Session I – Planning - (1 minute)

The team discusses how it will collect the answers to its question/s from the rest of the group.

Session II – Collection (5 minutes)

The team will collect the answer to its question/s from the rest of the group.

Session III – Preparation 5 minutes

The team will prepare the presentation of its findings.

Session IV – Presentation 5 minutes

The team will present its findings to the rest of the group.

Version 2

- Have individuals answer "Going my Way?" questions as in Version 1.
- Next, have participants crumple up their answer sheets. Next, for 1 minute, have a snowless snowball fight with the answer sheets. Play up beat music to encourage "fighters". When music stops, have people uncrumple the papers they have. Ask for volunteers to answer the questions, either providing the answers found on their paper, or offering one of their own.

3) Ask Additional Questions

Opening the discussion up to the entire group, ask the following questions:

- What did each of the journeys represent? (First, ask each person who took the journey.)
- Which journey was the easiest? Why?
- Which journey was the most difficult? Why?
- Which journey was the most fun? Why?
- What was the goal of the journey? (Was the gift box the goal or the destination?)

And, finally

- What is the answer to the question in the box?

4) Close

To end, place the gift box in the middle of a circle formed by participants. Everybody joins hands and, laughing as hard as possible, walks up to the gift box. Still laughing, the gift box is then destroyed by all.

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