**Opening Rocks & Water RITUAL** *(adapt as needed for your group)*

**ROCKS/LOWS:**

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

**All of us experience things that feel hard, or heavy, or rough sometimes...like these rocks.**

**Take a rock in your hands, then close your eyes and take a few deep breaths, noticing what might have felt hard, or rough, or heavy for you this week.**

*(PAUSE. Option: use bells to mark the silence)*

**Now one at a time, we’ll gently return our rocks to the bowl. As you place your rock in the bowl, you are invited to share a few words (if you wish) about your burden (or hard thing).**

**WATER/HIGHS:**

***Jesus says, let everyone who is thirsty come. Let anyone who wishes take the water of life as a gift...****(Rev. 22:17)*

**This water reminds us that God’s love, and life, and goodness flows over and under and around and even sometimes right out of the hard and rough places in life.**

**Close your eyes and take a deep breath and notice what has been a gift for you this week. When have you experienced love or energy, joy or blessing?**

*(PAUSE. Option: use bells to mark the silence)*

**Now one at a time, we’ll carefully pour a little water over the rocks. As you pour the water, you are invited to share a few words (if you wish) about your blessings (or good things).**