



## Session Six:

### *Things YOU can do to help create a better rural future*

**Materials needed:** Bible, several sheets of newsprint, markers and masking tape, covenant forms, hymn *You are the Seed* from your denomination's hymnal, package of seeds to share, hand-outs for session six, envelopes, copies of evaluation form.

**Space for God's voice:** Breathing meditation of Isaiah 65:21-22. Begin with the sound of the bell and end with the sound of the bell.

**Distribute the hand-out for session six** and read aloud the purpose and the directions. Between each discussion question sound the bell for a moment of silence and sound the bell again to proceed.

**Refer to the resources** on the session six hand-out.

**Read together** the first stanza of *You are the Seed* but use the word I instead of you. (If this hymn is not in your hymnal, select another with words of personal commitment.)

#### **You are the Seed**

*[I am] the seed that will grow a new sprout;*

*[I am] a star that will shine in the night;*

*[I am] the yeast and a small grain of salt, a beacon to glow in the dark.*

*[I am] the dawn that will bring a new day;*

*[I am] the wheat that will bear golden grain;*

*[I am] a sting and a soft, gentle touch, my witnesses wherever [I] go.*

*Go, my friends, go to the world, proclaiming love to all, messengers of my forgiving peace, eternal love.*

*Be, my friends, a loyal witness, from the dead I arose; "Lo, I'll be with you forever, till the end of the world."*

*United Methodist Hymnal, 583. Words & Music by Cesareo Gabaraín.*

**Distribute the covenant forms** and invite class members to be in silence (sound the bell) and prayerfully consider what each can do to plant seeds of God's vision in rural America. Allow five minutes for this silent process. Then invite the entire class to discuss what actions they may take TOGETHER...put those on newsprint. Then