

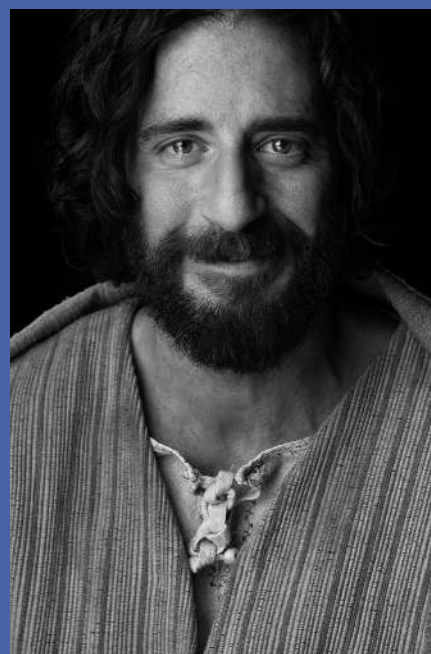


The
CHOSEN

Season 3



Parish Resource Pack



BROUGHT TO YOU BY THE DIOCESE OF WATERFORD & LISMORE IN ASSOCIATION WITH THE APOSTLES OF THE SACRED HEART OF JESUS



THE CHOSEN SERIES 3 CAN BE VIEWED ON
[HTTPS://WATCH.THECHOSEN.TV/](https://watch.thechosen.tv/) BY CLICKING HERE

"I am the
Law of Moses."

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#GetUsedToDifferent

For more Ascend Resources visit www.waterfordlismore.ie/youth-ministry

- "THE CHOSEN - SERIES 3" RESOURCE PACK BY ASCEND YOUTH & YOUNG ADULT MINISTRY | APOSTLES OF THE SACRED HEART OF JESUS

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Getting Started

PRAYER

- Ensure you have a back-up in prayer for the team and participants before and as you run this series!

MATERIALS AND RESOURCES

- Series is available to stream free of charge on www.thechosen.tv or you can purchase DVD Box Set (see Bonus Content Page for more details)
 - A strong wifi connection to stream on zoom or play in an in-person setting (ensure that whoever is streaming the episode has strong, consistent wifi)
- Episode links (see next page for hyperlinks)
- Large Screen / white wall, and projector (or use TV if in your own home / with a small group!)
- Follow-up Handouts (for participants to take away / email the following day)
- Enough hosts & helpers for your share groups.
- Discussion questions in advance
- Music to play for prayer time (if using)
 - Having gentle background music playing as people come in (on Zoom or in person) can help create a welcoming atmosphere.
 - Click here for an example: [Spontaneous Worship | Two Hours of Worship Piano](#)
- Tea/Coffee facilities if in person.

FORMAT e.g 8.00pm - 9.30pm *These episodes are longer than previous seasons. You'll need a little extra time.*

- Team logs in / has briefing at 7.45 (prayer - outline of session ahead)
- Session starts at 8 with MC Welcome (Tech Host input if necessary)
- Watch Episode (turning Captions/subtitles on is helpful for those with hearing difficulties)
- Small groups (with questions)
- Gather together in main group for final song and prayer intentions
- Tea / Coffee (if in person)
- Team stays on for 10-15 debrief and pray together afterwards
- Alert people the week before if the episode will run a little longer the following week

ROLES / VOLUNTEERS

- MC
- Tech Host (if on Zoom see below)*
- Decide who will play video each week
- Hosts and Helpers
- Hospitality (Tea / Coffee) / Set-up / Clean-up
- *These roles can overlap.*
- *If on Zoom we recommend that the MC and Tech Host do not lead share groups also.*

*Tech Host Role:

- Schedule Meetings / send zoom links & follow up emails
- Admit participants from Waiting Room
- Provide Support for those having difficulty with muting etc
- Manage Break out rooms
- Play video (this can be done by someone else also)
- Mute people during Episode and Prayer time at end
- Keep an eye on Chat feature
- Post questions in chat for discussion in small groups before opening breakout rooms

GDPR

- Please ensure you comply with Parish / Diocese GDPR guidelines when sending emails / creating database of participants

SAFEGUARDING:

- If running "The Chosen" series with Under 18s, please liaise follow the Safeguarding Children Policy and Procedures, available to download on www.waterfordlismore.ie/safeguarding-children
- Please refer to your own Diocesan Policy if operating outside the Diocese of Waterford & Lismore.

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Season 3: Episode Guide

Episode	Additional Hints	Suggested Song
Ep. 1 <u>Homecoming</u> 56 mins.	Begin with introductions. What has their <i>Chosen</i> journey been like so far? After - ask people what their expectations were.	<u>Kari Jobe -</u> <u>The Blessing -</u> <u>ft. Cody Carnes</u>
Ep. 2 <u>Two by Two</u> 67 mins.		<u>Casting Crowns -</u> <u>Nobody -</u> <u>ft. Matthew West</u>
Ep. 3 <u>Physician, Heal Yourself</u> 50 mins.	Slightly shorter episode for a while. This is a good week to start by explaining what's scriptural and what isn't in The Chosen. (You can connect this to the idea of Ignatian Imagination.)	<u>Praise the one who breaks the darkness</u>
Ep. 4 <u>Clean, Part 1</u> 55 mins.	Reminder that this episode will end on a cliff-hanger.	<u>Hear us from Heaven -</u> <u>New Life Worship</u>
Ep. 5 <u>Clean, Part 2</u> 53 mins.	Note: This starts with a startling opening scene and there is a note this effect on screen. Reminder that this episode picks up exactly from last week's episode.	<u>Jesus Messiah - Chris Tomlin</u>
Ep. 6 <u>Intensity in Tent City</u> 69 mins.	<i>There are <u>lots</u> of characters and plotlines. Check in with participants to see if they have questions.</i>	<u>You Say - Lauren Daigle</u>
Ep. 7 <u>Ears to Hear</u> 62 mins.	Reminder that next week's episode is a little longer.	<u>Come to the Table -</u> <u>Sidewalk Prophets</u>
Ep. 8 <u>Sustenance</u> 76 mins.	There's extra at the start/end of this episode when watched online. Also - reminder that we'll come together for one more week to savour the graces from this show.	<u>Come to Me - Bethel Music and Jenn Johnson</u>
Week 9 *Extra* <u>Season 4 Official Trailer</u>	We recommend taking an additional week after the season is over to reflect on this experience. It's a time of deeper fellowship and gratitude to God.	<u>Desperate - Jamie McDonald - The Chosen Music Video</u>

Other song suggestions on weekly handouts

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MC Guide

- The role of the MC is to guide the flow of the session and be a welcoming familiar face for the group each week. The MC does not need to be a Biblical Scholar! A good MC is friendly, a good communicator, creates a positive, welcoming and calm atmosphere.
- The MC can also be responsible for playing the episode, or this can be done by the Tech Host otherwise.

TIPS

- Check in advance that you have everything you need for the session: episode length / questions / announcements etc
- Start and finish on time (mindful that some episodes are longer than others).
- Know approximately how long the episode will be: *Tip: You can set a (silent) timer on your phone for 5 minutes less than the episode length so you'll know when to turn on the kettle.*

SAMPLE "SCRIPT" FOR MC

- **Introduction:**

Welcome to everyone – small talk.... explain structure for the evening: watch episode / small groups / short time of prayer / tea/coffee and chat! Introduce Episode (and press play!)

- **After Episode finishes:**

Comment briefly on Episode, then encourage people to go to their small groups. Tell them when to be back in the main session again.

- **After Share groups:**

Thank everyone for participating in our share groups. Introduce a short time of prayer. If you would like this to be a quiet time, you can play the suggested song for each episode and allow people to pray silently as they listen, or to vocalise their prayers, or even write them as intentions.

- **After music:**

Thank people for coming. Invite them to join for tea/coffee. Any announcements about week. Take a follow-up handout with them as they leave.

If on Zoom:

- **Introduction:**

Explain you will just wait a minute or two until everyone is logged in. Make small talk. Explain structure for the night: Watch episode / time of share groups / short time of prayer.

Introduce the episode: explain that people might like to turn off their camera while they watch if it helps with bandwidth. (Note: for U18s, the policy is to leave cameras on)

- **After Episode finishes:**

Tech Host posts questions in chat - explain to people they are now going to their breakout rooms / duration / back for brief prayer at the end in the main session

- **After breakout rooms:**

Explain: Play piece of music and encourage people to write their intentions in the chat feature, pray for each other.

- **After prayer:**

Thank everyone for coming - follow-up email being sent tomorrow - announcements

Share Groups

Aim:

- To allow people the time and space to process what they are watching

Leaders:

- Choosing the right hosts and helpers is key. They do not need to be biblical scholars. Rather, you are looking for people who are friendly, encouraging and can facilitate good discussion in a group, rather than dominating the conversation themselves.

Organising the group:

- Groups of approximately 8 work well. Smaller than this can put pressure on people to speak. Larger than this means people do not always have enough time to share. It works well to keep the same people in a group each week so they get to know each other better as the weeks go along, which lends itself to deeper sharing and reflection.

Duration:

- 15 - 20 mins per episode (*some episodes are longer, so the time in share groups may need to be shorter*)

What to discuss:

- Suggested questions for each episode. You may not get through all the questions, or you may end up discussing a different angle -that's okay! What is important is that people are engaging meaningfully with the videos. Hosts may find it helpful to use an icebreaker question at the beginning of the first few sessions, or just a check-in on how people's weeks have been.

Prayer:

- As the weeks go on, you might like to include a time to pray together at end of share group if the group dynamic lends itself to that. Maybe particular needs of the group come up in discussion - it would be lovely for the group to be able to pray for each other. Encourage each group to pray for each other throughout the week.

ROLES

Host:

- serves as the facilitator for the small group discussion time, introduces the icebreaker, the questions, draws people in and encourage them to answer, keeps an eye on time and draws the small group session to a close

Helper:

- supports the host and makes sure that participants feel welcome; assists in building relationships in the group; keeps an eye out for who is engaging and who is shy and needs some encouragement, prays (silently) for the participants in the group. (On Zoom: Can use the chat feature, not to distract from conversation or start a separate chat, but to type affirming comments etc.)
- NB: Both are responsible for creating a warm, friendly and welcoming environment
- Try to strike the balance between allowing enough silence for people to process questions and it just being plain awkward! Say a silent Hail Mary for your group while you're waiting!

KEY TIPS FOR A GOOD SMALL GROUP SESSION:

- Do a quick round of intros (when you have new people) – name and where they're from (don't spend too long on this).
- Encourage people to listen to each other and share, and ask that people respect confidentiality so that what anyone says is not repeated back to them in the supermarket next week
- Ask open-ended questions
- Be encouraging and affirming, be yourself!
- Don't be afraid of silence: some people need more time to process a question before they respond. If no one responds, you can rephrase the question or repeat it. All else fails, change the question.
- Don't answer every question. Your job is to facilitate discussion, not to teach. You can say something like, "that's a good question for everyone to think about, what does everyone else think?" Open things up to the whole group, try not to add new content yourself. Don't pretend you know the answers: you can always say, I don't know, but I'll find out and get back to you!
- If someone is talking a lot or very off topic, you might need to redirect them with something like, "Ok Ben, thanks for that. Let's hear what some other people think now..."
- If you don't get through all the questions, no problem. The whole point of the series is to help people reflect on where they are going in their own lives and journey of faith, and to see what we can learn from each of the sessions and apply it to our own lives or reflect on it in some way. We want to build fellowship as well as faith. Some prefer to listen more and that's ok too.
- Pray, pray, pray: for the series Team, for all the participants and especially for your small group.
- Disclosures: If you think someone is about to make some kind of disclosure, it's important to cut them off gently but firmly reminding the group that this isn't the place to make disclosures of a personal nature, but that the MC and host will be available to chat after the meeting if they would like to, or other contact details for who they can talk to are available on the waterfordlismore.ie website. You must bring this to the attention of the MC/Host after the meeting. If working with U18s, follow the Diocesan Safeguarding Children Policy and Procedures.

FACILITATING A SMALL GROUP ON ZOOM

- Take a few moments to help participants understand the platform (if necessary), unmute / chat.
- Encourage all guests to be on video, not just audio.
- Encourage them to join in a quiet environment if possible.
- Ask everyone to unmute during discussion (unless in a noisy setting).
- Invite the guests to use Gallery view to see all the other participants.
- Encourage people to use the chat feature if they're a little shy. The Helper can encourage this by posting comments / affirmations there too.

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Season 3 | Episode 1: Homecoming

SUMMARY:

Jesus delivers the most life-altering sermon in history. The result? More followers, more enemies, and disciples ready to follow Jesus anywhere. Simon and Eden reunite, Matthew faces his past, and Andrew visits John the Baptist in prison.



REFLECT ON ANY OF THE FOLLOWING QUESTIONS:

- Does seeing this episode impact how you hear/read the Sermon on the Mount?
- We've now met all twelve Apostles. Is there one with whom you relate to the most? Who do you struggle to identify with?
- What struck you the most from this week's episode?
- Were you surprised or challenged by anything?

MEDITATE:

Scripture Passage(s) for this week: [Mt 5:21-24](#) | [Mt 6: 6-28](#) | [Mt 7: 3-5](#) | [Mt 7:24-29](#)

Note any words or phrases that stand out to you.

ACT:

What is it you think the Lord is calling you to do this week?

Suggested Playlist for the Week:

Click title to watch on YouTube

- | | |
|---|--|
| • The Blessing: Kari Jobe/Cody Carnes | • Beatitudes: Bethel Worship |
| • Seek Ye First - Maranatha | • Holy and Anointed One - Vineyard Worship |
| • Nothing I hold onto - Will Reagan & Utd Pursuit | • Our Father: Bethel Worship |

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Season 3 | Episode 2: Two By Two

SUMMARY:

Jesus is a problem for the Romans. With pilgrims from everywhere setting up a tent city at the gates of Capernaum to see Jesus, tensions rise. Jesus officially sends the twelve apostles on an exciting but dangerous mission, causing Little James to ask why he hasn't been healed.



REFLECT ON ANY OF THE FOLLOWING QUESTIONS:

- How has your view of the Apostles changed/deepened/been challenged by this episode?
- How might you respond if Jesus sent you out the way he did the apostles?
- Little James asks Jesus how it's possible to heal others without Jesus healing him. Have you ever asked Jesus for something that he didn't grant you? How might Jesus' words to Little James apply to your life?

MEDITATE:

Scripture Passage(s) for this week: [Mark 6:7-13](#) | [Matthew 10](#) | [Psalm 3](#)

Note any words or phrases that stand out to you.

ACT:

What is it you think the Lord is calling you to do this week?

Suggested Playlist for the Week:

Click title to watch on YouTube

- | | |
|---|---|
| • Nobody - Casting Crowns | • To the Ends of the Earth - Hillsong |
| • Send Me - Church of the City | • Send Me - Bethel |
| • It is well with my soul (Matt Redman) | • Forgiveness (Matthew West) |

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Season 3 | Episode 3: Physician, Heal Yourself

SUMMARY:

Jesus returns to his childhood home for the big Jewish new year celebration. His childhood friends and family are all buzzing with what they've heard about Jesus...until he tells them the truth of who He is.



REFLECT ON ANY OF THE FOLLOWING QUESTIONS:

- While Jesus never explicitly says, "I am the Law of Moses" in the New Testament, many of the Gospel writers (especially Matthew) draw connections between Moses and Jesus. What is your response to hearing Jesus preach in the synagogue in Nazareth as portrayed in this episode? How might you have responded if you were there?
- We meet (and re-meet) many secondary characters in this episode: Mother Mary, Joseph, Lazarus and his sisters (Mary and Martha), the couple whose son was married at Cana (Season 1). Were you surprised to see any of them here? Why or why not?

MEDITATE:

Scripture Passage(s) for this week: [Luke 4:16-30](#) | [Isaiah 61](#) | [Hebrews 4:14-16](#)

Note any words or phrases that stand out to you.

ACT:

What is it you think the Lord is calling you to do this week?

Suggested Playlist for the Week:

Click title to watch on YouTube

- [Praise the one who breaks the darkness](#)
- [You are God Alone \(Phillips, Craig & Dean\)](#)
- [Holy Family Song \(Danielle Rose\)](#)
- [Holy and Anointed One - Vineyard Worship](#)
- [All Hail the Power of Jesus' Name \(Paul Baloche\)](#)
- [Is He Worthy? Chris Tomlin](#)
- [Hail Joseph \(Damascus Worship\)](#)
- [Oh Mother \(The Vigil Project\)](#)

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Season 3 | Episode 4: Clean, Part 1

SUMMARY:

Two by two, the disciples carry out Jesus' mission to heal, cast out demons, and preach his words. But upon returning, they struggle with understanding what happened while Simon and Eden struggle to reconnect.



REFLECT ON ANY OF THE FOLLOWING QUESTIONS:

- Imagine you were one of the Twelve Apostles that Jesus sent out on mission. What was your experience like? How does it feel to return and spend time with Jesus?
- We have a new insight into relationships in Simon's life. Share your reflections about his relationship with Eden and/or with Gaius.

MEDITATE:

Scripture Passage(s) for this week: [Luke 10:17-24](#)

Note any words or phrases that stand out to you.

ACT:

What is it you think the Lord is calling you to do this week?

Suggested Playlist for the Week:

Click title to watch on YouTube

- Hear us from Heaven - New Life Worship
- The Truth - Belonging Co
- Send me out - Fee
- *Family brings out the worst in you (so that God can heal it)* Fr Mike Schmitz
- I shall not want - Audrey Assad
- Surrender - Marc James
- Your Great Name - Natalie Grant

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Season 3 | Episode 5: Clean, Part 2

SUMMARY:

As tensions mount at home, Simon and Gaius work together to fix the water problem in Capernaum. Meanwhile, Jairus and Veronica are equally desperate to find Jesus as the only hope for their crises.



REFLECT ON ANY OF THE FOLLOWING QUESTIONS:

Share your thoughts/feelings/reactions to ...

- Jesus' encounter with Veronica. What motivated Veronica to act in this way? What motivated Jesus to respond how he did? Would you have responded in a way similar to how the Apostles did?
- Jesus' raising of Jairus' daughter. What motivated Jairus to act in this way? What motivated Jesus to respond how he did? Would you have responded in a way similar to how the Apostles did?
- Simon and Gaius working on the cistern together, or to Simon and Eden's relationship given the developments from this episode.

MEDITATE:

Scripture Passage(s) for this week: [Matthew 9:18-26](#) | [Mark 5:21-43](#)

Note any words or phrases that stand out to you.

ACT:

What is it you think the Lord is calling you to do this week?

Suggested Playlist for the Week:

Click title to watch on YouTube

- Jesus Messiah - Chris Tomlin
- When all is said and done - Matt Redman
- Make Room - Community Worship
- Nothing I hold onto - Will Reagan Pursuit
- Hymn of Surrender - Matt Redman
- Ascension Press Blog: Exorcisms and the Reality of Evil Spirits

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Season 3 | Episode 6: Intensity in Tent City

SUMMARY:

Andrew and Philip discover their previous mission resulted in devastation that will require a return. Simon Z is finally forced to confront his past, but then two disciples of John the Baptist come to Capernaum with an important question for Jesus.



REFLECT ON ANY OF THE FOLLOWING QUESTIONS:

- As the consequences of the Apostles' missions continue to unfold, which storyline captivates your heart or challenges you the most?
 - *Eden/Simon's marriage; the hunger for the Gospel in the region of the Decapolis; the Apostles' understanding of what they did during their mission.*
- How are other relationships struggling/growing in this episode?
 - *Zebedee and the olive oil business? Friendship between Mary Magdalene and Tamar? Gaius and Quintus? Pilate and his wife, Claudia? Barnaby and Shula?*

MEDITATE:

Scripture Passage(s) for this week: [Luke 7:18-35](#) | [Luke 8:1-3](#) | [Matthew 27:19](#)

Note any words or phrases that stand out to you.

ACT:

What is it you think the Lord is calling you to do this week?

Suggested Playlist for the Week:

Click title to watch on YouTube

- You Say - Lauren Daigle
- Pieces - Amanda Cook
- The Way You Love Me - Matt Maher
- The In Between - Matt Maher

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Season 3 | Episode 7: Ears to Hear

SUMMARY:

Andrew and Philip return from their trip with desperate news: they need Jesus' help to solve a huge crisis in the Decapolis. Jesus leads them on a trip to the dangerous region, where they face opposition from all sides. Literally. Meanwhile, John is assigned to bring an angry Simon to Jesus.



REFLECT ON ANY OF THE FOLLOWING QUESTIONS:

- Have you ever had a "God moment" similar to how Mary Magdalene and Matthew describe God sending them a sign? If so, what was it like for you?
- This episode highlights some of the tensions between Jews and Gentiles (non-Jews). How has *The Chosen* expanded or challenged your understanding of these realities?
- What's been your own experience of feeling God call you to a particular task and then everything goes sideways? What happened? How did you respond? Where was God?

MEDITATE:

Scripture Passage(s) for this week: [Esther 4-9](#) ; [Luke 14: 15-34](#) ; [Mark 7:31-37](#) ; [Luke 14:12-24](#)

Note any words or phrases that stand out to you.

ACT:

What is it you think the Lord is calling you to do this week?

Suggested Playlist for the Week:

Click title to watch on YouTube

- More about the Jewish Feast of Purim
- Come to the Table - Sidewalk Prophets
- The Table - Chris Tomlin
- Bigger Table - Matt Maher
- At Your Table - Jared Anderson
- To the Table - Zach Williams

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Season 3 | Episode 8: Sustenance

SUMMARY:

Thousands arrive to first argue with, then listen to Jesus as he preaches. Shmuel and Atticus hear what's happening and journey towards the Decapolis to catch Jesus in the act of a possible revolt. Meanwhile, as the preaching extends to the next day, the disciples realize they have a significant problem: the thousands are hungry, and there's no food.



REFLECT ON ANY OF THE FOLLOWING QUESTIONS:

- In this episode we see great miracles and listen to ordinary conversations. What makes the strongest impact on you? What surprises or challenges you?
- Can you relate to how this episode tackles the topic of grief? Why or why not? Who has accompanied you through such moments?
- The Feeding of 5000 is one of the few scenes depicted in all four Gospels. What does this portrayal do to bring this to life for you?
- Why do you think this episode opens and closes with a psalm of David?

MEDITATE:

Scripture Passage(s) for this week: [Psalm 77](#) | [Matthew 11:25-30](#) ; [14:13-34](#) ; [17:20](#)

Note any words or phrases that stand out to you.

ACT:

What is it you think the Lord is calling you to do this week?

Suggested Playlist for the Week:

Click title to watch on YouTube

- Come to Me - Bethel Music and Jenn Johnson
- Oceans (Where Feet May Fail) - Hillsong
- How the Eucharist Changed My Life by Fr Mike Schmitz
- Here - Kari Jobe

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Imaginative Prayer

IMAGINATIVE PRAYER COMES FROM EARLY IN CHURCH HISTORY AND IS MOST ASSOCIATED WITH ST. IGNATIUS OF LOYOLA AND IGNATIAN SPIRITUALITY.

Saint Ignatius was convinced that God speaks to us as surely through our imagination as through our thoughts and memories. In the Ignatian tradition, praying with the imagination is called contemplation. In the Exercises, contemplation is a very active way of praying that engages the mind and heart and stirs up thoughts and emotions.

<https://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises/ignatian-contemplation-imaginative-prayer/>

For many people, The Chosen Series helps us, the viewer, to imagine ourselves in the story with Jesus and His disciples - either as a participant or an onlooker. We can taste the lake water, smell the market place, hear the cries of those forgotten and abandoned until Jesus sees and heals them.

Although the series takes literary and creative license at times, the the non-Scriptural elements are not meant to be taken as Bible truths, but rather the additional inner thoughts, character backstories, and dialogue used to expand on the scriptural narrative can help our own imaginative prayer process too, and deepen our relationship with the person of Jesus.

Think about it: Which scenes from The Chosen have touched your heart most deeply? Is it because you felt a personal connection? Did you feel drawn into the scene? Could you feel Jesus looking at you directly and speaking straight to your own heart? Did your heart break for any particular character? Were you moved to tears or anger?



Three main elements of the imaginative prayer process involve:

- Observing the Story
- Entering the Story
- Application of the Story

God can speak to us through our senses and our imagination - we just have to let Him in!

BEGINNER'S GUIDE

1. CHOOSE A SCRIPTURE PASSAGE

2. PREPARE WITH PRAYER

Find a quiet and comfortable place to pray and take a few moments to settle in. Become aware of God's loving presence. Give yourself over to Him in prayer.

3. READ THE SCRIPTURE AT LEAST ONCE.

Ask the Holy Spirit to help you. Read slowly, prayerfully.

4. SET THE SCENE

Use your imagination to allow the scene to come to life for you, with specific details. Here are some things to consider as you set the stage for your imaginative prayer experience:

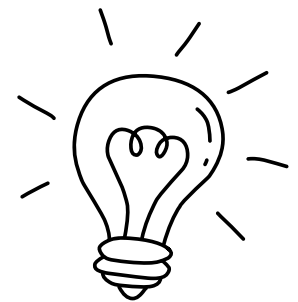
- Who are you in this story?
- What time of day is it? What is the weather like?
- What do you see around you?
- Who is present? What do they look like, and what are they doing?
- What ambient sounds do you hear?
- How do you feel? Hot? Hungry? Tired?
- What do you smell?
- Above all, be sure to pay attention to Jesus. What does he do? What does he look and sound like?

5. WALK WITH JESUS

Allow yourself to enter into the scene. Pray for what you most desire from this encounter with Jesus. Let the story unfold - do not direct or force the actions of the main characters, just participate naturally. As you step out of the Gospel story, speak to God directly. Share your thoughts, feelings, and desires with God much as one friend would speak to another. Close with a time of prayer, e.g. the Our Father or Glory Be and the sign of the cross.

6. REFLECT ON THE JOURNEY

Spend some time reflecting on your encounter with Jesus - either immediately afterwards, during the course of the day, through conversation with a Spiritual Director or journalling.



MORE RESOURCES ON IMAGINATIVE PRAYER:



<https://thejesuitpost.org/2021/10/jesuit-101-ignatian-contemplation-encountering-god-through-our-imagination/>



<https://www.theignatianjourney.com/imaginative-prayer>

<https://campusministry.nd.edu/pray/ways-to-pray/imaginative-prayer-with-scripture/>





An Attitude of Gratitude

HOW HAS THIS SEASON OF THE CHOSEN
BLESSED YOU / YOUR LIFE?

Question to reflect on

Have you seen any difference in your life / your prayer in the past 8 weeks? What differences have you noticed?

You're invited to share using any of the following sentence starters

Blessed am I when...

Blessed am I because...

Reflecting on Season 3



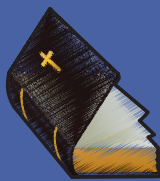
CHOOSE ANY OR ALL OF THE QUESTIONS BELOW TO
REFLECT ON YOUR EXPERIENCE OF THIS SEASON

Question to reflect on

- Is there one character in particular who impacted you and why?
- Is there a standout scene that really brought scripture to life for you?
- Has *The Chosen* made a difference in your life / your outlook / your actions? Do you feel called to make a change in how you live your life or express your faith?
- Has your relationship with Jesus changed as a result of watching *The Chosen*?
- Was there something from the sharings from others over the past few weeks that impacted you? Or what was it like to be with a group of faith-filled people as you experienced these episodes?
- Is there anything you could adopt this Advent / Lent / other liturgical season as a result of your experience of *The Chosen*?

Suggested Music Video: [Desperate - Jamie McDonald - The Chosen Music Video](#)

Lectio Divina / Divine Reading



Based on Fr Josh Johnson:



What is Lectio Divina?
(Ascension Presents)

PICK A PASSAGE FROM SCRIPTURE



LECTIO = READING

What does the scripture passage say in and of itself, that everyone should understand?



MEDITATIO = MEDITATION

What line or a word sticks out to me? Begin to meditate on it. What does the text say to me personally today and to my life? How is it speaking into my heart?



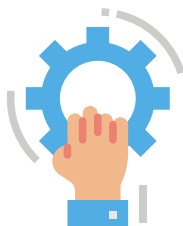
ORATIO = PRAYER

We speak to God about what we read and meditated on. We can intercede for others. We can pray in thanksgiving. We can ask for forgiveness. We can ask God for His grace (help) to live out what we feel called to do.



CONTEMPLATIO = CONTEMPLATION

What conversion of the mind, heart, and life is the Lord asking of me? This step is a gift from God - we can't make it happen! We spend time looking at Him and letting Him look at us. If He leads us into deep prayer, go with it. If not, just chill with the Lord.



ACTIO = ACTION

What concrete action can I do based on my time of reading, meditating, praying and maybe contemplating with the Lord.



"THE CHOSEN"

Season 3



Join us for an episode of
the acclaimed series,
and discussion afterwards

#GetUsedToDifferent

Dates:

Venue:

For more info / to register contact:

"Created outside of the Hollywood system, The Chosen allows us to see Jesus through the eyes of those who knew him. No matter where you are at in your journey with Jesus Christ, this show is for you."



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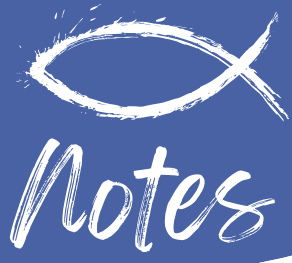
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Notes



**RESOURCE PACK PRODUCED BY ASCEND YOUTH & YOUNG ADULT MINISTRY
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IN ASSOCIATION WITH THE APOSTLES OF THE SACRED HEART OF JESUS**

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Email: youthministry@waterfordlismore.ie



Find out more about "The Chosen"



Download "The Chosen" App

