Learning to Walk in the Dark
Introduction (pair with Chapter 1)

This study guide is formatted for a small group gathering. If you choose to use it as a small group leader or as an individual, feel free to adapt it in whatever way seems meaningful to you. Enjoy!

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Quotes and ideas worth repeating:
Darkness is not dark to God. The night is as bright as day. (page 16)

Related Scripture:
1 John 1:5  God is light and in him is no darkness at all.

Isaiah 45:3  I will give you the treasures of darkness and riches hidden in secret places, so that you may know that it is I, the Lord, the God of Israel, who call you by name.

Centering Song: “The Dark” by Peter Mayer (Million Year Mind CD)

Introductions:
Share a memory of something that scared you as a child.

Reflection/discussion:
How do we define darkness?

How does BBT define darkness? (page 4) Agree or disagree?

Does the dark have a positive or negative connotation for you? or Can you remember a tie when you heard the word “dark” used in a positive way? (ex: dark room for developing film)

Does your upbringing affect your response to the idea of darkness?

During high school, BBT went to church with friends and the teachings there made her afraid of the dark. Have you ever had this experience after attending a religious service?

BBT writes that she needs darkness as much as she needs light. Do you agree or disagree?

What has darkness taught you that you couldn’t learn in the light?

Do you know people of faith who have deep pockets of wisdom about how to live through long nights in the wilderness?
Call out several words and have people write down the first thing that pops in their minds. Word list may include dark (light), hot (cold), good (bad), win (lose), easy (difficult), right (wrong), church (world), spirit (flesh), sacred (profane), black (white). Listen to responses people wrote down. Did people think in terms of opposites? Christian teaching sometimes thrives on dividing reality into opposed pairs. Has this been your experience? (page 10)

Compare full solar spirituality with lunar spirituality. (pages 7 & 9) Which did you grow up with? (may be discussed in chapter 2 as well/instead)

Closing prayer:
God, help us to walk in the dark.
Help us to give up running the show.
Help us to forgive ourselves when we bump into things.
Help us to learn what we need to know when dark times come.
Amen.

Materials need to lead:
Handouts
Pens or pencils
Million Year Mind CD/ipod and player