



R-Group Process

MATC BROKEN AND BELOVED RITUAL

Materials:

- Ashes
- Red Paint
- Paper Towels

The purpose of this exercise is to further anchor in the men's hearts that they are broken. Take five minutes to remind the men of the principles of our brokenness. That this is the only way that we can experience grace and have access to God and his love. He has provided a way. Any way that we create to attempt to obtain his favor or love is contrary to God's provision – Christ crucified and resurrected.

Facilitator - Work on this brief teaching element. Come up with your own understanding of brokenness and express it from the heart. Look at what does brokenness mean and what does it require of us...

After the facilitator shares about brokenness have the men take 5-10 minutes to write the following:

- List 3 things that reveal your brokenness
- List 3 thoughts, feelings (negative ones) that you have had about your own brokenness. (Here you are asking the men to expose their judgments about their brokenness. Examples, being weak is not manly, I don't like feeling needy, I'm not that broken, I am too broken to get healed....) Men, you need to expose your negative judgments about your brokenness because they are a hindrance to embracing the truth about yourself. They are also a hindrance to getting what you need and want.
- List 3 things that you need from these men.

Have the men share one by one the whole list, without a lot of explanation. Clean and simple. Then, do the Beloved and Broken ritual.

Bring out the ashes: Men, take off your shirts. Remind them of the meaning of the ashes. From our confession of our shame and our coverings we have connection with the truth about us: We are Broken.

Facilitator: Have the man to your left hold the ashes. Rub ashes on your hands and rub the ashes on your stomach, while saying “I am Broken.”

Have the man on your left pass the ashes to the man on his left and do the same.

When every man is done, pause. Tell the men to look around at each other. Then, say “This is our reality. We are Broken.” Have the men say together: “We are Broken”

Bring out the red paint in containers. Remind the men that for millennia men have painted each other’s bodies with paint to symbolize different things. Preparation for initiation, for war, for marriage In the Old Testament, the blood of animals was sprayed on the people during the sacrifice, symbolizing cleansing from sin. Christ’s blood was shed to cleanse us from our sins, our coverings, our false ways of living. Now we remind each other that through this blood, through Christ’s own BROKENNESS, we become His BELOVED.

Pair up with a man and draw a cross on his chest. While drawing, speak the truth over this man. Who he is before God and these men. That he is BELOVED and what this means. (Model this so that the other men will follow suit once they pair up.)

Have the men pair up and do the same to one another.

Once everyone is finished, have the men take some time and look around the circle at the men. This is our dual reality. We are Broken and Beloved. We cannot come to God in any other way than through our Brokenness. Just as He has come to us in His Brokenness. (Touch your stomach and your chest as you describe this.)

Have the men repeat with you: “We are Broken and Beloved.” (Three times)

Facilitator: Say a prayer over this reality with the desire that God would continue to anchor this truth in our hearts.