

Reminiscence with Rebekah

Virtual Sing Along

Theme: *Hymn Sing: Light*

Duration: 45 minutes

- 10-15 minutes to read over discussion questions
- 30 minutes for the YouTube sing along

Welcome!

Thank you so much for joining me for ‘Reminiscence with Rebekah!’ This week’s theme is: ***hymn sing: Light!*** Take a look at the ‘pre-session’ notes and read through the questions before starting the Sing Along. Feel free to engage in answering the questions with a loved one at home (spouse, son, daughter, Caregiver, etc.) or read through the questions on your own.

Here are a few things to get ready before starting the YouTube video!

Pre- session

1. Print out the PDF lyrics for the Sing Along so you can sing along at home!
2. Feel free to contact me if you need a larger font.
rebekahkoop@gmail.com
3. Find a quiet, comfortable spot at home- grab some tea, coffee, or water and read through the discussion questions.
4. Press play on the link in the email and get ready to sing along!

Title: ‘Reminiscence with Rebekah: Hymn Sing Light (34:13)

<https://youtu.be/zRu1HAqJ29w>

There is no condensed video this week.

Discussion Questions:

- Do you sometimes feel low or the “winter blues” in January following the Christmas season?
- On the other hand, do you feel hopeful at the start of a new year?
- In times of darkness, is it comforting to turn to God and ask for help?
- Is it comforting to think that in times of darkness there is a beacon of light through our trust in God?
- What are some feelings you are having as we enter a new year? Are you hopeful? Anxious? Sad?
- How does God (and/or Jesus for those who are Christian) provide guidance or light in times of darkness?
- What global “dark things” would you like God to shine light on today? For example- God shining light on natural disasters, by helping us to be better stewards of the Earth (natural disasters being the “dark thing”).
- What personal “dark things” would you like God to shine light or provide guidance on today? For example, asking God to help manage physical pain (the “dark thing”) caused by a recent cancer diagnosis.

Now sit back- relax! Hang on to your printed lyrics- or your iPad (which has the lyrics)- and press play on the YouTube video. Enjoy!