

Learning to Walk in the Dark
Chapter Eight
Working with Darkness

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!

Amy Fryar Kennedy

Quotes and ideas worth repeating:

If there is anything you want to show me, here I am. (page 160)

Related Scripture:

Psalm 19:2

Centering Song: “River of Dreams” by Billy Joel
or “The Dark” by Peter Mayer (Million Year Mind)

Introductions/Gathering Activity:

Think back to the excerpt you read about Sister Helen Prejean. How has Sister Helen dealt with the darkness that she’s met in her life?

OR

Get into pairs and take turns asking one another, “If there is anything you want to tell me, I am here.” The person who asks the question should close their eyes. The person answering should speak only of things related to the person who is listening. After a time, switch roles. Allow time to share.

OR

Has your definition of the dark shifted at all while reading this book?

Reflection/discussion:

What are some options we have for creating light?

How did invention of incandescent light bulb change life on earth?

What was gained? What was lost?

Anyone have trouble with insomnia or night terrors?

Compare BBT’s night in the cabin vs the night when she heard something scary outside her door.

What does BBT mean by writing “the dark thing didn’t harm me-my fear did?” (pages 162-163)

How many times have we rejected love because it didn’t present itself the way I expected? Can you give an example?

What is it like to receive a divine visit? (page 162)

What does BBT mean:

I let the darkness manage me for once instead of trying to manage the darkness? (page 163)

How do you try to manage the darkness?

Closing: Read beginning of chapter 36 of *Cry the Beloved Country*: Kumalo travels to his vigil in the dark (pages 305-308 of 1986 paperback version)

Materials need to lead: handouts, *Cry the Beloved Country*

Music and player for “River of Dreams” by Billy Joel

or “The Dark” by Peter Mayer (Million Year Mind)

Homework for next week: Bring in a picture of the moon to share.