

## Step 1: Kadesh

*Theme: Emotional readiness and sanctification*

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We begin the Seder by sanctifying time itself. This first cup of wine represents emotional and spiritual readiness. Kiddush links our past and future—this night is not just a retelling, but a re-experiencing.

Discussion Prompt:

What are you bringing into this Seder? What's on your heart tonight?

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## Step 2: Urchatz

*Theme: Quiet preparation.*

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We wash our hands, but without a blessing. This reminds us that not all holy acts need to be seen or announced. Spiritual readiness often begins quietly.

Discussion Prompt:

What kinds of preparation happen in silence or behind the scenes?

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## Step 3: Karpas

*Theme: Awakening curiosity.*

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We dip a vegetable in salt water. This small act stirs curiosity—why dip now? The Seder invites questions because questions are part of becoming free.

Discussion Prompt:

What questions are you carrying into the story?

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## Step 4: Yachatz

*Theme: Brokenness as the beginning of wholeness.*

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We break the middle matzah and hide one part. This brokenness is not random—it is purposeful. Later, we'll bring it back to complete the story.

Discussion Prompt:

What part of your life feels hidden or broken but could be returned?

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## Step 5: Maggid

*Theme: Faith and narrative memory.*

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We tell the story of the Exodus, not as something in the past, but as something we still live. Faith means trusting in the journey, even when the path is hidden.

Discussion Prompt:

What story do you still live through, even if you didn't experience it?

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## Step 6: Rachtzah

*Theme: Readiness to receive.*

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We wash again—this time with a blessing. Our preparation deepens as we approach the sacred act of eating matzah.

Discussion Prompt:

What does it mean to prepare yourself to receive something holy?

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## Step 7: Motzi Matzah

*Theme: Unity of body and soul.*

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We eat the matzah, the 'bread of faith.' It represents simplicity, discipline, and essence. We receive it with intention.

Discussion Prompt:

What would it mean to be present while eating something sacred?

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## Step 8: Maror

*Theme: Embracing struggle.*

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We taste the bitter herb. It's a reminder that freedom comes with memory, and memory includes pain.

Discussion Prompt:

Can you recall a bitter moment that helped you grow?

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## Step 9: Korech

*Theme: Holding contradictions.*

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We eat matzah and maror together. We don't cancel out the pain—we carry it with us as part of freedom.

Discussion Prompt:

Can freedom include pain? How do we hold both at once?

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## Step 10: Shulchan Orech

*Theme: Joy in wholeness and connection.*

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We enjoy the festive meal. It's not just a break—it's a chance to integrate body and soul, joy and depth.

Discussion Prompt:

How does sharing food bring us closer together?

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## Step 11: Tzafun

*Theme: Return of the hidden.*

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The hidden Afikoman returns. Wholeness doesn't come from finding what was lost—but from returning it to the table.

Discussion Prompt:

What part of yourself would you like to bring back into the open?

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## Step 12: Barech

*Theme: Gratitude as a spiritual practice.*

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We give thanks. Gratitude transforms the ordinary into sacred.

Discussion Prompt:

What are you thankful for right now—broken or whole?

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## Step 13: Hallel

*Theme: The fullness of expression.*

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We sing praises. After the journey, joy overflows. The song belongs to the whole experience—not just the sweet parts.

Discussion Prompt:

What would it look like to celebrate progress, even if it's incomplete?

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## Step 14: Nirtzah

*Theme: Longing for future wholeness.*

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We say, “Next year in Jerusalem.” We’re not just ending—we’re pointing toward a future that still awaits us.

Discussion Prompt:

What are you still waiting for? What return are you still hoping for?

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## Step 15: Closing Thought

*Theme: Wholeness through return.*

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We carry the Seder’s message with us. The work continues—not just to find, but to bring back what matters.

Discussion Prompt:

What spark did you rediscover tonight?

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