



SOUL
RESET

Grab Gather Grow And Daily Spiritual Practices for a Soul Reset

Session 2: Soul Reset Assessment
Week of January 19th

Opening Prayer

Gracious and loving God, you are a God of new beginnings. You created us to be whole, unique, abundant-life-living children. Though we get too busy

and disconnected before we even realize it, you are full of grace to offer a reset. You bring us back, refresh our spirits, and make us whole again. As we begin this journey to wholeness, prepare our hearts to let go of what is holding us back. Teach us again what it means to live lightly and freely, walking with you each and every day. Come and be present in our conversation and fellowship. In Jesus' name. Amen.

Psalm 42:3 The Message

My tears have been my food day and night,
awhile people sat to me all day long
"Where is your God?"

Questions for Reflection/Discussion

If reading the book, *Soul Reset*, what are some of your thoughts or reflections from chapter 2?

Take turns reading verses from Psalm 42. What is David talking about in this psalm? What do you think is the condition of his soul? What does this psalm teach us about prayer?

Depression and taking medication for it can sometimes carry a stigma, especially in the church. What is the stigma? Why do you think there is a stigma? What do you think is the remedy to allow more space for people to be honest about how they are feeling and what they are struggling with?

Why do you think it's easy to get stuck complaining about what's wrong instead of seeking God?

If children are part of your gathering:

Why do you think the Psalms are a part of the Bible? David was very honest with God about how he was feeling when he wrote Psalm 42. How do you think God felt when David felt these big feelings? Do you think God can handle David's big feelings? Ours?

SOUL RESET PRACTICE WEEK 2: The Practice of Prayer

The practice of prayer simply means to spend time with God. Sometimes we talk; sometimes we listen; sometimes we seek; sometimes we rest (reset)—all are actions of practicing prayer.

Day 1: Settle into a quiet place. Simply sitting in the presence of God. If any worries, or tasks, or even fears come into your mind, acknowledge them before God. Pay attention to what messages God might have for you. This practice of prayer today requires no words or striving, just a time for you to sit with God.

Day 2: Write a letter to God, thinking of God as your friend. Share what is going on in your life, in your mind, with your family, what you are struggling with ...everything you would share with a friend.

Day 3: Make silence with God. Simply sit in God's presence and be still for a time.

Day 4: Read over Psalm 42 and then like David lay out all your trials to God in prayer.

Day 5: Today, all day, be on the look out for God! Then at the close of the day—give thanks!

Day 6: Today, align your prayer with your breath by practicing a breath prayer. Throughout the day, as often as you can, let your heart whisper as you inhale, "*Lord Jesus Christ*"; and as you exhale, "*have mercy on me.*"

Day 7: How is it with you soul right now? Ask God to reveal the places in your life that are thriving, and then ask God to show you the places that need new life. Pray for a clean heart and a renewed spirit. And then get to worship—9am or 10:45am or 11:30am, get yourself to worship today.

SERVICE

Our Change4Change last Sunday, and this week is for **Human Relations Sunday**. One of 6 special UM offerings. Turn on the news or drive around the metro and you will find what Jesus called "*the least of these.*" Those living in the margins of society, struggling to survive. After your drive or news watching, prayerfully consider what "Change" you will collect for **Human Relations Sunday offering**. 50% of our offering will go to the General Church's outreach with the "least of these," 25% for Avenues for Homeless Youth and 25% to Hope4Youth (both local ministries serving the least of these in our communities.)

Consider being part of a new small group, they will meet monthly for some "*How Is it with your Soul?*" time and then learn about **Avenues for Homeless Youth** and **Hope4Youth**, ways we can support and serve these local organizations in our communities, and educate all of BUMC on youth homelessness. The group is just getting started this January so join us!

As a gathering or family, a group from work, plan on attending our **MLK Day celebration** tomorrow morning, the 20th. You could also plan on taking the day as a national day of service and find an organization that could use your service for the day. **Hope4Youth** or **Avenues for Homeless Youth** would love to have you!

Two new small groups are forming at BUMC, one around the issue of LGBT+ inclusion and the other around Racial Reconciliation. Prayerfully talk with God if you are being called to join either one of these small groups for Social Justice.



FAITH
share read talk pray bless



Sunday: Psalm 42:1-3

Monday: Psalm 42:4-5

Tuesday: Psalm 42:6-8

Wednesday: Psalm 42:9-11

Thursday: Matthew 11:28-30

Friday: Psalm 42:3

Saturday: Luke 10:41-42

Share your high and low of the day; read a piece of scripture; talk about it, and pray, including your highs and lows. At the end of the night, have someone bless everyone with the following blessing: "*May God breakdown and breakthrough on your journey to wholeness in Christ*"