



S O U L
R E S E T

Grab Gather Grow And Daily Spiritual Practices for a Soul Reset

Session 3: It's Not All on Me
Week of January 26th

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.

Luke 10:41-42 The Message

As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home. She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. "Master, don't you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand." The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it—it's the main course, and won't be taken from her."

Questions for Reflection/Discussion

If reading the book, *Soul Reset*, what are some of your thoughts or reflections from chapter 3?

Read Luke 10:38-42. Would you say that you identify more with Mary or with Martha? Why? Mary and Martha took two different approaches to Jesus' visit. Mary wanted to *be with* Jesus, and Martha wanted to *do for* Jesus. What do you think is the difference? What is the better choice between the two?

What is your reaction or response to stress? Where does that reaction or response come from?

Why do you think we sometimes believe the lie that "it's all on me?" What does it feel like to carry that burden around?

If children are part of your gathering:

From the story of Mary and Martha, do you think Jesus thinks it is more important to spend time with him or to serve him? Why? How do we spend time with Jesus today?

SOUL RESET PRACTICE WEEK 3: The Practice of Fasting

Fasting can be difficult to understand and to practice. It has nothing to do with dieting or weight loss. Fasting is about self-denial, saying no to something so one can say yes to God. This week we invite you into a daily fast from various things that compete for space and time with God.

Day 1: 24 Hour fast from social media

Day 2: Food from sundown to sundown

Day 3: Fast from words. As much as possible refrain from speaking for a period of time. This is the practice of being slow to speak and quick to listen. At the close of the day see if you can fast from words for 2 hours.

Day 4: Fast from using plastic, at least refrain from using any quick-and-easy, throw away products.

Day 5: Fast from excess—supersizing second helpings, retail therapy, stockpiling ... Spend 24 hours practicing simplicity and moderation.

Day 6: Fast from complaining and criticism.

Day 7: Fast from technology. Go for a walk, take a nap, write letters, cook a great meal. Let your eyes look at real things right in front of you, and be present where you are. And that can be at worship by the way... see you at 9am or 10:45am or 11:30am, get yourself to worship today as you fast from technology.

SERVICE

Our Change4Change is for Feed My Starving Children, serving food to children all over the world. Sign up in the Fellowship Hall for one of the Million Meal Packing events in February.

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!

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: Luke 10:38-42

Monday: Luke 10:38-40

Tuesday: Luke 10:41-42

Wednesday: Luke 10:25-28

Thursday: Luke 10:37

Friday: Matthew 11:28-30

Saturday: I Kings 19:5-9

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"