



SOUL
RESET

Grab Gather Grow And Daily Spiritual Practices for a Soul Reset

Session 5: Life in Crisis
Week of February 9th

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.

Job 17:7 The Message

"I can hardly see from crying so much;
I'm nothing but skin and bones."

Questions for Reflection/Discussion

If reading the book, *Soul Reset*, what are some of your thoughts and reflections on Chapter 5?

Turn together to the book of Job. Look at the headings (for example: "Job's Three Friends") as you scan from the beginning to the end of this book of the Bible. What do these headings tell you about Job's losses and his faith journey?

How do you handle it when unexpected storms come into your life? When you experience unbelievable loss?

Would you say that we do a good job of walking through grief individually, as a community, as a church? What would you say is the "right" way to walk through grief individually? In community?

What do we do when the grief keeps on coming? Where is God in suffering? How do we maintain faith in the face of the problems and contradictions that the world produces for our faith?

If children are part of your gathering:

Job trusted in God throughout all the bad things that happened to him. What does it mean to really trust in God? How do you show that you trust in God?

SOUL RESET PRACTICE WEEK 5

Worship is more than simply a one-hour experience, one day a week. Worship is a lifestyle.

Worship is acknowledging that God is God and we are not. It's putting the great commandments—love God—into practice. We worship because spending time with God makes us whole.

Day 1: Lament, the spiritual practice of grieving before God, telling God exactly how we feel about what is happening in our lives, and then pleading with God to come near. Read over Psalm 22 today and then rewrite the Psalm in your own words.

Day 2: Reflect on your feelings on lament. Trust that God can handle your deepest feelings.

Day 3: Choose a worship song or hymn that will be your theme for the day. Listen to the song over and over today, lifting your heart to God.

Day 4: Adore God today. Look for God's majesty today all around you today in creation and in others.

Day 5: What do you love to do—like, really love to do? Give thanks to God for your passion and spend time with God as you practice or perform your hobby.

Day 6: Subscribe to worship podcast—your favorite Christian author, pastor, singer, or a podcast of a liturgy.

Day 7: Practice corporate worship at 9am or 10:45am or 11:30am.

SERVICE

Our Change4Change next Sunday is for Midwest Mission Distribution Center (UMCOR), in Pawnee, IL. Their mission: Transform the resources of God's people into humanitarian relief.

They distribute kits, resources and supplies after receiving a request from an Annual Conference. We have a team from BUMC headed there at the beginning of March to help assemble kits. Our Change4Change funds will be given to Midwest Mission Center for supplies they need.

Go for a walk every night this week but make sure you invite someone to go with you! Helping them take care of their body is a service to the Kingdom of God.

Contact the church office or a Mission team member, and get information on how your gathering to put an UMCOR kit together. Our team could deliver your kit.



FAITH
share read talk pray bless



Sunday: Job 17:7

Monday: Job 17:1-2 (if time this week read the whole book of Job)

Tuesday: Job 17:3-5

Wednesday: Job 17:6-8

Thursday: Psalm 22

Friday: Matthew 11:28-30

Saturday: John 3:17

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"