



SOUL
RESET

Grab Gather Grow And Daily Spiritual Practices for a Soul Reset

Session 6: Light and Free Living
Week of February 16th

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.

John 3:16-17 The Message

"This is how much God loved the world: God gave God's Son, God's one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending God's Son merely to point an accusing finger, telling the world how bad it was. Christ came to help, to put the world right again."

Questions for Reflection/Discussion

If reading the book, **Soul Reset**, what are some of your thoughts and reflections on Chapter 6?

Read over John 3:17 (above). What does this promise mean to you? How does it connect to the idea of living lightly and freely with Jesus?

How can your gathering lead an effort at Brooklyn UMC to make vulnerability and authenticity the norm—where no one is expected to have it or keep it all together?

There are typically two responses to shame: to isolate or to move toward community. What is your typical response to feelings of shame? Why do you think you respond that way?

What do you think it means to "live in the light?"

If children are part of your gathering:

We all make mistakes in how we treat other people. Think about a time when you have really hurt someone's feelings. Did that person forgive you? How did that person show you they forgave you? How did it feel when they forgave you?

SOUL RESET PRACTICE WEEK 6: The Practice of Confession

A key element of the journey to wholeness is authenticity or vulnerability. When we are seeking wholeness, we drop any pretense and take the brave, vulnerable step toward authenticity. The practice we'll focus on this week is confession. Instead of different daily exercises, you're invited to write a prayer of confession at the end of each day this week. Be vulnerable with God about when you lost your temper. Or were impatient with someone that day. Note when you felt yourself hiding behind a shinier version of yourself instead of letting your true self show through, and confess that, too. The practice of being honest with ourselves and honest with God propels us on our soul reset journey.

Our 11:30 Sunday Women's group is sponsoring a morning of prayer, Saturday, February 22nd from 10am until noon in our fellowship hall. Come and join them. All are welcome. You can further the spiritual practice for the week—confession.

Also on the 22nd, from 4-10pm our Young Adult group is sponsoring a formal dinner for young adults. Plan to join us. They are having a panel discussion from some "older" couples on who to build strong relationships. There is a cost to this event. Tickets can be purchased.

SERVICE

Our Change4Change this and next Sunday is for Midwest Mission Distribution Center (UMCOR), in Pawnee, Illinois. 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 to the Midwest Mission at the end of the month to help assemble kits. Our Change4Change funds will be given to Midwest Mission Center for supplies they need.

We have a number of small groups going to help out at Feed My Starving Children. A sign-up is in the fellowship hall of our church or you can contact the office and we will get signed up. This is a great way to not only do missions but get to know some of your BUMC community as you serve.



FAITH
share read talk pray bless



Sunday: John 3:16
Monday: John 3:17
Tuesday: Matthew 26:33-34
Wednesday: Psalm 51:1-2
Thursday: John 3:16
Friday: John 3:17
Saturday: Matthew 11:28-30

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"