

Grab Gather Grow

GRAB this study, GATHER a group of any size,
and GROW your faith.

The Walk for week of March 8th, 2020

THEME: "Study: The Importance of Listening and Paying Attention"
Weekly Task: Read 5 Verses of Scripture a day.

Open your Gathering with the following prayer:

God of all creation, thank you for bringing us back together to continue our walk. Guide us so that we will learn from our time together and grow closer to you through listening for your voice. Open our hearts and minds to the wisdom that you have for us today. Amen.

Read together our Scriptures for the week:

Ps. 119:105 (NRSV)

Your word is a lamp to my feet and a light to my path.

2 Timothy 3:14-17

But as for you, continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.

Questions for Reflection/Discussion

(pick one or two or the following questions and discuss with your Gathering)

How has community worship strengthened your walk with God? How has your individual worship through prayer five times a day strengthened your walk with God? How will you continue to practice the discipline of worship and prayer going forward?

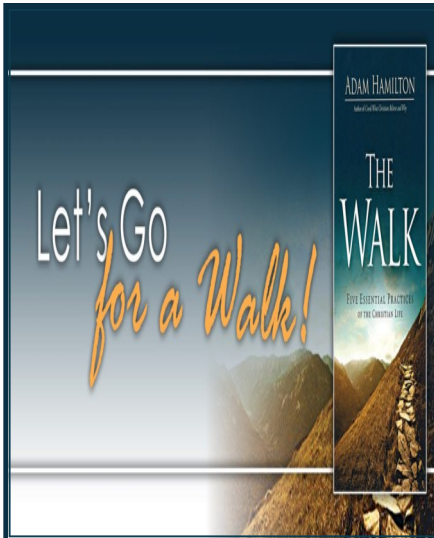
If reading the book, **The Walk**, what are some of your thoughts or reflections from chapter 2?

Read over Psalm 119:105 again. In what ways can you make Scripture the light of your path? As United Methodists we use the Wesley Quadrilateral to inform our faith: Scripture, Reason, Tradition and Experience. How do you use Reason, Tradition and Experience when you listen and pay attention to Scripture?

Read over Psalm 19:1-4. What significance is it that the Bible points to nature as a way of knowing God? Describe a time when you experienced God speaking to you through the arts.

Adam Hamilton, in *The Walk*, mentions that Jesus not only read Scripture, he memorized it, prayed it, and lived it. How do we follow his example?

Read over *The Walk* challenge below and pray about committing to the challenge.



Our Challenge for The Walk

“This is how I run—not without a clear goal in sight” - Paul (1 Corinthians 9:26)

- *Pray 5 times a day and worship weekly; Prayer Walk with BUMC at least once.
- *Read 5 verses of the Bible daily & study the Bible in a small group or Grab Gather Grow.
- *Practice 5 acts of intentional kindness a week and serve with others at least once.
- *Extend 5 acts of generosity toward others each month, and give generously to God through the church.
- *Let others know you are a Christian and invite 5 people to worship or a service event this year.

As a Gathering can you pledge to study listening and paying attention to five verses of Scripture per day?

If Children are part of your gathering discuss the following:

How do you listen and pay attention to God? How does the Bible help us listen to God?

Service

March is Minnesota Food Share month. Our Change4Change offering will support CEAP in their efforts to help feed our neighborhoods! Find a way to raise some extra “change.” But then go farther, bring food pantry items with you when you come to worship all of March. Do a food drive for pantry items at your work, school, amongst your social groups ... Our March Newsletter has an article about what items CEAP needs the most.

On Sunday, March 15th Pastor Rich will be preaching about Service: Here I am Lord, Send Me! Invite someone to worship with you that day that you think would engage BUMC through our service events. On Sunday, March 29th we are having a 5th Sunday (Worship at 10, Fellowship at 11:30 and Service events starting at noon). This also would be a great time to invite someone to worship and join you in one of our service events.



FAITH
share read talk pray bless



Sunday: Psalm 119:105
Monday: Psalm 19:1-6
Tuesday: Exodus 31:1-11
Wednesday: I Corinthians 12:12-20
Thursday: Matthew 5:1-12
Friday: Psalm 119:105-112
Saturday: Luke 24:1-12

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”