

Discover five spiritual practices to help you
WALK CLOSER
with GOD

Grab Gather Grow

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

The Walk for week of March 15th, 2020

THEME: "Here I Am Lord, Send Me"
Weekly Task: Extend five acts of kindness

Open your Gathering with the following prayer:

Holy and loving God, thank you for walking with us. Thank you for revealing yourself to us as we walk with you. We pray that you will open our eyes and our ears so we may be mindful of what you are saying to us. Open our hearts to receive your word. In the name of your Son Jesus Christ, we pray. Amen.

Read together our Scriptures for the week:

Joshua 24:15

Choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord.'

Matthew 20:26b, 28

Whoever wishes to be great among you must be your servant ... just as the Son of Man came not to be served but to serve, and to give his life a ransom for many.'

Ephesians 2:10

For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Questions for Reflection/Discussion

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

How has community worship and praying five times a day strengthened your walk with God?
How has study, reading at least 5 verses of scripture per day strengthened your walk with God?
How will you continue to the spiritual practices worship and prayer, and study, going forward?

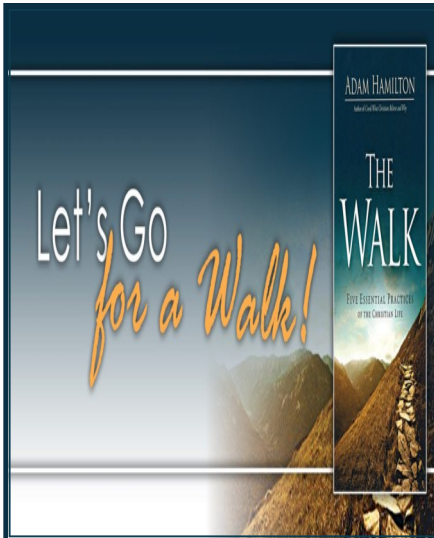
If reading the book, **The Walk**, what are some of your thoughts or reflections from chapter 3?

Read over Romans 12:1-2

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

What do you think the Apostle Paul means by the phrase "living sacrifice?"
How is service part of being a "living sacrifice?" What sacrifices are you willing to make in order to serve the Lord?

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.

Read over our scripture lessons from Worship this Sunday (listed on the front page). What words or phrases are used to describe how we are to walk with God?

Divine Interruptions: When have you taken the time to be interrupted by God? Describe your service to the Lord once God got your attention.

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: Joshua 24:15
Monday: Luke 1:26-38
Tuesday: Exodus 2:23-25
Wednesday: Isaiah 61:1-4
Thursday: Isaiah 6:1-8
Friday: Luke 10:25-37
Saturday: Galatians 5:22-25

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”