

Session 15

Moving Forward with Intentional Discipleship

Welcome and Prayer

Ask for a volunteer to open the session with prayer.

Sharing

Invite the group to share any insights, questions or revelations from the daily reflections from the prior week.

Introduction of Session Focus

This entire process, of growing as a follower of Jesus and becoming a disciple-maker, is completely dependent on the work of the Holy Spirit. As we spend time with Jesus through his Word in Holy Scripture, reading, meditating, reflecting, praying, and listening to his voice, we come to know him in a deeper way.

It is that same Holy Spirit that reveals the gap between our current reality and his intended future for our life. It is the same Holy Spirit who guides our steps, moving us forward in living the life of faith, following Jesus. This is precisely where faith and obedience meet!

While taking time for a spiritual retreat and developing a plan for faithful living sounds attractive, the truth is very few people are willing to spend the time and focused energy to engage in the process. Some have suggested that living with blinders on is less painful than discovering our current reality and comparing it to God's intended future. It is far easier to drift aimlessly without direction and simply fulfill our roles or functions. What we fail to recognize is the abundant life Jesus wants us to experience. By failing to take time to spend with Jesus we deprive ourselves of a life with a clear direction of following Jesus. The work involved is never wasted effort but designed to provide insights and direction that are life-giving.

The development of a life plan starts with exploring our faith as we examine the lives of people of faith in the Scriptures. As God was at work in their lives, how is he at work in our life? It is not our experiences that guide us but our lives are understood and interpreted by God's Word. Through that Word, our faith in Christ grows deeper, richer, and closer. Our love for Jesus becomes overwhelming as we realize how loved we are by Jesus.

Time in the Word

Scripture reading — Ephesians 2:4-10

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Watch Video: Bishop Emeritis John Brodosky on Life Planning.

<https://vimeo.com/showcase/8417753/video/507615909/embed>

Large Group Discussion

1. Where has God showed up during our NALC Life-to-Life discipleship experience together?
2. How does knowing faith is a gift — and that it is by faith you have been saved — shape your life?
3. How does that grace color your life plans? How do you seek and live into the good works God has prepared for you, as a result of his gifts and grace?
4. Bishop John shared that it is not our experiences that guide us, but that our lives are understood and interpreted by God's Word as we realize how loved we are by Christ Jesus. Where do you start your good works? Out of a place of knowing you are beloved of Christ, or out of a place of being in debt and owing God your good behavior and works?
5. What difference does your starting place make for making a life plan?

Small Group Break-out sessions

Gather in groups of two or three.

Discipling Conversations:

A key emphasis of this NALC Life-to-Life discipleship experience is intentionality. Having a life plan is an excellent tool for keeping ourselves focused on our priorities. As a group, discuss the idea of developing a life plan. An excellent resource for developing a life plan is Michael Hyatt and Daniel Harkavy's book, *Living Forward*.

As a group discuss what your next step(s) will be in as individuals, a group and as a congregation? Use the flow of discipling conversations to help focus and plan.

Where are you/we now? (Current Reality)

Where do you/we want to be? (Vision)

Does your vision reflect your beliefs, values & priorities? (Alignment)

How do you plan to accomplish your vision? (Action Plan)

What resources will you need?

How can I hold you accountable?

Set a time for your small group to meet and reflect on the daily devotions for between the sessions.

Devotions: Week Twenty-two & Twenty-three

Practical Information

This last session of daily devotions follows the same format and can be used as a daily devotion like the previous 14. However, it can also be used in other applications as well. It can be used as a guide for having your personal retreat day to craft a life plan. It could also be used over the course of a longer period of time that you set aside for the purpose of reflection to prepare for writing your life plan or as a guide to review your life plan.

Weekday 1

Scripture readings — Isaiah 43:1-3a

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior.

Galatians 5:5-6

For through the Spirit, by faith, we ourselves eagerly wait for the hope of righteousness. For in Christ Jesus neither circumcision nor uncircumcision counts for anything, but only faith working through love.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scripture passages a second time and highlight the word or phrase that stands out for you.

2. What is going on in your life that connects with that word or phrase?

3. What do you learn of God's character in these passages?

4. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

In our very first video (session 1) we were challenged to examine our disciple walk as a response to living as the "therefore" people. What does that mean to you now, after all the time and energy you've put into this experience?

Life Planning Reflection #1

Identity roots our planning. What words, images or Scriptures root you and give you a foundation as you begin life planning?

Daily Journal

Record your thoughts from prayer and reflection.

What has caused you to think deeper?

Weekday 2

Scripture readings — Psalm 42:1-2

As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, or the living God. When shall I come and appear before God?

Matthew 7:7-11

[Jesus taught,] “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”

Jeremiah 29:11-14

For I know the plans I have for you, declares the Lord, plans for welfare[a] and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart. I will be found by you, declares the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, declares the Lord, and I will bring you back to the place from which I sent you into exile.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scripture a second time and highlight the word or phrase that stands out for you.
2. What is going on in your life that connects with that word or phrase?
3. What are you seeking?
4. What are you seeking from God?

5. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

Review your action steps from all the sessions and daily meditations.

Which are completed? Which are still works in progress? Offer a prayer to God for the completions, change of plans, and those still in progress.

Make an action plan for beginning (or reviewing) your life plan.

Who can you share it with to help encourage and support you?

Daily Journal

Record your thoughts from prayer and reflection.

What have you thought about today in this focus area that you are longing for?

Weekday 3

Scripture readings — Psalm 119:10-18

With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you. Blessed are you, O Lord; teach me your statutes! With my lips I declare all the rules of your mouth. In the way of your testimonies I delight as much as in all riches. I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word.

Isaiah 42:6-9

I am the Lord; I have called you in righteousness; I will take you by the hand and keep you; I will give you as a covenant for the people, a light for the nations, to open the eyes that are blind, to bring out the prisoners from the dungeon, from the prison those who sit in darkness. I am the Lord; that is my name; my glory I give to no other, nor my praise to carved idols. Behold, the former things have come to pass, and new things I now declare; before they spring forth I tell you of them.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scriptures a second time and highlight the word or phrase that stands out for you.
2. What is going on in your life that connects with that word or phrase?
3. How does the Lord speak to you? What opportunities have you intentionally created to listen?
4. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

What questions, skills, or habits were new to you before you began this experience?

What challenges did you experience in this process?

What benefits did you experience?

Which do you plan to keep doing, even though they are no longer “homework”?

Life Planning Reflection #3

Before you start crafting your life plan or a plan for each area, pause and reflect and pray through the question

“What does God’s Word have to say about this area of life/plan?”

Before the next reflection begin sketching or writing your plan.

Daily Journal

Record your thoughts from prayer and reflection.

What small specific step and active response can you take in the direction God’s Word is leading you?

Weekday 4

Scripture Readings — 1 John 3:18-24

Little children, let us not love in word or talk but in deed and in truth. By this we shall know that we are of the truth and reassure our heart before him; for whenever our heart condemns us, God is greater than our heart, and he knows everything. Beloved, if our heart does not condemn us, we have confidence before God; and whatever we ask we receive from him, because we keep his commandments and do what pleases him. And this is his commandment, that we believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. Whoever keeps his commandments abides in God, and God in him. And by this we know that he abides in us, by the Spirit whom he has given us.

Matthew 5:13-16

[Jesus said,] “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet. “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scriptures a second time and highlight the word or phrase that stands out for you.
2. What is going on in your life that connects with that word or phrase?
3. How is God reflected in your actions and interactions and the choices you make?

4. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

How did the NALC Life-to-Life discipleship experience challenge you?

How did it encourage you?

How were you changed by this experience?

Life Planning Reflection #4

How does your plan reflect your identity and faith?

How do your plans make God visible to others around you?

Daily Journal

Record your thoughts from prayer and reflection.

How do these passages focus my attention first on Jesus, second on my identity “in Christ,” and third on my participation in the Body of Christ?

How are these passages moving me beyond myself to take a specific small step in the direction of serving my family, church, or neighbor?

Weekday 5

Scripture readings — Psalm 37:23-24

The steps of a man are established by the Lord, when he delights in his way; though he fall, he shall not be cast headlong, for the Lord upholds his hand.

2 Corinthians 12:9-10

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Zephaniah 3:14-17

Sing aloud, O daughter of Zion; shout, O Israel! Rejoice and exult with all your heart, O daughter of Jerusalem! The Lord has taken away the judgments against you; he has cleared away your enemies. The King of Israel, the Lord, is in your midst; you shall never again fear evil. On that day it shall be said to Jerusalem: “Fear not, O Zion; let not your hands grow weak. The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scripture a second time and highlight the word or phrase that stands out for you.

2. What is going on in your life that connects with that word or phrase?

3. How do you respond to obstacles?

4. What promises or wisdom do you see in the Scriptures above? What other Scriptures help you move through obstacles?

5. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

1. What obstacles did you experience during the NALC Life-to-Life discipleship experience? How were they worked through?

2. What obstacles do you see now for the next steps you have planned? What Scriptures might you turn to for encouragement?

3. Pray to God about these worries. Who else can you ask to pray with you?

Life Planning Reflection #5

What obstacles do you see in completing your action steps for your life plan?

How do you manage them?

What do you need to pray about to intervene? Who can you ask to pray with you?

Daily Journal

Reflecting on this week.

Reflecting on the Scriptures this week, what theme do you see developing?

Review any action steps you have felt led to take.

Begin to write a one or two sentence statement for this week's focus area. Try to have it reflect what the verses this week have taught you about who Christ Jesus is, and his invitation to follow him in this area of life.

Saturday (before worship...preparing)

Saturdays are a day of preparation as we contemplate the coming Sabbath. Look back over the week, consider such questions as:

1. What sins will I lay before the Lord in my confession?
2. What prayers will I lift up?
3. What questions will I be seeking the answers to?
4. What burdens do I need to lay down in order to be fully open to the movement of the Holy Spirit?
5. Who might I invite to journey with me?

Sunday (after worship...pondering)

Sundays are devoted to worship and reflection. We gather together as the Body of Christ to lift our praises to God and receive what only he can give us. Later, reflect on such questions as:

1. What point of the sermon or Sunday School lesson most caught my attention? What exactly touched my heart?
2. Which song, hymn or portion of liturgy most became a prayer or conversation with God?
3. How will making my confession and hearing the absolution affect how I live this week?
4. What strength or comfort did I receive as I participated in worship today?
5. What was the gospel message I heard today and who did I share it with?
6. Who did I speak with that I can remember in prayer this week?

Weekday 6

Scripture readings — 2 Corinthians 4:5-6

For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake. For God, who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

Psalm 139:13-18

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. How precious to me are your thoughts, O God! How vast is the sum of them! If I would count them, they are more than the sand. I awake, and I am still with you.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scripture a second time and highlight the word or phrase that stands out for you.
2. What is going on in your life that connects with that word or phrase?
3. How do these Scriptures shape how you see yourself?
4. How do these passages inform your actions?
5. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

Spending time with the word daily changes your self-view. How has this habit of intentional time with the Word and in reflection shaped or reshaped how you see yourself and others?

Life Planning Reflection #6

How does your plan reflect the words, images or Scriptures that root you and give you a foundation?

What words, images or Scriptures did you add? What did you let go?

Take time to find a tool and conversation partner to explore your God-given giftedness. A few to explore are: a spiritual gifts inventory, DISC, Strengthsfinder, Myers-Briggs Type Indicator or Enneagram.

What did you discover? How are you using them now? How could you use these gifts to bring others to walk with Jesus?

Pray and thank God for the identity he is forming in you and the gifts he has and continue to develop in you.

Daily Journal

Record your thoughts from prayer and reflection.

What has caused you to think deeper?

Weekday 7

Scripture readings — Psalm 130:1-6

O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether. You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is high; I cannot attain it.

James 2:14-22

What good is it, my brothers (and sisters), if someone says he has faith but does not have works? Can that faith save him? If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, "Go in peace, be warmed and filled," without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works, is dead. But someone will say, "You have faith and I have works." Show me your faith apart from your works, and I will show you my faith by my works. You believe that God is one; you do well. Even the demons believe—and shudder! Do you want to be shown, you foolish person, that faith apart from works is useless? Was not Abraham our father justified by works when he offered up his son Isaac on the altar? You see that faith was active along with his works, and faith was completed by his works.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scripture a second time and highlight the word or phrase that stands out for you.
2. What is going on in your life that connects with that word or phrase?
3. How does being known by God shape how you share your faith through words and actions?
4. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

How has your attitude and thinking about what being a disciple is changed throughout your NALC Life-to-Life discipleship experience?

How does your life help model a life with Jesus?

Life Planning Reflection #7

How do your action steps and plan model your faith for others?

Daily Journal

Record your thoughts from prayer and reflection.

What have you thought about today in this focus area that you longing for?

Weekday 8

Scripture readings — Ephesians 4:1-7

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit— just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. But grace was given to each one of us according to the measure of Christ's gift.

2 Corinthians 4:7-15

But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith according to what has been written, "I believed, and so I spoke," we also believe, and so we also speak, knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scripture a second time and highlight the word or phrase that stands out for you.
2. What is going on in your life that connects with that word or phrase?
3. What treasure do you have (according to these passages)?
4. In what ways does your life reflect the treasure you have? How do you share it with others?
5. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

How have your ideas and thoughts about sharing your faith with others changed throughout your NALC Life-to-Life discipleship experience?

How do you hope to invite others to a life of following Jesus?

Life Planning Reflection #8

How do your action steps and plan help others or lead other people in the direction of following Jesus?

Daily Journal

Record your thoughts from prayer and reflection.

What small specific step and active response can you take in the direction God's Word is leading you?

Weekday 9

Scripture reading — 1 Kings 19:4-19

While [Elijah] himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty

days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night.

And the word of the LORD came to him: “What are you doing here, Elijah?” He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by. ”Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?” He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

The LORD said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. Yet I reserve seven thousand in Israel— all whose knees have not bowed down to Baal and whose mouths have not kissed him.” So Elijah went from there and found Elisha son of Shaphat. He was plowing with twelve yoke of oxen, and he himself was driving the twelfth pair. Elijah went up to him and threw his cloak around him. (NIV)

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scripture a second time and highlight the word or phrase that stands out for you.
2. What is going on in your life that connects with that word or phrase?
3. How does God address Elijah’s weariness?
4. What are you weary about? How is God caring for you?

5. What does God send Elijah to do at the end?

6. Who might God be sending to walk with you?

7. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

How have your opinions, attitudes, and ideas around community changed throughout your NALC Life-to-Life discipleship experience?

What experiences were challenging? What experiences were blessings?

Life Planning Reflection #9

What is your plan to take time away to continue to write your plan?

Who can you ask to pray for you and encourage you?

Daily Journal

Record your thoughts from prayer and reflection.

How does this passage focus my attention first on Jesus, second on my identity “in Christ”, and third on my participation in the Body of Christ?

How is this passage moving me beyond myself to take a specific small step in the direction of serving my family, church, or neighbor?

Weekday 10

Scripture Readings — Acts 1:8

[Jesus said,]“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”

Matthew 28:16-20

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw him they worshiped him, but some doubted.

And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.

And behold, I am with you always, to the end of the age.”

Psalm 105:1-6

Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples! Sing to him, sing praises to him; tell of all his wondrous works! Glory in his holy name; let the hearts of those who seek the Lord rejoice! Seek the Lord and his strength; seek his presence continually! Remember the wondrous works that he has done, his miracles, and the judgments he uttered, O offspring of Abraham, his servant, children of Jacob, his chosen ones!

Romans 15: 7, 13

Therefore welcome one another as Christ has welcomed you, for the glory of God. May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Focus Questions

Record your thoughts from prayer and reflection.

1. Read through the Scripture a second time and highlight the word or phrase that stands out for you.
2. What is going on in your life that connects with that word or phrase?
3. What power is promised to you?
4. How have you experienced the Holy Spirit working in and through you?
5. What does the Great Commission mean to you?
6. How can you live out the Great Commission in your daily interactions?

7. Where is the Holy Spirit inviting you to respond this week?

Wrap Up Review

What are your plans to keep practicing discipling conversations?

Who will you talk with as you continue walking with Jesus?

Who will you ask to talk to as they walk with Jesus?

What opportunities do you have to look for conversations to point others to a walk with Jesus?

Life Planning Reflection #10

Review your plan with trusted people. Ask them if it reflects you well.

Schedule a time next year to review your life plan.

Who can you ask to encourage and pray for you while you try to move from a plan to a way of life?

Daily Journal

Reflect on this week.

Reflecting on the Scriptures this week, what theme do you see developing?

Review any action steps you have felt led to take.

Review and update the statement you wrote last week. What are several steps you could take to move in the direction God is leading you?

Saturday (before worship...preparing)

Saturdays are a day of preparation as we contemplate the coming Sabbath. Look back over the week, consider such questions as:

1. What sins will I lay before the Lord in my confession?

2. What prayers will I lift up?

3. What questions will I be seeking the answers to?

4. What burdens do I need to lay down in order to be fully open to the movement of the Holy Spirit?

5. Who might I invite to journey with me?

Sunday (after worship...pondering)

Sundays are devoted to worship and reflection. We gather together as the Body of Christ to lift our praises to God and receive what only he can give us. Later, reflect on such questions as:

1. What point of the sermon or Sunday School lesson most caught my attention? What exactly touched my heart?

2. Which song, hymn or portion of liturgy most became a prayer or conversation with God?

3. How will making my confession and hearing the absolution affect how I live this week?

4. What strength or comfort did I receive as I participated in worship today?

5. What was the gospel message I heard today and who did I share it with?

6. Who did I speak with that I can remember in prayer this week?

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