



# GPS GUIDE: FEBRUARY 26, 2023 G r o w . P r a y . S t u d y .

**Series: Discipleship Pathway**

**Sermon: Worshiping Community**

## **Monday**

As we engage in a practice of discipleship throughout the season of Lent, each day you'll find an invitation to contemplate what God wants for you in this moment.

Today you are invited to practice breathing as you read the texts from Sunday. What questions are stirred in your spirit? What might God be revealing through the words of these passages? Sit with your question as you breathe deeply.

### **John: 4:3-7,21,24-26**

Jesus left Judea and returned to Galilee. This meant that he had to pass through Samaria. He stopped at Sychar, a town in Samaria, near the tract of land Jacob had given to his son Joseph, and Jacob's Well was there. Jesus, weary from the journey, came and sat by the well. It was around noon. When a Samaritan woman came to draw water, Jesus told her, "the hour is coming—and is already here—when real worshipers will worship Abba God in Spirit and truth. Indeed, it is just such worshipers whom Abba God seeks. God is Spirit, and those who worship God must worship in spirit and truth." The woman said to Jesus, "I know that the Messiah—the Anointed One—is coming and will tell us everything." Jesus replied, "I who speak to you am the Messiah."

### **Romans 12:1**

Sisters and brothers, I beg you through the mercy of God to offer your bodies as a living sacrifice, holy and acceptable to God—this is your spiritual act of worship.

### **Genesis 2:7**

God formed the human from the dust of the ground and blew life's breath into his nostrils. The human came to life.

### **Ezekiel 37:1-6**

"I saw that there was a vast number of bones lying there in the valley. God asked me, 'Can these bones live? Say to them: 'Dry bones, hear the word of God! I am going to breathe life into you. I will fasten sinews on you, clothe you with flesh, cover you with skin, and give you breath. And you will live.'"

*Prayer: Breathe in... and breathe out... inhale... exhale... .. .. . Amen.*

## **Tuesday**

As we engage in a practice of discipleship throughout the season of Lent, each day you'll find an invitation to contemplate what God wants for you in this moment.

Pilgrimage or journey is a practice as old as our faith. Abraham journeyed to the land God promised. The Israelites journeyed through the wilderness with God. Jews journeyed to Jerusalem for Passover... setting out on a path with God is a practice that invites us to journey towards the heart of God.

The labyrinth has traditionally been a symbolic pilgrimage, a "path to Jerusalem" an opportunity to embark on an outward journey reflecting your inward journey with God. You'll notice the labyrinth is different from a maze. Having only one way in and one way out, it is impossible to get lost. The labyrinth's path moves you towards the center—towards the heart of God—and the return journey.

Labyrinths can be many shapes and sizes, you can walk, run, crawl, trace, or imagine the journey. Below you will find a finger labyrinth, meant to be traced with your finger or colored with pen, pencil, or crayon.

As you embark upon this labyrinth prayer journey today, you are invited to consider what God wants *for* you. Carry that question as you journey into the labyrinth, resting in the center of God's presence, and then when you are ready, on the return journey as you prepare to carry what God reveals into the world.



## **Wednesday**

As we engage in a practice of discipleship throughout the season of Lent, each day you'll find an invitation to contemplate what God wants for you in this moment.

As we breathe together we settle into God's presence, trusting that our breathing will hold us as we pray. In worship Sunday we took a moment to practice breathing together. Here is the breath practice from worship on Sunday.

get comfortable  
rest in God's presence  
become aware that you're breathing...  
breath going in...  
breath going...  
out over and over and over again.

as you're able to lengthen each inhale and exhale...  
Imagine God's spirit filling your lungs with every inhalation...  
and peace radiating out from you through every exhalation...

as you breathe in deeply...  
as you breathe out fully...  
your breath makes a sound  
and this sound is the name of God.  
breathing in deeply...  
breathing out fully...  
you can hear God's name  
not as a word  
but as the sound of your breath.

breathing in a sound like yah...  
breathing out a sound like way...  
hearing god's name on every cycle of breath.

yah . . . way  
yah . . . way  
yah . . . way

no word  
no name  
just the sound of breath.

As you are ready, come back to an awareness of yourself. To feel the light on your face. To hear the quiet sounds of life around you. Open your eyes and bring yourself back into the moment still connected to the One who give you breath.

## **Thursday**

As we engage in a practice of discipleship throughout the season of Lent, each day you'll find an invitation to contemplate what God wants for you in this moment.

When we offer God our confession, we join the beautiful work of reconciliation, that God wants for us. Today we offer this prayer of confession and pardon. Let us pray together...

### **Prayer of Confession and Pardon**

Let us take this moment to account  
for the ways in which we have not embodied  
what it means to be created in the image of God.

Holy God, we confess that too often we have not been open  
to the rhythms of life you offer to us.  
We let ourselves be put off your pace  
and allow ourselves to wander off on our own paths,  
Paths that lead us to worship things other than you.  
Too often the lures of the world confuse us.  
We have led ourselves and others to paths  
that are not according to your loving pace and direction.

Help us pay attention with all of our senses.  
Make our worship faithful;  
help us take the risks that are part of letting you lead.  
Pull us back into your rhythms.  
Clean our hearts, purify our hands and steady our feet  
that we might know and share your blessings.

God assures us that if we trust God's Word,  
we will be led back to the ways that God desires for us.  
God is eager to show us the path home.  
Accept the offer of new breath, new life that we have been given through Jesus the  
Christ. Amen.

### **Friday**

As we engage in a practice of discipleship throughout the season of Lent, each day  
you'll find an invitation to contemplate what God wants for you in this moment.

Gospel means "good news."

What is both good and new about the good news is the wild claim that Jesus did not  
simply tell us that God loves us despite our best attempts to thwart God... And that  
God wants us to love each other the same way God loves us... And to love God too...  
*BUT* that if we will allow it to happen, God will actually bring about this unprecedented  
transformation of our hearts.

What is both good and new about the good news is the mad insistence that Jesus lives  
on among us not just as another haunting memory but as the outlandish, holy, and  
invisible power of God... Working through our own commitment to discipleship to

make us loving and whole beyond anything we could conceivably pull off by  
ourselves.

Thus the gospel is not only good and new but, if you take it seriously, a tool of  
amazing transformation. What does God want for us? Join us for a pathways class as  
we discover together the path God intends for each of us.

### **Saturday**

As we engage in a practice of discipleship throughout the season of Lent, each day  
you'll find an invitation to contemplate what God wants for you in this moment.

Today you are invited to pray this prayer of transformation.

I breathe in God's grace.  
May it transform my insecurities  
So that I breathe out God's love  
I breathe in God's love  
May it transform my fears  
So that I breathe out God's hope  
I breathe in God's hope  
May it transform my doubts  
So that I breathe out God's faithfulness  
I breathe in God's faithfulness  
May it transform my heart  
So that I breathe out the Good News of Christ Jesus  
I breathe in the Good News of Christ Jesus  
May it transform me  
So that I breathe out God's grace...