

GPS GUIDE: MARCH 19, 2023 G r o w . P r a y . S t u d y .

Series: Discipleship Pathway

Sermon: Dynamic Spirituality

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 text 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.

Acts 8: 26-38

An angel of God spoke to Philip and said, "Be ready to set out at noon along the road that goes to Gaza, the desert road." So Philip began his journey. It happened that an Ethiopian eunuch, a court official in charge of the entire treasury of Candace, the ruler of Ethiopia, had come to Jerusalem on a pilgrimage and was returning home. He was sitting in his carriage and reading the prophet Isaiah. The Spirit said to Philip, "Go up and meet that carriage." When Philip ran up, he heard the eunuch reading Isaiah the prophet and asked, "Do you understand what you are reading?" "How can I," the eunuch replied, "unless someone explains it to me?" With that, he invited Philip to get in the carriage with him. This was the passage of scripture being read: "You are like a sheep being led to slaughter, you are like a lamb that is mute in front of its shearers: like them, you never open your mouth. You have been humiliated and have no one to defend you. Who will ever talk about your descendants, since your life on earth has been cut short?" The eunuch said to Philip, "Tell me, if you will, about whom the prophet is talking—himself or someone else?" So Philip proceeded to explain the Good News about Jesus to him. Further along the road they came to some water, and the eunuch said, "Look, there is some water right there. Is there anything to keep me from being baptized?"* He ordered the carriage to stop; then Philip and the eunuch both went down into the water, and Philip baptized him.

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

Amen

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.

The labyrinth has traditionally been an opportunity to embark on a 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.

Below you will find a finger labyrinth, meant to be traced with your finger or colored with pen, pencil, or crayon. You can download a copy to print or trace it on your screen.

Today as you practice prayer using the labyrinth you will journey through three stages:

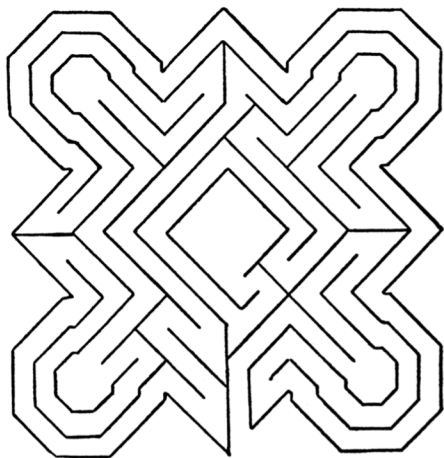
Let Go...As you make your way toward the center of the path meditate on the following:
What keeps me from hearing, understanding, accepting, knowing, claiming God's love and care and way for my life?

Let God...As you spend time in the center meditate on the following:

What does God want to say to me? What does God want for me?
Listen. Wait on God. Be still.
Be myself. Belong to God. What do I hear in my soul?

Let Me...As you journey back out meditate on the following:

How do I claim what I have heard from God as I remember that God is with me; God will be with me; Always!
How can I live with this newness as my guide, my strength, GOD's way for me?



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...

God of healing,
God of wholeness,
I bring my brokenness,
my sinfulness,
my fears
my despair,
and lay them at your feet.

Forgive me those times when I consider myself to be of little value,
unworthy of your love.

I want to move forward with you, Lord,
but I am held back by burdens I carry,
afraid to let go, lessen the load,
let myself become vulnerable to be loved and in turn love,
to receive and in turn give.

God of healing,
God of wholeness,
I hold out heart and hands,
mind and soul
to feel your presence,
and know the peace
that only you can bring.

I want to move forward with you, Lord,
but my ways are often not your ways.
Open my heart to forgiveness,
and let it touch the hearts of others, that all might be blessed and in turn become a blessing.

God of healing,
God of wholeness,
this precious moment
in your presence and power
grant me faith and confidence that here in this space I am made whole. 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.

Read Romans 6: 1-10

James Bryan Smith says of this passage and his own discipleship: *We are not only forgiven, we have participated in Christ's death and resurrection. I am not trying to live a sinless life like Jesus. Jesus, who lived a sinless life, is now living in me.*

The phrase *in Christ* or *in the Lord* occurs 164 times in Paul's letters. This leads us to ask what it means to be *in Christ*. Sadly, it gets overshadowed by a false narrative that says Jesus is over there, and sinful me is over here. The New Testament does not set Jesus apart from his followers. Rather, those who put their trust in Jesus are also inhabited by him. Christians are people Christ dwells in. Having been raised to Christ you can now live as Jesus did: in utter dependence on God, in a deep and intimate relationship with God. How does Christ abide in you? How is Jesus alive in your life? Spend some time today to consider your level of awareness that Christ's life in yours is the key to your Christian identity.

Prayer: Help me, Lord, to recognize that you live in me. Grant me the courage to live boldly as you did. May practicing the spiritual disciplines help me follow you more closely each day. Amen.

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...

