



EHS - Wrap up - Part 2

4. Enlarge your soul through grief and loss

Lamentations and psalms - learning to deal with grief and loss

Sadly we don't want to deal with it & we want it to go away. Church can be like that - and don't want to deal with it.

We need to deal with it - enlarge our lives through it.

Some just walk away - rather than deal with it

Jesus laying down face down on the ground in the garden, about to face death and the separation from his father, wasn't handling it well, if you can take this please do so.

You will suffer in life - but you can choose to suffer and be better from it.

Death precedes resurrection - if you are prepared to die - learning to die - learning to let it go & let for be in control.

EHS Reflection - Nathan Greenway - letting go of the sound area - he realized it was his identity. And he had to let go of that. From Nathan the sound to Nathan the nothing! Feeling of emptiness and loss, found some spiritually immature places in my life.

EHS Reflection - Meagan Greenway - likes to be in control of her life. As it gets closer to the due date - the control went and vulnerability came it - from teacher and music team to out of it. My identity was going. By god told me that he was going to rebirth a new thing in you, but in order to do the new I needed to get rid of the old.

Grief is not all about death and bad. At the wedding, behind the scenes there is 2 silent funerals going on. Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Matt. 26:39

Lord Jesus, when I think about my losses, it can feel that I have no skin to protect me. I feel raw, scraped to the bone. I don't know why you have allowed such pain. Looking at Jesus helps, but I must admit that I struggle to see something "new being birthed out of the old." Lord, grant me the courage to feel, to pay attention, and then to wait on you. You know that everything in me resists limits, humility, and the cross. So I invite you, Father, Son, and Holy Spirit, to make your home in me as you describe in John.14:23, to freely roam and fill every crevice of my life. And may the prayer of Jesus, finally, be mine: "Yet not as I will, but as You will." In Jesus' name, amen.

5. Discovering the rhythms of the daily office & weekly sabbath

Mary and Martha - being and doing with God evenly

Stopping intentionally throughout the day to focus on God - stopping and being silent to hear God.

Three times a day (Daniel) got down on his knees and prayed, giving thanks to his God, just as he had done before... I wait for the Lord, my soul waits, and in his word I put my hope. - Dan.6:10; Ps. 130:5

Lord, help me to grab hold of you as my rope in the blizzard today. The idea of stopping to be with you one, two, or three times a day seems overwhelming, but I know I need you. Help me to be still and to wait patiently for you (Ps. 37:7). Teach me to be prayerfully attentive to you not only when I stop and pause, but also throughout the rest of this day. In Jesus' name, amen.

Weekly sabbath - work and rest, time of being with God

Will have 4 components - Stop, rest, delight, contemplate

Hawaiians do this - tents in the beach, food, kids toys, surf boards, tv - starts at dawn and goes until dark.

No alcohol anywhere - this is their family time and sabbath time.

Spirit of aloha and Ohana - trying to bring it back into our church and community

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work... For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy... The Sabbath was made for man, not man for the Sabbath." Ex. 20:8-11; Mk. 2:27

This idea of Sabbath, Lord, will require a lot of change in the way I am living life. Lead me, Lord, in how to take the next step with this. Help me trust you with all that will remain unfinished, to not try to run your world for you but to rest in your love and grace for me. Set me free to begin reorienting my life around you and you alone. In Jesus' name, amen.

6. Grow into an emotionally mature adult.

Some Churches are in to people or the bible, not normally both - we are trying to bring them together otherwise you have a disconnected spirituality

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging symbol. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. I Cor. 13:1-3.

Lord Jesus Christ, Son of God, have mercy on me. I am aware, Lord, of how often I treat people as It's, as objects, instead of looking at them with the eyes and heart of Christ. Lord, I have unhealthy ways of relating that are deeply embedded in me. Please change me. Make me a vessel to spread mature, steady, reliable love—so that people with whom I come in contact will sense your tenderness and kindness. Deliver me from false peacemaking that is driven by fear. Lord Jesus, help me love well like you. Grow me, I pray, into an emotionally mature adult through the Holy Spirit's power. In Jesus' name, Amen.

7. Go the next step to develop a "rule of life"

What is your "trellis"?

Unless you do something different it will be the same as the last 5 years

Going to church, daily devotions, life group - it becomes the anchor

Prayer, rest, activity & relationships

If you are not prepared to serve and pick up a goal you will become arrogant

If you do all the serving you will become great at social welfare but not really caring for people

EHS Reflection - Kate Seagrott - at a lot of walls in every area of her life.

Relate well and love others well.

Being real before God.

EHS BOOK - It is a book about personal honesty

They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread, and to prayer... No one serving as a soldier gets involved in civilian affairs – he wants to please his commanding officer. Similarly, if anyone wants to compete as an athlete, he does not receive the victor's crown unless he competes according to the rules. The hardworking farmer should be the first to receive a share of the crops. Acts 2:42; 2 Tim.2:3-6

Lord, I just need to be with you— for a long time. I know that at other times I have rushed and cut you short, but I can see there are a lot of things in me that need to change. Let this time be different, Lord. Show me what one small step I can take to begin to build a life around you. Help me pay attention to your voice. By your grace, I obey, trusting that even small changes will grow into powerful winds of the Holy Spirit blowing through and overtaking all of the areas of my life. Thank you. In Jesus' name, amen.

Though an army besiege me, my heart will not fear, though war break out against me, even then will I be confident. One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple. Ps. 27:3-4.

Lord, help me to keep you at the center of everything I do, for your love is truly better than life itself (Ps. 63:3). Deliver me from the powerful external distractions that pull me away from you. Free me from my stubborn tendency to do my will, not your will. Guide me in developing the combination of spiritual practices in my life that will both fit me and enable me to prefer the love of Christ above all else, In Jesus' name, amen.