
EMOTIONALLY HEALTHY SPIRITUALITY THROUGH THE WEEK

THIS WEEK

Did you take time last week to start mapping out the seasons and rhythms that you have in your life? If not, take time this week to think about the regular patterns of your day, week, months, and seasons. Draw them out.

Once you have them, this week begin to look at them and consider:

- what current rhythms are life giving
- what current rhythms are draining
- what kinds of rhythms would you need/want to add to help you with your emotionally healthy journey (rest, sabbath, silence, physical activity, time away, time with others, etc)

SILENCE

Continue to practice silence before God this week. Remember to be intentional, start with a simple breath prayer, and then simply listen.

Could you add a "silence break" into the middle of your day?

Whenever you find your mind wandering, don't beat yourself up! Just redirect it back to God and say "God, here I am." If your mind wanders 20 times in 5 minutes, that's 20 chances to return to God - there is no award for "best quiet time."

EVENING

Daily Examen - this is a powerful tool for praying to close out your day. The practice was developed by St. Ignatius of Loyola and is a way to reflect daily and open yourself to noticing God's presence.

- **Breath deeply** (Quiet your mind and remove distractions)
- **Invite** (Ask the Holy Spirit to meet you and give you light to see the day with God's eyes)
- **Review your day with gratitude** (What can you give thanks for today? Where did you notice God at work?)
- **Face your shortcomings** (Are there places where you did not live like Christ calls? Tell God about it, give thanks for forgiveness and the grace to try again.)
- **Pray for Tomorrow** (Look at the day to come and ask God to guide you in all things and give you wisdom)



UNITED CHURCH OF COHOES

JULY 24, 2022

EMOTIONALLY HEALTHY SPIRITUALITY

WEEK 3: KNOW YOURSELF THAT YOU MIGHT KNOW GOD

ORDER OF SERVICE

GATHER

Welcome & Morning Prayer

PRAISE

God My Rock
Abide

LISTEN

1 Samuel 17

APPLY

Table Conversations

SEND

Prayer
Doxology



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WEEK 3: KNOW YOURSELF THAT YOU MIGHT KNOW GOD
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- GATHER -

Breath Prayer
Silence

Leader: O Lord, open our mouths
People: And we will sing your praises

Psalm 95: 1-7

O come, let us sing unto the Lord;
let us heartily rejoice in the strength of our salvation.
Let us come before his presence with thanksgiving
and show ourselves glad in him with psalms.

For the Lord is a great God,
and a great King above all gods.
In his hand are all the corners of the earth,
and the strength of the hills is his also.
The seas is his, and he made it,
and his hands prepared the dry land.

O come, let us worship and fall down,
and kneel before the Lord our Maker.
For he is the Lord our God,
and we are the people of his pasture
and the sheep of his hand.

O worship the Lord in the beauty of holiness;
let the whole earth stand in awe of him.
For he cometh, to judge the earth,
and with righteousness to judge the world
and the people with his truth.

Silence

- PRAISE -

God My Rock
Abide



LISTEN

1 Samuel 17
Message

TABLE GROUPS

CONNECT

Take a minute on your own to quietly reflect:

- Use an index card (or your journal) and write 3 things you are grateful for this morning.

DISCUSS

- What are some of the strong negative messages that David receives?
 - From his own family (v. 28)
 - From Saul (v. 33 & 38)
 - From Goliath (v. 41-45)
- What kinds of feelings or pressures would you have if you were David? (i.e. How do you feel when someone older, more experienced, or in authority doubts you or wants you to change?)
- How would you contrast David's true self (knowing himself and standing up for it) with the false self we saw in Saul last week (where he was one person on the outside and another inside)?
- Where in your life, or with whom, is it hard to be your true self (i.e. to speak honestly, say "no," disagree, and not be afraid of judgement)?

APPLY

- What armor do you currently wear even though it doesn't "fit"?
 - What would it look like for you to take it off?
 - What would you need to do to begin removing it?
- Sometimes it's hard to tell what is our true or false self because we're so used to the armor we wear.
 - Finish this sentence: One thing I am beginning to realize about myself is...

SEND

Prayer
Doxology