



## A Guide for Spiritual Formation

Theme of the month:	Where Do We Go From Here?
Text for the Week:	Acts 13:1-13
Message for the Week:	“Letting Go, Letting God”
Theme for the Week:	Learning to Let Go

## Week 25

### Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Have you ever had to take a “leap of faith” (take a risk) into something new and different? What happened when you did?

### Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

### Read:

Read [Acts 13:1-13](#) out loud.

What words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them those who are with you.

### Respond / Reflect:

Have you ever had a time in your life when things were going just fine when God said: “It’s time for a change.”? Share about when it occurred and what happened.

Where in your life is it most difficult for you to change?

How do you go about making decisions personally? In your family?

How do you listen to God's voice?

Which of the following five areas of staying pliable in God's hands is easiest for you? Most difficult?

1. Removing all self-imposed limitations so we can stay open to what God may have for us.
2. Slowing down so we can hear God when he speaks.
3. Letting God be God.
4. Being ready to say "Yes!" when God asks.
5. Stop comparing ourselves to our fellow believers and other church communities.

## **"Try It!"**

Look at the list of five things above. Choose one of them to focus your attention on this week. Find ways to implement it into your daily rhythm. For example...#2...find 10-15 minutes each day to sit in silence to listen for God's voice.

## **Prayer:**

Spend time in prayer regarding the things God revealed and that you discerned in your time with God today.

Also, spend time in prayer with/for the other people who are with you.

God, give me grace to accept with serenity the things that cannot be changed, Courage to change the things which should be changed, and the Wisdom to distinguish the one from the other. Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace, taking, as Jesus did, this sinful world as it is, not as I would have it, trusting that You will make all things right, if I surrender to Your will, so that I may be reasonably happy in this life, and supremely happy with You forever in the next. Amen.

## **Missional Practice for the Month: Praying with Eyes Open**

Normally when we pray, we close our eyes, shut off from the world and focus on what we are saying to God. Praying with eyes open is a missional practice because as we see what is going on around us, the Spirit will prompt us to pray for things that we would probably never have prayed for. We invite you during the month of May, on several different occasions, to go to a public place such as a park, café, school hallway, or shopping center and ask God to help you see what God sees. As God prompts you, pray about what you see. As we begin to pray with our eyes open when we drive to work, shop for groceries, walk the dog, watch our kids ball game, sit in your front yard, etc., God will connect us with the heartbeat of our neighborhood and community, revealing to us his work that we might join with him.

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