

# A Guide for Spiritual Formation

Series Theme: Text for the Week: Message for the Week: Theme for the Week: From Meetings to Mission John 20:24-29 Believing Is Seeing Jesus is Okay with Our Doubts

Week #3

# 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 been fooled (pranked) by a friend? How did this make you feel?

What was the most important meeting you ever attended? What was the most important meeting you ever missed?

# **Preparation:**

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

# Read:

Read / Have two people in your group read John 20:24-29 out loud. [Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

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

# **Respond / Reflect:**

Has the church been a safe place for you to ask questions, share fears, deal with doubts?

Where is it safe for you to ask questions, share fears, and deal with doubts?

What does the word believe mean to you? What does it take for you to believe something/someone?

What about the Christian faith is hardest for you to believe?

If Jesus didn't scold, belittle, or write off Thomas on account of his doubts, why do we as followers of Jesus often do these things to others on account of their doubts?

When or where has Jesus met you in the midst of your doubts?

Are you a casual, convenient, or a committed believer? Do you live for Jesus, or do you just need him around for fire insurance?

# "Try It!"

Share your doubts with a trusted friend.

#### Prayer:

Spend time in prayer with/for the other people who are with you.

Pray this prayer together:

Father, thank you for raising Jesus from the dead – for comforting Mary in her distress, for offering peace to the panicked disciples, and for meeting Thomas in his wonderings and doubts.

Father, we believe; please help our unbelief. We long to see Jesus. We long to spend more time meeting with Jesus that we might become more and more like him.

Father, now send us on mission into your world – to comfort those in distress, to bring peace to those who are anxious, and to search with those who have doubts.

In the name of the Risen Christ, Amen.

# Missional/Spiritual Practice for the Month: Joining God in the Neighborhood

During the month of May, each of us is encouraged to be active participant in the Joining God in the Neighborhood workshop being offered on Sunday mornings after the worship gathering at Covenant Church. Joining God in the Neighborhood seeks to help us learn, through action and reflection, how to join in the mission of God in our neighborhoods. Together we'll learn and practice listening to God and our neighbor, discerning where the Spirit is at work, and developing small learning experiments that help us deepen our 'ministry of presence.'