



Sermon Notes - May 5, 2024

Gather, Grow, Go Opportunities

- ✓ **Worship with us next Sunday** as we conclude our Holy Surprises sermon series **as we reflect on the story of Pentecost.**
- ✓ **Interested in children's ministry?**
We are planning some fun summer programming for children. Volunteer this summer. Talk with LuAnn Berkhof to get started.
- ✓ **Going to one of our Dakotas United Methodist camps** is a great way to deepen your faith. There are camps available for all ages! Talk to Eric Fjerestad or Pastor Jordan.

Prayer for the Week

Almighty God, lead us forward in faith as we seek to be a sanctuary of Christian hope, love, and encouragement, now and for generations to come. Amen.

Grow Through Bible Study

The Scripture passages this week deal with how God changes the world one person at a time. How is God changing your heart this week, too?

1. What words or phrases stand out to you in this Scripture today?
2. As you read the Scripture, what questions do you have?
Discuss it with others, consult a biblical commentary, or study bible.
 - Day One – Acts 16:9-15
 - Day Two – John 4:1-42
 - Day Three – Esther 4:4-17
 - Day Four – Philippians 1:12-26
 - Day Five – Luke 5:27-32

Spiritual Practice - Fasting

Fasting is a spiritual practice that involves saying “yes” to God by saying “no” to something else. Fasting is often associated with dieting, but it is really a way for us to begin to give God our whole heart. The duration of your fasting can vary.

Here are a few ideas for this week:

- **Fast from social media.** Whenever you feel the impulse to check-in, replace those thoughts with a prayer. Ask God to help you to be fully present with God, your friends, and your family. Perhaps set a timer on your phone for your apps.
- **Fast from words.** Take time to be silent during the day. When conversing with others, take time to truly listen to what they are saying.
- **Fast from complaining and criticism.** What does it mean to live with a spirit of gentleness and encouragement rather than focusing on the negative?
- **Fast from technology.** Go for a walk, take a nap, write a card to a loved one. Be present right now in the moment. Let your mind wander in thought and prayer.

