

## Everyday Life with God Resource

### Week of April 3, 2016



On Sunday Pastor Dave talked about Jesus's friends Mary and Martha and how Martha was known for serving, actively doing for others. On the other hand Mary appears to be more reflective, more prayerful. What we tend to do is pit one against the other. So we say things like, "I am more about service and action." Or, "I am more about being quiet, reflective and prayerful." But what if both are equally important? Hopefully, this week's guide will help you see each as equal to our transformation and how we might put both action and reflective prayer together. Jesus very actively served others and he also regularly retreated to reflect and pray.

On our inward, together and outward journey through life we discover that it is our acts of service (outward) that feed our reflective prayers (inward), and it is our reflective prayers (inward) that feed our acts of service (outward).

#### **Sunday, April 3, 2016 Rise Up and Serve**

Some believe that one of the highest forms of worship is Service. Today at Crossroads you were given the opportunity to serve others in our Community through Rise up and Serve.

Reflect on what the scripture is saying to you:

*After washing their feet, he put on his robe again and sat down and asked, "Do you understand what I was doing? You call me 'Teacher' and 'Lord,' and you are right, because that's what I am. And since I, your Lord and Teacher, have washed your feet, you ought to wash each other's feet. I have given you an example to follow. Do as I have done to you." ~ John 13:12-15*

As one person has reflected, "There are many ministries at Crossroads which give us an opportunity to not only give back but to re-charge our spiritual lives."

Reflection Questions:

How did you feel while serving today or at any time you have served in the past? What thoughts came to you while serving? What did you take away with you from your act of serving?

Breath Prayer: Slowly Inhale: *As Jesus served...* Slowly Exhale: *I will serve*

#### **Monday, April 4, 2016**

Crossroads serves many in our immigrant community through ESL Classes. Both teachers and students are transformed through this mission in many ways.

Reflect on what the scripture is saying to you:

*You were called to freedom, brothers and sisters; only don't let this freedom be an opportunity to indulge your selfish impulses, but serve each other through love. ~ Galatians 5:13*

*As one ESL servant reflected; "I am saying thank you to my ESL and Crossroads family for giving me the opportunity to serve, even when you didn't know me, you know Jesus. With the heart and eye of Jesus, you welcomed me and gave me hope that there is always life in Jesus. A place of healing for a broken heart like me, Thank you... Thank You..."*

Reflection Questions:

What do you think it would be like to leave all of your belongings behind and come to a foreign land?

How would you feel living in a place where you didn't speak the language?

How wonderful would it feel to find a welcoming refuge where you were loved unconditionally?

Breath Prayer: Slowly inhale: *Brothers and sisters...* Slowly exhale: *love and serve*

#### **Tuesday, April 5, 2016**

Friendship Bridge is a ministry that provides financial assistance to an individual or family who is experiencing a temporary financial crisis. We fund this mission through our Easter Offering each year. It is one of our ways of offering hope to those in need.

Reflect on what the scripture is saying to you:

*And don't forget to do good and to share with those in need. These are the sacrifices that please God. ~ Hebrews 13:16*

As one who has received Friendship Bridge assistance reflected, "Without any question, you reached out to me when I was down and feeling hopeless on what to do. I am forever grateful for this unconditional help and truly feel blessed."

Reflection Questions:

Do you know anyone living paycheck to paycheck?

If you do, how might you be most helpful? (Hint: giving money to someone directly is not always the most helpful thing to do.)

If you are looking for a safe and trusted way to help others who are going through a temporary financial crisis, prayerfully consider giving to Crossroads' Friendship Bridge? We work with other agencies to make sure we are truly helping out and not just giving handouts.

Breath Prayer: Slowly Inhale: *Do good...* Slowly Exhale: *and share*

### **Wednesday, April 6, 2016**

Each week a group of servants travel to Thomson Elementary in Northwest DC to tutor students. This ministry enriches the students' lives as well as the tutors.

Reflect on what the scripture is saying to you:

*... He said to them, "Let the children come to me. Don't stop them! For the Kingdom of God belongs to those who are like these children." ~ Mark 10:14*

As someone who has received help from Crossroads' DC Tutoring mission reflected, "Thanks (Crossroads) for being, as it says in the Book of James, Doers of the Word, not only hearers, who put faith to work in responding to the needs of others. Once again we have been amazed by the outpouring of Thanksgiving Baskets and the weekly investment in the lives of the beautiful children at Thomson Elementary School. Thank you for your concern and kindness and generosity expressed consistently and faithfully by making a difference in these children. You are changing the future!"

Reflection Questions:

Is there a special cause you are drawn to when it comes to children in need? What is it and why is it so special to you?

Have you ever had an experience where you helped a child in some way? If so, how did it impact your life and the life of the child?

Breath Prayer: Slowly Inhale: *Let the children...* Slowly Exhale: *come to me*

### **Thursday, April 7, 2016**

Crossroads has offered many mission experiences outside of our local community for both youth and adults. Through these mission trips relationships are formed and transformation happens.

Reflect on what this scripture is saying to you.

*Owe nothing to anyone—except for your obligation to love one another. If you love your neighbor, you will fulfill the requirements of God's law. ~ Romans 13:8*

A recent mission trip participant has reflected: "The love in a hug, the gratitude in a smile, the joy or pain in someone's eyes, colors you've overlooked, smells and tastes that awaken your senses, emotions you had held back, tears you were not expecting, ...just sharpened awareness of God's presence in every face, every fabric, every plant, every smell, every detail in everything you see and experience. Pardon the cliché, but it happens to be true – we always leave with far more than we bring!"

Reflection Questions:

Who do you know from another culture? How do you feel about them? How are you with them? What, if anything, do people from another culture have to teach you? What do you have to offer them?

Breath Prayer: Slowly Inhale: *Love...* Slowly Exhale: *one another*

### **Friday, April 8, 2016**

Every other Sunday Crossroads goes to Franklin Park in DC to be with our homeless brothers and sisters. By participating in this mission, many people have come to see the homeless in a different way.

Reflect on what this scripture is saying to you.

*Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. ~ Isaiah 58:7*

A man that has experienced homelessness has reflected: "I hope that those who come to be with us realize how at any moment this could happen to them. One minute you have a great job and home and then you are eating out of the trash." He said "When people see the homeless on the streets as much as you do in the city now, they become complacent. We (the homeless) become invisible people."

Reflection Questions:

Have you been in a situation where you felt invisible? – Neither heard nor seen.

How might you see the homeless differently if you knew their story or even just their name? What if anything keeps you from going

downtown with a group to be with the homeless at Franklin Park?

Breath Prayer: Slowly Inhale: *Share yourself...* Slowly Exhale: *with those in need*

### **Saturday, April 9, 2016**

On the third Saturday of each month Grace Ministries opens its doors to anyone in need of food and clothing. No one is turned away.

Reflect on what this scripture is saying to you.

*For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. ~ Matthew 25:35-36*

One who serves at Grace Ministries has reflected: "I feel really good about helping the wonderful people that visit us every 3rd Saturday for a little bit of help. We all have become friends because there are a lot of regulars that come every month. It makes my heart feel so good when we help them."

Reflection Questions:

Have you ever been in a position where you did not have enough food to get you to the next paycheck? What must it feel like to have to be in line to receive free food and/or clothing? What if anything keeps you from helping with Grace Ministries?

Breath Prayer: Slowly Inhale: *I was a stranger...* Slowly Exhale: *you invited me in*