

“GOD’S WORK. OUR HANDS”

A Discipleship Faith Practices Calendar



*And Jesus said to them,
“Follow me...”*

—Mark 1:17

**A 13-week long resource to help you and your congregation
deepen your faith and become more active in ministry**

Central/Southern Illinois Synod

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Introduction

In 2000, the Evangelical Lutheran Church in America (ELCA) first introduced the seven faith practices—Pray, Study, Invite, Encourage, Give, Serve, and Worship. These are activities in which Christians engage as they seek to live out their faith during the course of their daily lives.

Instructions

Each week's worth of faith practices includes one Bible verse and two Reflection Questions per day. The weekly order of daily faith practices is as follows:

<u>Day of the Week</u>	<u>Faith Practice</u>
Monday	PRAY
Tuesday	STUDY
Wednesday	INVITE
Thursday	ENCOURAGE
Friday	GIVE
Saturday	SERVE
Sunday	WORSHIP

Please note that since no specific dates are assigned to the calendar. The 13-week process can begin at any time by an individual and/or groups. Use it at a time that works best for you and/or your congregation. Each sheet is numbered sequentially (Week #1-#13) and space is provided to write in the specific dates that you use the calendar. You may write answers to the daily Reflection Questions in the space provided or in a personal journal. Each sheet also provides space to write your "Discipleship Plan". Write the specific faith practice you intend to work on in the coming week and include what specific actions you plan to take to develop that faith practice.

As an **individual**, you are invited to read the Bible verse and Reflection Questions on a daily basis. You are encouraged to look for ways in which you can put that Bible verse into practice in your life. In a **group**, users are invited to read the Bible verse and answer the Reflection Questions on a daily basis; however, the group may meet on a weekly basis to discuss their answers to the Reflection Questions and talk about ways in which they put the Bible verses into practice during the past week.

May God bless you on your faith journey!



Pray



Study



Invite



Encourage



Give



Serve



Worship

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“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #1

Dates: _____



Monday
Day #1: Pray



Bible Verse:

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone...”
—1 Timothy 2:1

Reflection Questions:

For whom do you pray?

How could you help someone to deepen their prayer life?



Tuesday
Day #2: Study



Bible Verse:

“So do not be foolish, but understand what the will of the Lord is.”
—Ephesians 5:7

Reflection Questions:

What causes you to be “foolish”?

How can you “understand” what the “will of the Lord” is?



Wednesday
Day #3: Invite



Bible Verse:

“But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.”
—Acts 1:8

Reflection Questions:

In what ways does God give you “power” to invite others to deepen their faith?

To whom might you be a “witness”?



Thursday
Day #4: Encourage



Bible Verse:

“As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.”
—Colossians 3:12

Reflection Questions:

For what purpose has God “chosen” you?

In what ways do others see your “compassion, kindness, humility, meekness, and patience”?



Friday
Day #5: Give



Bible Verse:

*“What shall I return to the Lord
for all his bounty to me?”*
—Psalm 116:12

Reflection Questions:

How do you determine what you will “return to the Lord”?

What “bounty” has God given to you?



Saturday
Day #6: Serve



Bible Verse:

*“And let us consider how to provoke
one another to love and good deeds...”*
—Hebrews 10:24

Reflection Questions:

Under what circumstances would you “provoke” others to “love and good deeds”?

What kinds of “good deeds” do you see as part of your “service” to others?



Sunday
Day #7: Worship



Bible Verse:

*“Every day I will bless you, and praise your
name forever and ever.”*
—Psalm 145:2

Reflection Questions:

What causes you to “bless” God?

In what ways do you “praise” God’s name?

Discipleship Faith Practices

In 2000, the Evangelical Lutheran Church in America (ELCA) introduced the Discipleship Faith Practices as a means of helping people live out their faith during the course of their daily lives.

The seven Discipleship Faith Practices are:

**Pray Study Invite Encourage
Give Serve Worship**

We invite you to use this “God’s Work. Our Hands.” Weekly Faith Practices Calendar each day to strengthen your life as a disciple of Jesus.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #2

Dates: _____



Monday
Day #1: Pray



Bible Verse:

“I always thank God for you because of his grace given you in Christ Jesus.”
—1 Corinthians 1:4

Reflection Questions:

For what do you “thank” God?

Where do you see the “grace” that God gives to others?



Tuesday
Day #2: Study



Bible Verse:

“I myself feel confident about you, my brothers and sisters, that you yourselves are full of goodness, filled with all knowledge, and able to instruct one another.”
—Romans 15:14

Reflection Questions:

About whom do you feel “confident”?

In what ways do you help people to be “filled with all knowledge, and able to instruct one another”?



Wednesday
Day #3: Invite



Bible Verse:

“The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor.”
—Luke 4:18a

Reflection Questions:

When do you feel like the “Spirit of the Lord God is upon you”?

What has God “anointed” you to do?



Thursday
Day #4: Encourage



Bible Verse:

“I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called.”
—Ephesians 4:1

Reflection Questions:

What kind of “life” do you “lead”?

What is the “calling to which you have been called”?



Friday
Day #5: Give



Bible Verse:

“And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.”
—II Corinthians 9:8

Reflection Questions:

What “blessings” does God provide for you “in abundance”?

How might you “share abundantly in every good work”?



Saturday
Day #6: Serve



Bible Verse:

“Think of us in this way, as servants of Christ and stewards of God’s mysteries.”
—I Corinthians 4:1

Reflection Questions:

How do other people “think” of you?

In what ways are you a “servant of Christ” and a “steward of God’s mysteries”?



Sunday
Day #7: Worship



Bible Verse:

“I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.”
—Romans 12:1

Reflection Questions:

How do you present your body as a “living sacrifice” to God?

What do you consider to be your “spiritual worship”?

Discipleship Faith Practices

To “pray” is one of the seven ELCA Discipleship Faith Practices. Prayer is “conversation with God”. It involves speaking as well as listening to God. What do you do as part of your discipline of prayer?

God invites us to pray privately as individuals and communally at worship. What can you do to improve either of these aspects of your prayer life?

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My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week # 3

Dates: _____



Monday
Day #1: Pray



Bible Verse:

*“Rejoice in hope, be patient in suffering,
persevere in prayer.”*
—Romans 12:12

Reflection Questions:

When and where do you “persevere in prayer”?

What circumstances make it easy for you to pray?



Tuesday
Day #2: Study



Bible Verse:

*“My child, do not forget my teaching,
but let your heart keep my commandments.”*
—Proverbs 3:1

Reflection Questions:

As you study God’s “teaching”, what is important for you to remember?

How does your “heart” help you to keep God’s commandments?



Wednesday
Day #3: Invite



Bible Verse:

*“He has sent me to proclaim release
to the captives and recovery of sight
to the blind, to let the oppressed go free,
to proclaim the year of the Lord’s favor.”*
—Luke 4:18b-19

Reflection Questions:

To whom does God send you?

Where do these things happen in your life?



Thursday
Day #4: Encourage



Bible Verse:

*“You then, my child, be strong in the grace
that is in Christ Jesus...”*
—II Timothy 2:1

Reflection Questions:

Whom do you encourage to be “strong” in God’s grace?

During the course of your life, who encouraged you to be “strong” in God’s grace?



Friday
Day #5: Give



Bible Verse:

“Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again.”
—Luke 6:30

Reflection Questions:

What is your response to people who “beg” from you?

For what kind of “goods” do you ask?



Saturday
Day #6: Serve



Bible Verse:

“Render service with enthusiasm, as to the Lord and not to men and women...”
—Ephesians 6:7

Reflection Questions:

What causes you to “render service with enthusiasm”?

What “service” do you render “to the Lord”?



Sunday
Day #7: Worship



Bible Verse:

“My brothers and sisters, rejoice in the Lord.”
—Philippians 3:1

Reflection Questions:

When and with whom do you “rejoice in the Lord”?

What causes you to “rejoice in the Lord” through worship?

Discipleship Faith Practices

To be a “disciple” involves “learning”, which is why “study” is one of the seven ELCA Discipleship Faith Practices. God invites us to learn what it means to enter into a deeper relationship with God and with others. This involves studying God’s word, learning how to follow the way of Jesus, and living as directed by the Holy Spirit.

We invite you to use this “God’s Work. Our Hands.” Weekly Faith Practices Calendar each day to strengthen your life as a disciple of Jesus.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #4

Dates: _____



Monday

Day #1: Pray



Bible Verse:

“I appeal to you, brothers and sisters, by our Lord Jesus Christ and by the love of the Spirit, to join me in earnest prayer to God on my behalf...”
—Romans 15:30

Reflection Questions:

Whom do you invite to “join” you in prayer?

When do you ask someone to pray on your “behalf”?



Tuesday

Day #2: Study



Bible Verse:

“Try to find out what is pleasing to the Lord.”
—Ephesians 5:10

Reflection Questions:

As you study God’s word, what helps you to “find out” God’s will?

How do you determine what is “pleasing” to the Lord?



Wednesday

Day #3: Invite



Bible Verse:

“Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us.”
—Philippians 3:17

Reflection Questions:

Whom might you invite to “join in imitating” you?

What kind of “example” of the Christian life do you “observe” in others?



Thursday

Day #4: Encourage



Bible Verse:

“Therefore encourage one another and build up each other, as indeed you are doing.”
—1 Thessalonians 5:11

Reflection Questions:

Whom do you “encourage” and “build up”?

In what ways do you “encourage” and “build up” others?



Friday
Day #5: Give



Bible Verse:

*“On the first day of every week,
each of you is to put aside and save
whatever extra you earn...”*
—1 Corinthians 16:2

Reflection Questions:

As you live out your faith, when do you “put
aside” your offering to the Lord?

How do you “save whatever extra you earn”
and for what purposes?



Saturday
Day #6: Serve



Bible Verse:

*“Each of us must please our neighbor for the
good purpose of building up the neighbor.”*
—Romans 15:2

Reflection Questions:

What might you do in order to “please” your
“neighbor”?

Why do you think God wants us to “build up”
our neighbor?



Sunday
Day #7: Worship



Bible Verse:

*“Therefore devote yourselves completely to
the Lord our God, walking in his statutes and
keeping his commandments, as at this day.”*
—1 Kings 8:61

Reflection Questions:

In what ways do you “devote” yourself to the
Lord?

How do you “walk” in God’s statutes and
“keep” God’s commandments?

Discipleship Faith Practices

Not only does God want you to live out your
faith, but God also wants you to encourage
others to “go and do likewise”. For this
reason, “encourage” is one of the seven Disci-
pleship Faith Practices.

As you live out your faith as a follower of
Jesus, you have the opportunity to inspire,
model, coach, and accompany others as they
live out their faith.

We invite you to use this “God’s Work. Our
Hands.” Weekly Faith Practices Calendar
each day to strengthen your life as a disciple
of Jesus.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #5

Dates: _____



Monday Day #1: Pray



Bible Verse:

“To this end we always pray for you, asking that our God will make you worthy of his call and will fulfill by his power every good resolve and work of faith.”

—II Thessalonians 1:11

Reflection Questions:

For whom do you pray that God will make them “worthy of his call”?

In what ways do your prayers enable you to see “works of faith”?



Tuesday Day #2: Study



Bible Verse:

“Examine yourselves to see whether you are living in the faith.”

—II Corinthians 13:5a

Reflection Questions:

How often do you “examine” yourself and your faith?

How do you determine that you are “living in the faith”?



Wednesday Day #3: Invite



Bible Verse:

“You are my witnesses, says the Lord, and my servant whom I have chosen, so that you may know and believe me and understand that I am he.”

—Isaiah 43:10a

Reflection Questions:

In what ways are you God’s “witness”?

Under what circumstances do you understand that you have been “chosen” as God’s “witness”?



Thursday Day #4: Encourage



Bible Verse:

“Let us then pursue what makes for peace and for mutual up-building.”

—Romans 14:19

Reflection Questions:

How do you help people to “pursue what makes for peace”?

In what ways do you encourage “mutual Up-building”?



Friday
Day #5: Give



Bible Verse:

“They are to do good, to be rich in good works, generous, and ready to share...”
—1 Timothy 6:18

Reflection Questions:

What causes you to be “generous” and “ready to share” with others?

In what ways does your generosity demonstrate that you are “rich in good works”?



Saturday
Day #6: Serve



Bible Verse:

“Let each of you look not to your own interests, but to the interests of others.”
—Philippians 2:4

Reflection Questions:

When do the “interests of others” become more important than your “own interests”?

How do you look to the “interests of others” on a local, national, or global scale?

Sunday

Day #7: Worship

Bible Verse:

“I will thank you forever, because of what you have done. In the presence of the faithful I will proclaim your name, for it is good.”
—Psalm 52:9

Reflection Questions:

What has God “done” for you that causes you to “thank” God?

Where and do you “proclaim” God’s name?

Discipleship Faith Practices

As the Creator of all that exists, God gives us many blessings. In response to the blessings that God give us, God wants us to share our blessings with others; therefore, “give” is one of the ELCA Discipleship Faith Practices.

“We offer with joy and thanksgiving what you have first given us, our selves, our time and our possessions, signs of your gracious love. Receive them for the sake of him who offered himself for us, Jesus Christ our Lord. Amen.” (Lutheran Book of Worship, p. 67).

We invite you to use this “God’s Work. Our Hands.” Weekly Faith Practices Calendar each day to strengthen your life as a disciple of Jesus.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #6

Dates: _____



Monday Day #1: Pray



Bible Verse:

“Now during those days he went out to the mountain to pray; and he spent the night in prayer to God.”
—Luke 6:12

Reflection Questions:

Where do you go to “pray”?

How much time do you spend “in prayer to God”?



Tuesday Day #2: Study



Bible Verse:

“If you put these instructions before the brothers and sisters, you will be a good servant of Christ Jesus, nourished on the words of the faith and of the sound teaching that you have followed.”
—I Timothy 4:6a

Reflection Questions:

Before whom do you “put instructions”?

What “sound teaching” have you followed?



Wednesday Day #3: Invite



Bible Verse:

“Go therefore into the main streets, and invite everyone you find to the wedding banquet.”
—Matthew 22:9

Reflection Questions:

Where do you go to “invite” people to God’s “banquet”?

Whom do you “invite” to God’s “banquet”?



Thursday Day #4: Encourage



Bible Verse:

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us...”
—Hebrews 12:1

Reflection Questions:

What “cloud of witnesses” surrounds you?

Whom do you encourage to “run with perseverance”?



Friday
Day #5: Give



Bible Verse:

“Contribute to the needs of the saints...”
—Romans 12:13a

Reflection Questions:

In what ways do you “contribute” to the “needs” of others?

What “needs” in the world do you see to which you might contribute?



Saturday
Day #6: Serve



Bible Verse:

“For the Son of Man came not to be served, but to serve, and to give his life a ransom for many.”
—Mark 10:45

Reflection Questions:

As a follower of Jesus, in what ways do you “serve” others?

How do you “give” your life as a “ransom for many”?



Sunday
Day #7: Worship



Bible Verse:

“Remember the Sabbath day, and keep it holy.”
—Exodus 20:8

Reflection Questions:

What helps you to “remember the Sabbath day”?

How do you “keep” the Sabbath “holy”?

Discipleship Faith Practices

Jesus told his followers, “For the Son of Man came not to be served but to serve and to give his life a ransom for many.” (Mark 10:45) “Serve” is one of the seven ELCA Discipleship Faith Practices.

Every day, God provides opportunities for each of us to serve and to minister to the needs of others. God also provides us with opportunities to work together with others to “feed the hungry, welcome the stranger, clothe the naked, and visit the sick and imprisoned”. How might your service to others be a reflection of the way you live out your faith?

We invite you to use this “God’s Work. Our Hands.” Weekly Faith Practices Calendar each day to strengthen your life as a disciple of Jesus.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #7

Dates: _____



Monday
Day #1: Pray



Bible Verse:

*“In our prayers for you we always thank God,
the Father of our Lord Jesus Christ...”*
—Colossians 1:3

Reflection Questions:

Who causes you to “always thank God”?

When do you “pray” for others?



Tuesday
Day #2: Study



Bible Verse:

*“Train yourself in godliness, for, while physical
training is of some value, godliness is valuable
in every way, holding promise for both
the present life and the life to come.”*
—I Timothy 4:7b-8

Reflection Questions:

In what ways do you “train yourself for
godliness”?

How “valuable” is godliness to you?



Wednesday
Day #3: Invite



Bible Verse:

*“Thus I make it my ambition to proclaim
the good news...”*
—Romans 15:20a

Reflection Questions:

As a follower of Jesus, what is your “ambition”?

Where and when do you “proclaim the good
news”?



Thursday
Day #4: Encourage



Bible Verse:

*“Therefore, since it is by God’s mercy
that we are engaged in this ministry,
we do not lose heart.”*
—II Corinthians 4:1

Reflection Questions:

How does “God’s mercy” encourage you to
engage in ministry?

Who or what helps you to “not lose heart” at
times when you might be discouraged?



Friday
Day #5: Give



Bible Verse:

“From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded.”
—Luke 12:48b

Reflection Questions:

What has been “given” to you?

What are you doing with what has been “entrusted” to you?



Saturday
Day #6: Serve



Bible Verse:

“Be subject to one another out of reverence for Christ.”
—Ephesians 5:21

Reflection Questions:

In what ways are you “subject” to others?

What does your “reverence for Christ” cause you to do?



Sunday
Day #7: Worship



Bible Verse:

“Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!”
—Psalm 95:2

Reflection Questions:

In what ways do you come into God’s “presence with thanksgiving”?

What kinds of “songs of praise” do you sing to the Lord?

Discipleship Faith Practices

Worship is our response to all that God has done, is doing, and continues to do for us and all people. “Worship” is one of the seven ELCA Discipleship Faith Practices.

We use songs and prayers to express our love for God and our appreciation for the ways God blesses us. As we discover the wonders of God’s amazing grace, we respond with joyful hearts and praise to God.

When you live out your faith as a follower of Jesus, what might you do to deepen your worship life? What could you do to help someone else experience the joy and wonder of worshipping God?

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #8

Dates: _____



Monday
Day #1: Pray



Bible Verse:

“I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ.”
—Psalm 55:1

Reflection Questions:

For what do you “pray”?

What “good” do you “do for Christ”?



Tuesday
Day #2: Study



Bible Verse:

“Listen, children, to a father’s instruction, and be attentive, that you may gain insight; for I give you good precepts; do not forsake my teaching.”
—Proverbs 4:1-2

Reflection Questions:

In what ways are you “attentive”, so that you may “gain insight”?

What helps you to not “forsake” God’s teaching?



Wednesday
Day #3: Invite



Bible Verse:

“For this gospel I was appointed a herald and an apostle and a teacher...”
—II Timothy 1:11

Reflection Questions:

For the sake of the gospel, to what have you been “appointed”?

As a follower of Jesus, what “roles” do you fulfill?



Thursday
Day #4: Encourage



Bible Verse:

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.”
—Ephesians 4:32

Reflection Questions:

In what ways are you “kind”, “tenderhearted” and “forgiving” of others?

How do you share God’s “forgiveness” with others?



Friday
Day #5: Give



Bible Verse:

“Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver.”
—II Corinthians 9:7

Reflection Questions:

How do you feel about “giving”?

What causes you to be a “cheerful giver”?



Saturday
Day #6: Serve



Bible Verse:

“Brothers and sisters, do not be weary in doing what is right.”
—II Thessalonians 3:13

Reflection Questions:

Who encourages you “not to be weary”?

What helps you to determine “what is right”?



Sunday
Day #7: Worship



Bible Verse:

“Sing praises to the Lord, for he has done gloriously; let this be known in all the earth.”
—Isaiah 12:5

Reflection Questions:

When do you “sing praises to the Lord”?

How do you let others know what God has done?

Discipleship Faith Practices

Pray—Study

Some Ideas to Try

- Set aside a specific amount of time each day for prayer.
- Start a daily prayer journal in which you record your prayers and how God answered your prayers.
- Join a prayer group with other disciples.
- Start a Prayer Chain.
- Spend some time each day in reading the Bible.
- Join or teach a new Bible study group.
- Serve as a Sunday School or Confirmation teacher.
- Share with others a new insight about your faith that you have recently learned.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #9

Dates: _____



Monday Day #1: Pray



Bible Verse:

“Pray without ceasing...”
—1 Thessalonians 5:17

Reflection Questions:

What causes you to pray?

Where and when do you “pray without ceasing”?



Tuesday Day #2: Study



Bible Verse:

“But as for you, teach what is consistent with sound doctrine.”
—Titus 2:1

Reflection Questions:

How does what you study compel you to “teach” others?

What teachings do you have that are “consistent with sound doctrine”?



Wednesday Day #3: Invite



Bible Verse:

“Give thanks to the Lord, call on his name; make known his deeds among the nations proclaim that his name is exalted.”
—Isaiah 12:4

Reflection Questions:

How do you “make known” God’s deeds “among the nations”?

In what ways do you “exalt” God’s name?



Thursday Day #4: Encourage



Bible Verse:

“Let each of you lead the life that the Lord has assigned, to which God has called you.”
—1 Corinthians 7:17a

Reflection Questions:

What kind of life has God called you to “lead”?

What is God’s “calling” for you as a disciple of Jesus?



Friday
Day #5: Give



Bible Verse:

“For as I can testify, they voluntarily gave according to their means, and even beyond their means.”
—II Corinthians 8:3

Reflection Questions:

How do you give “voluntarily” of your means?

What causes you to give “beyond your means”?



Saturday
Day #6: Serve



Bible Verse:

“We do not live to ourselves, and we do not die to ourselves.”
—Romans 14:7

Reflection Questions:

For whom do you “live”?

For what would you be willing to die?



Sunday
Day #7: Worship



Bible Verse:

“O come, let us worship and bow down, let us kneel before the Lord, our Maker!”
—Psalm 95:6

Reflection Questions:

To whom do you extend an invitation to “come” and “worship”?

In what ways do you humble yourself in God’s presence?

Discipleship Faith Practices

Invite—Encourage

Some Ideas to Try

- Select people you know who need to know God’s love and show them God’s grace.
- Make friends with someone new.
- Invite someone you know to attend an event with you.
- Include more people in group activities.
- Serve as a mentor to someone who is new to the faith.
- Become involved in a caring ministry, e.g. Stephen Ministries, a visitation program, etc.
- Organize a group for people with similar interests, e.g. first-time mothers, divorce support, newly retired, etc.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #10

Dates: _____



Monday
Day #1: Pray



Bible Verse:

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”
—Philippians 4:6

Reflection Questions:

What do you “worry about” when you pray?

Through prayer, how do you let your “requests” be made known to God?



Tuesday
Day #2: Study



Bible Verse:

“But the aim of such instruction is love that comes from a pure heart, a good conscience, and sincere faith.”
—I Timothy 1:5

Reflection Questions:

What is the “aim” of your study as a Christian?

How does your study of God’s word cause you to have a “pure heart”, a “good conscience” and “sincere faith”?



Wednesday
Day #3: Invite



Bible Verse:

“So we are ambassadors for Christ...”
—II Corinthians 5:20a

Reflection Questions:

As an “ambassador for Christ”, how do you “represent” Jesus?

As an “ambassador for Christ”, how well do you represent the one who sends you?



Thursday
Day #4: Encourage



Bible Verse:

“Live as children of the light—for the fruit of the light is found in all that is good and right and true.”
—Ephesians 5:8b-9

Reflection Questions:

What does it mean to “live as children of the light”?

What is “good” and “right” and “true” in your life?



Friday
Day #5: Give



Bible Verse:

“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”

—Hebrews 13:16

Reflection Questions:

In what ways do you “share what you have”?

Describe a time when you gave a “sacrifice” that was “pleasing to God”.



Saturday
Day #6: Serve



Bible Verse:

“And let people learn to devote themselves to good works in order to meet urgent needs, so that they may not be unproductive.”

—Titus 3:14

Reflection Questions:

To what do you “devote” yourself?

What “urgent needs” do you seek to meet?



Sunday
Day #7: Worship



Bible Verse:

“It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night...”

—Psalm 92:1-2

Reflection Questions:

When do you “declare” God’s “steadfast love” and “faithfulness”?

When is the best time for you to worship the Lord?

Discipleship Faith Practices

Give—Serve

Some Ideas to Try

- Contribute to ELCA World Hunger or Disaster Relief.
- Plan and attend a planned giving seminar.
- Donate food, clothing, or personal hygiene items to a local agency that helps those in need.
- Organize and participate in a congregational mission trip.
- Volunteer at a local food pantry.
- Identify your spiritual gifts and find new ways to use them.
- Become involved in a “Meals on Wheels” program.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #11

Dates: _____



Monday Day #1: Pray



Bible Verse:

*“Devote yourselves to prayer,
keeping alert in it with thanksgiving.”*
—Colossians 4:2

Reflection Questions:

In what ways do you “devote” yourself to prayer?

What causes you to be “alert” in prayer?



Tuesday Day #2: Study



Bible Verse:

*“But as for you, continue in what you have
learned and firmly believed, knowing from
whom you learned it...”*
—II Timothy 3:14

Reflection Questions:

What have you “learned” about faith from others?

Who has been a “role model” of the Christian faith for you?



Wednesday Day #3: Invite



Bible Verse:

*“I will sing of your steadfast love, O Lord,
forever; with my mouth I will proclaim
your faithfulness to all generations.”*
—Psalm 89:1

Reflection Questions:

What causes you to “sing” of God’s “steadfast love”?

How do you “proclaim” God’s “faithfulness” to all generations?



Thursday Day #4: Encourage



Bible Verse:

*“Rejoice with those who rejoice,
weep with those who weep.”*
—Romans 12:15a

Reflection Questions:

With whom do you “rejoice” and with whom do you “weep”?

What makes it easier for you to accompany those who “rejoice” and those who “weep”?



Friday
Day #5: Give



Bible Verse:

“For if the eagerness is there, the gift is acceptable according to what one has—not according to what one does not have.”
—II Corinthians 8:12

Reflection Questions:

What causes you to give with “eagerness”?

How do you give according to what you “have” and not on the basis of what you do “not have”?



Saturday
Day #6: Serve



Bible Verse:

“I am grateful to Christ Jesus our Lord, who has strengthened me, because he judged me faithful and appointed me to his service...”
—I Timothy 1:12

Reflection Questions:

In what ways does God judge you as “faithful”?

How has God “appointed” you to his “service”?



Sunday
Day #7: Worship



Bible Verse:

“Praise the Lord! I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation.”
—Psalm 111:1

Reflection Questions:

Where do you “give thanks to the Lord”?

In whose company do you “praise the Lord”?

Discipleship Faith Practices

Worship

Some Ideas to Try

- Worship regularly.
- Develop new ways to honor God through worship.
- Ask people what they do to cultivate reverence for God through their worship life.
- Offer to share your worship practices with others.
- Invite others to worship with you.
- Serve as a worship leader, e.g. assisting minister, communion assistant, reader, etc.
- Record your thoughts, feelings, and insights about worship in a journal.

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #12

Dates: _____



Monday Day #1: Pray



Bible Verse:

*“Regard your servant’s prayer and his plea,
O Lord my God, heeding the cry and the
prayer that your servant prays to you.”*
—II Chronicles 6:19

Reflection Questions:

What would cause you to “cry” to the Lord?

Why do you think God “heeds” our prayers?



Tuesday Day #2: Study



Bible Verse:

*“Therefore we must pay greater attention to
what we have heard,
so that we do not drift away from it.”*
—Hebrews 2:1

Reflection Questions:

As a follower of Jesus, to what should you “pay greater attention”?

From which of Christ’s teachings do you “drift away”?



Wednesday Day #3: Invite



Bible Verse:

*“I solemnly urge you: proclaim the message;
be persistent whether the time is favorable or
unfavorable; convince, rebuke, and encourage,
with the utmost patience in teaching.”*
—II Timothy 4:1d-2

Reflection Questions:

What causes you to be “persistent” in proclaiming God’s message?

How do you “convince”, “rebuke” and “encourage” others in the development of their faith?



Thursday Day #4: Encourage



Bible Verse:

*“Keep alert, stand firm in your faith,
be courageous, be strong.”*
—I Corinthians 16:13

Reflection Questions:

What helps you to “stand firm” in your faith?

In what ways do you encourage others to “be strong”?



Friday
Day #5: Give



Bible Verse:

“Honor the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine.”
—Proverbs 3:9

Reflection Questions:

With what do you “honor the Lord”?

In what ways do you give God your “first fruits”?



Saturday
Day #6: Serve



Bible Verse:

“Do not lag in zeal, be ardent in spirit, serve the Lord.”
—Romans 12:11

Reflection Questions:

In your service to God, in what ways are you “ardent in spirit”?

How do you help others to “serve the Lord”?



Sunday
Day #7: Worship



Bible Verse:

“Worship the Lord with gladness; come into his presence with singing.”
—Psalm 100:2

Reflection Questions:

In what ways do you “worship the Lord with gladness”?

How do you feel when you come into God’s presence?

Discipleship Faith Practices

“Our hope is that, as your faith increases, our sphere of action among you may be greatly enlarged.”
—II Corinthians 10:15b

The intent of this resource is to help your faith increase, so that the impact of your ministry may also grow. How you choose to live out your faith has the potential to make an impact on the lives of others locally, synodically, and globally. In essence, ministry is your “sphere of action”.

What steps are you willing to take in order to expand your “sphere of action”? If you were to develop a new ministry, upon which of the seven Discipleship Faith Practices would focus?

Please share this calendar with others.

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way:

“GOD’S WORK. OUR HANDS”

Weekly Faith Practices Calendar / Week #13

Dates: _____



Monday
Day #1: Pray



Bible Verse:

“Likewise the Spirit helps us in our weakness, for we do not know how to pray as we ought but that very Spirit intercedes with sighs too deep for words.”

—Romans 8:26

Reflection Questions:

What is it like to pray to God in “weakness”?

What helps you to pray when you are at a loss for words?



Tuesday
Day #2: Study



Bible Verse:

“Incline your ear and hear my words, and apply your mind to my teaching; for it will be pleasant if you keep them within you, if all of them are ready on your lips.”

—Proverbs 22:17b-18

Reflection Questions:

How do you “apply your mind” to God’s teaching?

How close are God’s words to “your lips”?



Wednesday
Day #3: Invite



Bible Verse:

“But the Lord stood by me and gave me strength, so that through me the message might be fully proclaimed...”

—II Timothy 4:17

Reflection Questions:

In what ways does God “stand” by you and “give” you strength?

How is God’s message “fully proclaimed” through you?



Thursday
Day #4: Encourage



Bible Verse:

“Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection, outdo one another in showing honor.”

—Romans 12:9-10

Reflection Questions:

In what ways do these words encourage you in the fulfillment of your discipleship?

Who might you encourage with these words?



Friday
Day #5: Give



Bible Verse:

“But each of us was given grace according to the measure of Christ’s gift.”
—Ephesians 4:7

Reflection Questions:

How much “grace” have you been “given”?

In what ways do you share with others “according to the measure of Christ’s gift”?



Saturday
Day #6: Serve



Bible Verse:

“Do not withhold good from those to whom it is due, when it is in your power to do it.”
—Proverbs 3:27

Reflection Questions:

What causes people to “withhold good” from others?

How does God “empower” you for service?



Sunday
Day #7: Worship



Bible Verse:

Praise the Lord! O give thanks to the Lord, for he is good; for his steadfast love endures forever.
—Psalm 106:1

Reflection Questions:

Why do you “give thanks to the Lord”?

In what ways have you experienced God’s “steadfast love” in your life?



Pray



Serve



Study



WORSHIP



Give



Invite



Encourage

My Discipleship Plan:

In the coming week, I will develop my faith practice to: _____.

I will do this in the following way: