

## Journey of Faith

Journey of Faith – an ongoing process

Where do we start? What is the first step?

The reality of the spiritual – Are we just physical beings, or is there more?

What do you think? Why?

This year will focus on learning – About God, About Christianity, About the UMC, about FUMCOR and about yourselves as spiritual beings.

As an introduction to this will break the Journey of Faith into four stages: Read (or learn), Reflect, Respond and Rest.

Read – For us to grow in faith we must learn about God, our spiritual community (aka church), Spiritual life. Bishop Carder asked: Who is God? Where is God? What is God doing? What does God want us to do? How we answer these questions sets the direction of our Spiritual Journey. We'll teach you, but ultimately you will need to answer these questions for yourselves – which leads us to stage 2

Reflect – What do I believe? How do God and church matter in my life? Do I want them to?

Respond – How does my faith influence who I am and how I act in the world?

John Wesley – a name hopefully you'll recognize – he and his brother are the founders of the Methodist Church – he had three simple rules: Do no harm, Do Good, and Stay in love with God. Do you believe these, and if so they can help you choose how to respond to life's challenges. How can I be like Christ, loving and wise, in the world.

Rest – In our faith journey we learn a lot, we think about it, we try to act in ways that express it – and then we rest, we sit with it and then start the cycle all over. Includes prayer – a way of resting with God, getting to know God better and getting to know ourselves better!

OK – 50 points who can remember what the first step was. Read. Learn – about God, about ourselves as spiritual beings.

Where is God? Some call nature, Creation, God's first revelation – how God reveals Godself to us. Examples – every night is followed by a sunrise Don't always see it. But we know it will happen.

Go out into the woods and find an example of something that says something about who God is. 5 - 10 minutes And then come back and we'll share. Adults too!