



W E E K O N E

Overcoming Apathy

**SUPPLEMENT FOR YOUTH
AND YOUNG ADULTS**

Jeremy Steele,

Director of Student Ministry
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RETHINKCHURCH®

SCRIPTURAL FOCUS: *Hebrews 12: 1-3 (Common English Bible)*

The Message

1-3 “So then let’s also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us. Let’s throw off any extra baggage, get rid of the sin that trips us up, and fix our eyes on Jesus, the pioneer and perfecter of our faith. He endured the cross, ignoring the shame, for the sake of the joy that was laid out in front of him, and sat down at the right hand of God’s throne. Think about the one who endured such opposition from sinners so that you won’t be discouraged and you won’t give up.”

Focus: The writer of Hebrews puts his finger on the key to the beginning for us to thrive: throwing off the sin that so easily entangles us. Whether it is spiritual, communal or physical health, the initial barrier - the initial entanglement, is apathy. Sometimes the problem is ignorance, sometimes inaction. Usually it is some combination of both, and it is within this understanding of the problem that we find the solution. The cure for apathy is awareness and action.

Awareness seems easy to accomplish. We simply teach or learn, and we are done. That may be the case with math or history, but when the awareness reveals our shortcomings, it becomes harder to observe and learn. The Bible offers a bit of instruction here that can help us on our journey to thriving. We must “fix our eyes” on Jesus as well as on the state of our physical, communal and spiritual health. We must not turn away when we are ashamed of what we see. We must not turn away when we recognize our weakness and culpability in allowing our health to slip. We must not be distracted by our own hunger for more comfort when we see people dying from preventable disease on the other side of the globe. In order to thrive, we must commit to fixing our eyes on obtaining a realistic view of who and where we are and where we need to be.

What is one of the most common excuses we use when confronted with big personal challenges like weight loss or even bigger global challenges like the fact that malaria kills more than a million people every year? The problem is too big. That is bogus because it assumes that big problems require big solutions (see the next section for a couple of examples). Once we allow ourselves to be convinced by that lie, we lose the battle to apathy. Instead, we need to focus on doing something small as soon as possible to set ourselves in the right direction. We need to set out on the race before us by taking the first, small steps, allowing apathy to shrink into a dot on the horizon as we run with perseverance, one step at a time.

RETHINK

Consider this:

Malaria is a preventable, curable disease. If someone gets malaria and gets to a clinic or hospital quickly, he or she can be healed. Since mosquitoes are the primary spreading agents of the disease, a \$10 mosquito net can buy prevention. Ten dollars and a trip to the doctor stop the needless deaths of more than a million children every year. Big problems can have small solutions.

Active Learning Element

Raising awareness is an excellent step to combating apathy. Leverage your online social networks to raise awareness among your friends and acquaintances by making an awareness video.

1. Watch the **Imagine No Malaria** video (on multimedia bundle) for inspiration.
2. Do a little research to find compelling statistics and information to highlight in your video. Start your search at imagineenomalaria.org.
3. Brainstorm the basic script by incorporating the statistics and information you collected.
4. Shoot and edit the video.
5. Upload it to YouTube and Facebook.
6. E-mail, like and tweet the video to encourage people to watch it.

Discussion Questions

Read Luke 10:25-37 and consider this background information: *The priest who passes by could quote some ritual purity laws to justify his passing by the wounded. (Of course, these would still be trumped by the general understanding that all purity laws should be ignored if no family or friends are available to tend to and bury the body.) However, it appears that he is most likely using his religious purity to shield him from his fear that the robbers might still be around and do the same to him. The Levite is a second-tier religious professional (a similar distinction could be made between the senior pastor and a youth pastor). He would not be held to as high a standard as the priest, but he still is expected to minister to the man's needs. The Samaritans are at odds on the religious front with the Jews (Read John 4:7-25 for a better scope), and the hearers would expect the Samaritan to be the villain. However, the Samaritan not only cares for the man's immediate need but also pays for two weeks' room and board with a promise to pay more.*

1. Ernestine is a great example of perseverance. What do you think makes someone able to continue to take such good care of their bodies until they are in their 70s?
2. The malaria video says a large part of the malaria problem in Africa is lack of education. How is that the same in the United States concerning the malaria issue? What can we do to make an impact on that problem?
3. Where do you see apathy in this parable?
4. How can you apply this parable to how we treat our own bodies?
5. How can you apply this parable to the issue of malaria in Africa?
6. What does apathy do to our faith?

WE'VE GOT AN APP FOR THAT!

“App”

Applications for Thriving: Overcome Apathy

Body

- How often do you exercise? How often do you eat junk food? Decide to keep a diet and exercise diary this week. Each day before going to bed, write what you ate and how you exercised (remember: you can exercise anywhere, not just at a gym or a track!)
- Take the first small step toward a healthy diet. Go to www.nutrition.about.com and use their online calorie calculators to determine the portions sizes best for you.
- Take the first step toward an active lifestyle. Decide to make your daily routine more active: take the stairs or walk the long way to wherever you are going.
- **KEY:** Set goals as a group so you can keep each other on the right track.

Spirit

- Take a moment to reflect on last week. Make a list of when you spent time nourishing your spirit through prayer, Bible study, worship and silence.
- You cannot make time. If you want to spend more time on your relationship with God, you will have to take time from somewhere. Consider areas from which you could take time to devote to your spiritual development.
- Google it! Try some ancient prayer practices like the Jesus Prayer, Lectio Divina or centering prayer.
- **KEY:** Set goals as a group so you can keep each other on the right track.

Community

- How about organizing a “sleepout” to raise money and awareness for Imagine No Malaria? Go to <http://www.imagenomalaria.org/atf/cf/%7Ba261c5b5-6810-4eef-962f-f5aa4aa5d22c%7D/SLEEPOUT%20INSTRUCTIONS.PDF> and download the information packet. Just decide on a date and location and send to your group with a basic description.
- Try to think of one over-the-top fun element to have at the sleepout that you can include in the description.
- If not at the sleepout, consider scheduling a time to make an announcement or special offering in your worship service.

SOCIAL MEDIA:

Pre-message: *How do you overcome apathy?*

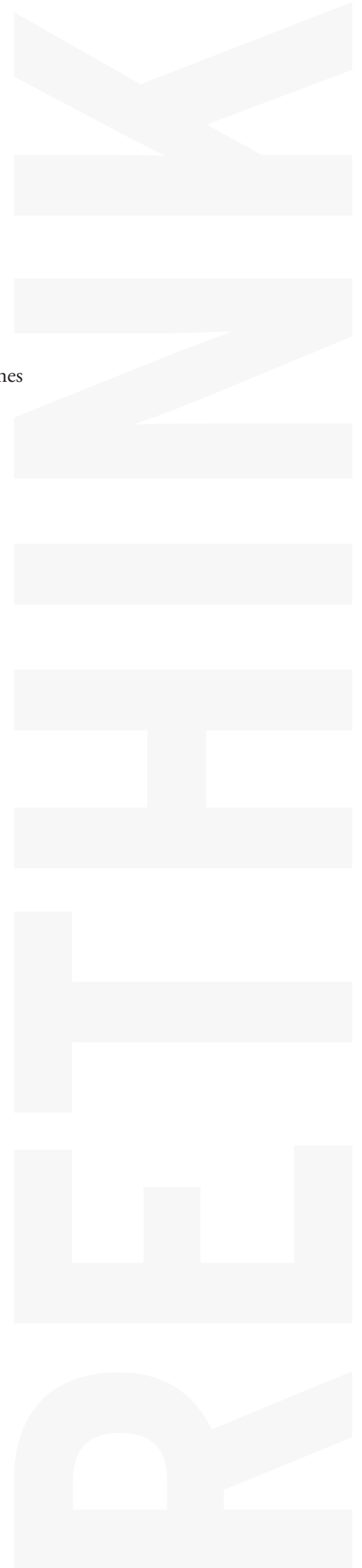
Post-message: *“The great use of life is to spend it for something that outlasts it.”* ~William James

For Church Facebook posts, include these YouTube Music Videos:

“Never Going Back to OK,” The Afters: <http://www.youtube.com/watch?v=onUWK9kTfAo>

“More Beautiful You,” Johnny Diaz: http://www.youtube.com/watch?v=PGZkrn_vaqU

“Something Holy,” Stellar Kart: <http://www.youtube.com/watch?v=oLOVgl3hWq0>





W E E K T W O

Overcoming Obstacles

**SUPPLEMENT FOR YOUTH
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SCRIPTURAL FOCUS: *Mark 2:1-5, 12* (Common English Bible)

1-5 “After a few days, Jesus went back to Capernaum, and people heard that he was at home. So many gathered that there was no longer space, not even near the door. Jesus was speaking the word to them. Some people arrived, and four of them were bringing to him a man who was paralyzed. They couldn’t carry him through the crowd, so they tore off part of the roof above where Jesus was. When they had made an opening, they lowered the mat on which the paralyzed man was lying. When Jesus saw their faith, he said to the paralytic, ‘Child, your sins are forgiven!’

12 “Jesus raised him up, and right away he picked up his mat and walked out in front of everybody. They were all amazed and praised God, saying, ‘We’ve never seen anything like this!’”

Focus: Your friend is sick, and someone in town supposedly has the power to heal anyone of anything. The only reasonable course of action is to do what it takes to get your friend to the healer, to get this friend to Jesus. When you get there, you are greeted with a crowd of people unlike you’ve ever seen. You cannot see the healer, much less get close enough for him to see your friend lying on the ground. What do you do? Most would at least try to get through the crowd, but would you be rude and obnoxious repeatedly? Would you carry your friend past all the sick people who arrived before you? Would you damage someone’s property just to get Jesus’ attention? At what point do you stop? These friends stopped at nothing to get their friend to Jesus.

This kind of extravagant action requires health on many levels. To believe so firmly that this type of healing is possible requires stable, healthy faith in God’s power and will. To stand firm in the face of people shouting accusations and anger at you, you must have the strength of emotional health. Then, to carry your friend, haul him onto the roof and lower him down require physical health. God calls us to this type of holistic health. And it is from this level of health we can most effectively minister to our friends and the world.

Consider this:

The extravagant love modeled here by the friends and later by Jesus is the kind of love all Christians are called to give to the world. Sickness is a unique thing. Something as small as a mosquito bite carrying the malaria parasite can cause the death of thousands upon thousands every day. For some, a few drinks, pills or hits from a pipe spawn a lifelong battle with addiction. Others struggle year after year with food addictions. We have sick friends all over the world. How can we love extravagantly? How can we carry them through the crowd, peel back the roof and lower them to the feet of the only one who can truly heal them?

Imagine No Malaria is seeking to be that extravagant expression of love to those battling malaria. A few weeks before this curriculum was published, **Imagine no Malaria** organized a bed-net distribution in Sierra Leone. In a country of 6.5 million people, **Imagine No Malaria** staff trained 38,000 community health workers to distribute 400,000 bed nets, along with training malaria prevention and treatment. That is one net for every 16 citizens. That is extravagant.

We can express that same extravagant love through working with a counselor or pastor to host an intervention, accompanying friends to counseling sessions and even exercising with them to hold them accountable. It is about using the ways we are healthy to bring others to the places where they find healing. Often, we cannot overcome obstacles on our own. We need more than we have to give. That is why we must use what we have to bring healing to families in Sierra Leone and Yourtown, USA.

RETHINK

How can we love extravagantly?

Active Learning Element: Resource Profiles

Watch *“Nursing Detroit to Health”* on the multimedia DVD. The people at the free clinic used what they had to make a difference. This did not happen without intentional conversations.

1. Take a moment to make a brief sketch (your resource profile) of who you are and what you have to offer. In what career are you interested? In what types of courses do you excel? What do you enjoy doing in your spare time? About what subject do you know an unusual amount of information? About what topic or area (school, city, world, church) are you most passionate?
2. As a group, discuss your resource profiles, and pair with others who have similar passion areas.
3. Begin to look in your group at what you can offer the hurting in your passion area.
4. Decide on one or two steps you could take toward using what you have to bring healing to those who are sick.

Discussion Questions

1. In the words of Jack Johnson, **“It’s always better when we’re together.”** Being alone is not only empty, but also debilitating. When we have others around us, we have the power of the group. Why do humans need others? Why might God have designed us that way?
2. In the video about the **Democratic Republic of Congo**, you see that preventing something as horrible as malaria causes people who would normally not work together to do so. What are some causes you could champion that would allow people to work together?
3. Read **Romans 14:19-23** and this background information. The peace mentioned in verse 19 is most likely linked to the Jewish word or concept of shalom. Shalom means far more than the absence of conflict. Shalom is wholeness and health in body, mind and soul. It is completion emotionally and physically. It is **“life to the full.”** It is exactly what Adam and Eve destroyed in the garden and what Jesus returned to offer humanity.
4. What are the obstacles Paul is talking about in this passage?
5. What is one supposed to value more highly, personal preference or the fragility of someone else’s faith?
6. Food is often not the issue for us. What practice might you substitute for eating? What does that change tell you to do in regard to this new practice?

RETHINK

THERE'S AN APP FOR THAT!

Applications for Thriving: Beyond Self-Care

“App”

Body

- You don't stop while you're ahead! Make sure those active habits you began last week continue this week.
- This week, show appreciation for your health by doing something for someone else. If you can walk without assistance, park farther away from your destination and allow someone else to enjoy parking close to the grocery store or school.
- Sometimes the obstacles you encounter to becoming more active fade when you do them with a friend. Commit to walk with a friend a couple of times this week, or if you are adventurous, try something new like disc golf or geocaching! (Google it)

Spirit

- How did you do taking time for nourishing your spirit last week? Make sure to ask your group this question. For those who did not do well, help them find that time as a group. It doesn't have to be the same time each week. In fact, it might be helpful to think through your week before it starts and decide the best times for you.
- This week, try not only to spend the special, set-aside time with God, but say short prayers of thanks to God when something good happens. Pray when you see or hear an ambulance, and instead of saying “I'll pray for you” and leaving, stop what you are doing and pray for that person then.
- Be intentional this week about what you put into your spirit. Choose music, books and movies that build you up spiritually rather than cause you to stumble or be tempted.
- There is something powerful about being with others as we nourish our spirits. Seek ways to include others in your spiritual practices this week.

Community

- If you are doing the **sleepout**, this is the week to plan the schedule for the evening. Try to find a additional ways to experience the life of those with whom you are standing and for whom you are advocating this night. Consider eating the same portions or singing some of their worship music.
- Have fun as well. Check out this podcast (<http://www.umyouthpastor.com/podcast/2010/4/29/episode-002-game-roundup-with-bill-mclarty.html>) for game ideas. Do some of your students like gross games? Here's a podcast <http://www.umyouthpastor.com/podcast/2010/8/30/episode-007-messy-games-with-bill-mclarty.html> that is full of game ideas.
- If you want people to sponsor students, now is the time to distribute sponsorship sheets to participants. Otherwise, put together a registration form for students to complete and turn in for the event!
- If you are not doing a **sleepout**, consider doing a social media blitz night. Have tweets, e-mails and FaceBook links ready to copy and paste, and ask people to send information about malaria and the **Imagine No Malaria** project to as many people as possible that night!

SOCIAL MEDIA:

Pre-Message: *What life-or-death obstacle can be overcome with \$10?*

Post-Message: *“Every man is somebody because he is a child of God.” (The Rev. Martin Luther King Jr.)*

For Church Facebook posts, include these YouTube Music Videos:

“Amos Story” Aaron Ivey: <http://www.youtube.com/watch?v=J4eZyblXpm8>

Derek Redmond and Father: <http://www.youtube.com/watch?v=zfJ3DLm0-vM&feature=related>

“Going through the Motions,” Matthew West: http://www.youtube.com/watch?v=r_rmCeAzqKc



W E E K T H R E E

The Child Within and Without

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SCRIPTURAL FOCUS: *Matthew 19: 13-15* (Common English Bible)

13-15 “Some people brought children to Jesus so that he would place his hands on them and pray. But the disciples scolded them. ‘Allow the children to come to me,’ Jesus said. ‘Don’t forbid them, because the kingdom of heaven belongs to people like these children.’ Then he blessed the children and went away from there.”

Focus: Can you remember being a child? Can you remember the awkward years growing up as your body made its metamorphosis from child to adult? Do you remember a day or moment when you realized you were no longer a child, and could no longer play with dolls or watch cartoons or build with Legos? There is a loss at some point of the innocence, marvel and joy of childhood.

That is a deep loss because those qualities are so difficult to recover. Often we value “grown-upness” more than that of childlikeness. Jesus turns that on its head. He reappraises the value we place on the maturing process to reveal the real cost of growing up. We must strive not only to reclaim innocence, marvel and joy, but also to help children, teens and young adults guard it in their lives. We must help them navigate the development process so they mature without losing the core values of children.

Yet, we cannot simply identify with the disciples and adults in this story. Sometimes in life, we find ourselves lost and cannot find our way. We come to the end of our natural ability. Sometimes we know how to find Jesus in the midst of our confusion and problems, but sometimes we, like the children in the Scripture, need someone to take us to the feet of Jesus. Sometimes we need someone who is farther along the path than we to carry us to the cross and ask for the blessings of a loving Savior. And sometimes, God calls us to do the same for God’s children who are lost and confused.

RETHINK

Consider this:

Malaria is a treatable disease, but the key is being able to get to a hospital or clinic in time. That is why **Imagine No Malaria** operates more than 200 hospitals and clinics. Part of the solution is placing medical care closer to those who need it. By locating clinics within reach of those stricken with the disease, **Imagine No Malaria** allows people to bring their loved ones to a place where they can be restored to health not unlike the adults in the Scripture today.

The real tragedy is that the persons malaria strikes the hardest are the most vulnerable: children. In Africa alone, a child dies from malaria every 45 seconds. Those children cannot speak for themselves. They need people to speak for them. They need people to be advocates for action.

Active Learning Element

Choose a well-known story in the Bible like the crossing of the Red Sea in **Exodus 14** or Jesus feeding the 5,000 in **Matthew 14**. Then try to rewrite the story from a child's perspective. Use some of these questions to begin.

1. What parts of the story would a child not be able to see because of his or her height? What things would they see at eye level that might have gone unnoticed by the adults who wrote the story?
2. What spoken words would they not understand? What might they think someone said?
3. What new sensations might they experience?
4. What might make them afraid? How would the adults around them comfort them?

Discussion Questions

1. Watch the video "**Malaria Ravages Poor**" on the multimedia DVD. The woman in the video lost a husband and seven children to a preventable disease. How can we pull back the rooftop and bring healing to those like her?
2. Watch the video, "**Wings for Sick Kids**" on the multimedia DVD. Often, difficult situations bring problems we do not even consider. Think of a problem you faced. What were some of the things people did to help? What were some of the problems that surprised you?
3. Read **Luke 17:1-2** and this background. We often think of the little ones here as being children when, in fact, a better understanding would be the weak, the lowly and the vulnerable. Children are definitely part of that group, but so are many other people. Jesus recognizes that sin will be in the world and that people will lead others astray, but he does not allow that recognition to exempt those who know better from the consequences of their actions. Rather, he offers a severe metaphor saying that it would be better for a millstone to be hung around their neck (more accurately have their head shoved through its hole like a necklace) and thrown into the water.
4. With this understanding of the verse, who else is included?
5. It says, "lead astray." What does that mean? How are people led astray?
6. If we can lead people astray by our actions or example, is our reaction to global problems leading people astray?
7. Jesus is always full of grace. How does **Luke 17:3** temper this warning?

They need people to speak for them.

WE'VE GOT AN APP FOR THAT!

“App”

Applications for Thriving: Beyond Self-Care

Body

- **Josh McDowell** made an amazing observation: If something has positive short-term consequences, it usually has negative long-term consequences. The opposite is also true. A more active lifestyle generally feels like it has immediate negative consequences (less time watching TV or eating less “junk” food), but by now you should be feeling the long-term consequence of more energy. Allow that to be your reward.
- This week, **get out!** Plan time to be outdoors. Go to a park, ride a bike, walk a trail or have a picnic. Just be active outside. Often, taking a “boring” activity such as walking or running and placing it in a beautiful natural setting makes it far more fun and interesting.
- Ask around and see if any of your friends walk, ride or play a sport and see if you can tag along. Even better, try to get some of your less-active friends to do one of those things with you!

Spirit

- Take time to assess your needs. Where have you come up short and needed help? Take a moment to consider whom you know and respect who seems farther down the path than you. See if you can set up a time to pick their brain about spiritual things.
- Many times, what is going on inside our spirit can speak to others. Decide this week to open up to a friend or two about some of the ideas you’ve been having or things you’ve been hearing God say to you.
- Consider volunteering in your church’s nursery or a children’s Sunday school class for a week or two. Watch the marvel, joy and innocence the children possess and follow them as they invite you into their magical world through their play.

Community

- For the **sleepout**, it is time to hit donations seriously. Consider setting up several phones at the church and having a phone-a-thon. Order pizza, have funny goals (like each time you get a donation, you have to jump up or sing your ABCs backward) and make it a party.
- Strongly promote the event at your church. Order a malaria net or two and hang them in conspicuous places with people and information nearby. Consider giving a couple of people mosquito-net hats (or even making a mosquito costume <http://www.imagenomalaria.org/atf/cf/{a261c5b5-6810-4eef-962f-f5aa4aa5d22c}/MOSQUITO%20COSTUME.PDF>) with information or a sign hung around their necks.
- In your conversations throughout the week, advocate for the youngest victims of malaria. Tell people about the deaths and about the woman in Congo who lost seven children and a husband, and find other stories of malaria online. Help the people in your world see the devastation and need.

SOCIAL MEDIA:

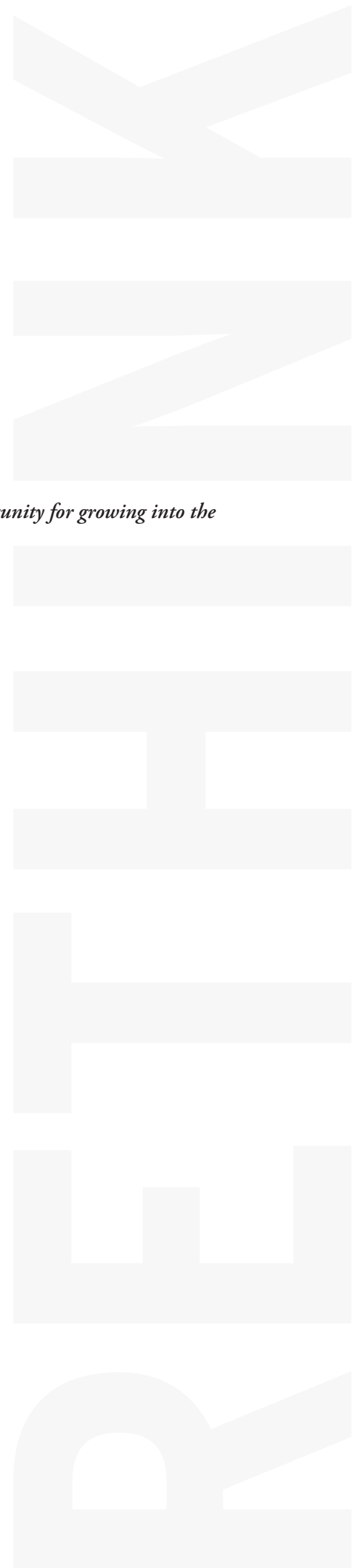
Pre-Message: *Do you think it would actually be better to be “like a child?”*

Post-Message: *“Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people.”* -Fred Rogers (Mr. Rogers)

For Church Facebook posts, include this YouTube Music Video:

“Keep Changing the World,” Mikeschair: <http://vimeo.com/14615346>

“Tears of the Saints” Leeland: <http://www.youtube.com/watch?v=LBMZ1wepb1A>





W E E K F O U R

You Were Born to Thrive!

**SUPPLEMENT FOR YOUTH
AND YOUNG ADULTS**

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SCRIPTURAL FOCUS: *1 Corinthians 6:19-20 (Common English Bible)*

19-20 “Or don’t you know that your body is a temple of the Holy Spirit who is in you? Don’t you know that you have the Holy Spirit from God, and you don’t belong to yourselves? You have been bought and paid for, so honor God with your body.”

Focus: This week is the conclusion of **Thrive!** Make sure in any lesson to revisit the major themes and concepts. However, this “conclusion” is similar to the design and building of a spaceship ready to launch. This week is launch week. From here on is the mission.

People have considered the idea of the body as a temple for centuries. For many throughout history, one would enter into themselves, just as they would enter into a doorway, but instead of using a doorknob, they would use Scripture, prayer and meditation. Some of the ancient church ancestors explained it as a bi-directional staircase: The deeper you descended within yourself, the further you ventured into heaven.

When we think of ourselves in this manner, it brings a new light on the concepts we have discussed here. As we care for our body, we are caring for the precious treasures of God that we use in service to God.

RETHINK

Consider this:

Body image is a huge issue among teens and young adults. You probably have many persons who cannot imagine revering their physical appearance, but this reverence is not only about how they fix their hair or the clothes they wear. It is about how they use their body in sync with their gifts to bring the reign of heaven to earth. Self-esteem is important, but it should be based on our worth and obedience to God.

Consider ways to honor all types, shapes, shades and ages of people this week. Ask someone to sign a worship song or invite a person who uses a wheelchair to share his or her talents. Share stories from your grandparents or of a time when your body somehow facilitated your service.

Active Learning Element

Choose several longer passages from the Bible such as **Genesis 2** or the parable of the sower in **Matthew 13**. Divide into a couple of groups and give each a passage of Scripture. Instruct participants that they are to use no words, but to tell the story they have with their bodies (pantomime). They must depict everything (seeds, rocks and plants) through their bodies using no props or words. Give them space to work and bring them back to perform. See if each group can figure out performers are “saying.”

Discussion Questions

1. Watch the video “**Sports Vision for Blind**” on the multimedia DVD. How are these unsighted people a light to you?
2. Share stories of conversations you have had with friends or family about malaria and what you are doing about it.
3. Read **1 Corinthians 12:12-26** and this background. This is a commonly quoted Scripture, but often misconstrued. When we talk about this metaphor of the body, we talk about the different tasks of the different parts and often speak as if each part operates independently of the others; however, an organism is not that way. Rather, an organism is a connected, singular being. We are to be the same way. We are to use our gifts with one hand while holding on to the other members of the body with the other. We are to work together to accomplish God’s purposes.
4. What is God’s purpose for the church?
5. How do we stay connected with other Christians, faith traditions and denominations?
6. How does this understanding change the way we must deal with the issue of malaria?

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“App”

Applications for Thriving: Beyond Self-Care

Body

- Whenever you come to the end of a period of work/reflection, it is good to celebrate. Find a time to go dancing this week. Even if you aren't a natural dancer, look up instructions on the cupid shuffle on YouTube and learn it in your bedroom or dorm. Dancing is a great way to enjoy being active. Don't worry about what you look like because everyone looks funny doing line dances!
- Try to increase the amount of water you drink compared to other beverages. This week try to replace one non-water drink per day with water.
- Review any initial goals to see if you are measuring up to your expectations. If you have succeeded, consider raising the bar. If you haven't, consider lowering the bar until you are able consistently to meet diet and exercise expectations. Meeting goals can be exhilarating and can encourage continuity in the program.

Spirit

- Spending time with God each day is important. Consider subscribing to a daily Bible podcast such as <http://thebiblepodcast.org/podcast/> or a daily devotional podcast. There are so many ways to spend time with God; sometimes it is nice to have an automated option.
- Begin the 90-day New Testament reading program found in the **Common English New Testament**. This plan is included in the Rethink Church edition, available for \$5 through www.umcom.org/bible. Scripture reading should be an integral part of your devotion time.
- Go to www.theworkofthepeople.com and browse their films and visual liturgy to connect with God this week.

Community

- We hope you scheduled this week as the launch for your **sleepout**. If not, make sure to finish strong with a last push for awareness and donations. If so, it's time to finalize details, purchase supplies and rock on till the break of dawn (unless you have scheduled sleep time, of course!).
- During your group time or your **sleepout**, watch the video “**Imagine No Malaria Launch**” on the multimedia DVD as a challenge to make this a beginning rather than an ending in your work against malaria.
- Consider taking a prayer walk with a group of friends to pray for those affected by malaria. Ask God to use you to make a difference.

SOCIAL MEDIA:

Pre-Message: *If you had no limitations, what great thing would you do?*

Post-Message: *“Don’t let what you can’t do stop you from what you can do”* -John Wooden

For Church Facebook posts, include these YouTube Music Videos:

Who Am I, Casting Crowns: http://www.youtube.com/watch?v=VU_rTX23V7Q&feature=related

Call on Jesus, Nicole C. Mullen: http://www.dailymotion.com/video/xqh14_nicole-c-mullen-call-on-jesus_music

