



HOUSE CHURCH SUNDAY, MARCH 22ND

THEME: When People Pray, week 5 – Contemplative Prayer

- **BEFORE YOU BEGIN**

- If you haven't read it yet, [Click here](#) for the guide of "How to do House Church." Content, updates, and archives will be uploaded weekly at www.tumcdan.org

- **WORSHIP** 10-15 minutes

(Use all of these elements for worship or choose the parts that work best for you)

- **Call to Worship:**

Leader: Jesus says to his followers, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)

Response: We will fix our eyes on Jesus, the author and perfecter of our faith. For the Lord is good and his steadfast love endures forever; his faithfulness continues through all generations. (Hebrews 12:2 & Psalm 100:5)

- **Give Thanks:**

Write down or share what you are thankful for today. Give thanks to God for each.

- **Music:**

View these songs on YouTube and sing along with the lyrics. If someone in your family or group is musical, they can also lead the songs without videos

"Is He Worthy"

[Click here for Video](#)

[Click here for Lyrics & Chords](#)

"Turn Your Eyes Upon Jesus"

[Click here for Video](#)

[Click here for Lyrics & Chords](#)

- **Psalm 145 Reading:**

(This is a good alternative if you cannot do the musical option. Read together or alternate each verse, Leader and Response. Speak these words of worship with joy and passion!)

(Psalm 145)

¹ I will exalt you, my God the King; I will praise your name for ever and ever.

² Every day I will praise you and extol your name for ever and ever.

³ Great is the LORD and most worthy of praise; his greatness no one can fathom.

⁴ One generation commends your works to another; they tell of your mighty acts.

⁵ They speak of the glorious splendor of your majesty—and I will meditate on your wonderful works.

⁶ They tell of the power of your awesome works—and I will proclaim your great deeds.

⁷ They celebrate your abundant goodness and joyfully sing of your righteousness.

⁸ The LORD is gracious and compassionate, slow to anger and rich in love.

⁹ The LORD is good to all; he has compassion on all he has made.

¹⁰ All your works praise you, LORD; your faithful people extol you.

¹¹ They tell of the glory of your kingdom and speak of your might,

¹² so that all people may know of your mighty acts and the glorious splendor of your kingdom.

¹³ Your kingdom is an everlasting kingdom, and your dominion endures through all generations.

The LORD is trustworthy in all he promises and faithful in all he does.

¹⁴ The LORD upholds all who fall and lifts up all who are bowed down.

¹⁵ The eyes of all look to you, and you give them their food at the proper time.

¹⁶ You open your hand and satisfy the desires of every living thing.

¹⁷ The LORD is righteous in all his ways and faithful in all he does.

¹⁸ The LORD is near to all who call on him, to all who call on him in truth.

¹⁹ He fulfills the desires of those who fear him; he hears their cry and saves them.

²⁰ The LORD watches over all who love him, but all the wicked he will destroy.

²¹ My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever.

Amen.

- **KIDS** 30-40 minutes

(If there are children in your House Church, you can add in these songs and participate in the ActivateKidz Video message from Miss Emily. You can also do the ActivateKidz lesson anytime!)

- **Songs:**

“King of Me” [Click here for Video](#)

“My Lighthouse” [Click here for Video](#)

- **ActivateKidz Video Lesson:**

A video lesson will be posted on the ActivateKidz YouTube Channel every week. Look for the Activate Video Lesson for this week.

[Click here](#) for this week’s ActivateKidz video lesson

- **SCRIPTURE** 5 minutes

(Have one person read out loud or choose a different reader for each passage)

- **Psalm 62:1** (New International Version)

Truly my soul finds rest in God; my salvation comes from him.

Psalm 46:10 (NIV)

He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Luke 10:38-42 (NIV)

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made.

She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Ephesians 3:16-19 (NIV)

¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

- **MESSAGE** 30 minutes

- [Click here](#) to view the video of Pastor David's message for this week
- [Click here](#) to view written notes from the message if you cannot play a video

- **DISCUSSION** 15-20 minutes

(Use these questions to connect with your group, reflect, and apply this week's message to life.

You don't have to get through every question, just choose the ones that connect with your group.)

- How is everyone doing? (*Really, honestly.*) When did this global crisis become "real" or "personal" for you and how have you responded?
- What about the message inspired or resonated with you? What about the message challenged or confused you?
- What is your initial reaction to the idea of contemplative prayer? Does it excite you, scare you, or bore you?
- Based on what was shared about contemplation, have you had experiences like this with God? Share about these.
- Reread Luke 10:38-42. What might this story teach us about a life of prayer?
- Do you understand and resonate with the three-stages of contemplation? (ME and God, GOD and me, GOD) How else could you describe this kind of prayer?
- Contemplative prayer can seem like a really impractical thing to do, yet the message claimed that it can be the key to a fruitful and thriving life. How does contemplation connect with action?

- **Close with the Lord's Prayer**

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our sins as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever. Amen.

- **PRAYER** 10-15 minutes

- Spend time sharing your prayer requests (personal petitions, intercession for the community and the world). It can be helpful to write these down and share them with the group to pray throughout the week.
- Use the "P.R.A.Y." model to pray together. One leader can facilitate this prayer time by talking through each portion and giving the group space to pray. We encourage your group to pray out loud together for the various requests during the "Ask" portion, but it's also ok to let this be a time of silent prayer where each member can petition and intercede in their own heart.

Pause – Be still, rest in silence, focus yourself on God's presence – in your heart you can say a simple phrase like, "My God and my all"

Rejoice – Lift up your praises for God's presence and God's blessings

Ask – Pray for the various requests mentioned as a group

Yield (or "Yes" for kids) – Surrender to God's power and God's will, yield to God's presence, contemplate his glory – close prayer by rereading Eph. 3:16-19 above

- **GIVING** 3 minutes

(Church is not cancelled, we're just connecting in different ways for a season. If our church can continue to meet our expenses and function in a healthy way through this time of crisis, we will have the profound blessing of being able to focus not on *survival*, as so many other entities are being forced to do, but on **mission**. If you are able to continue your regular giving, you will be empowering us to *be the church* for the sake of the world at this critical moment of history. You may also consider other special giving opportunities in our congregation and to other organizations serving the community and the world at this time.)

- **Electronic Giving**

[Click here](#) for secure, easy electronic giving or use your smartphone to text "tumcdan" to 77977

- **Mail in Offering**

You can also mail your offering to our church office

Trinity United Methodist Church

84 Lombard Avenue

Danville, PA 17821

- **Lent Giving Challenge**

For those continuing in the Lent Giving Challenge for our Building Fund, today's amount is 16\$ (we started at 2\$ and double the gift each week until Easter)

- **Love in Action Fund**

Our Love in Action Fund exists to support members of our community, our childcare, and our congregation with practical support as a demonstration of the love of God. We would like to build up this fund even more in anticipation of the many practical needs that will arise in this season of economic strain.

- **Offering Prayer**

Lord, as you have given yourself so freely to us, we give ourselves to you. May our lives be a living sacrifice. We give for the sake of your Church and for the sake of the world which you so love. Receive our simple gifts of time, talents, and treasures in the name of Jesus, for your glory. We ask you to multiply these gifts for the advance of your Kingdom, for the Awakening of our community, and for the restoration of our world. Amen.

- **NEXT STEPS** 5 minutes

- **What can you do this week to connect with God's people and serve the world in Christ's love? Here is one idea for this week:**

Think of someone who you know who is isolated to reach out to (a single person, an elderly neighbor, etc.). Give them a phone call. Write them a note. Knock on their door. Ask how they are doing, how you can help, offer to pray.

OR

Think of someone you know who is particularly affected by this national emergency (someone out of a job, an owner of a small business, a medical professional or caregiver, a civic or organizational leader). Give them a phone call. Write them a note. Knock on their door. Ask how they are doing, how you can help, offer to pray.

- **SHARE!**

- **Share pictures and testimonies of your House Church on social media!** You can also email your photos and stories to our church office Trinity.Secretary@verizon.net if we have permission to share them!

- **Share your feedback with us!** What did you like about House Church and what can we do next week to make it more helpful to you? Did your group come up with other ideas of how to do House Church together or ways to serve the community?

We want to hear from you!

Email Trinity.Secretary@verizon.net