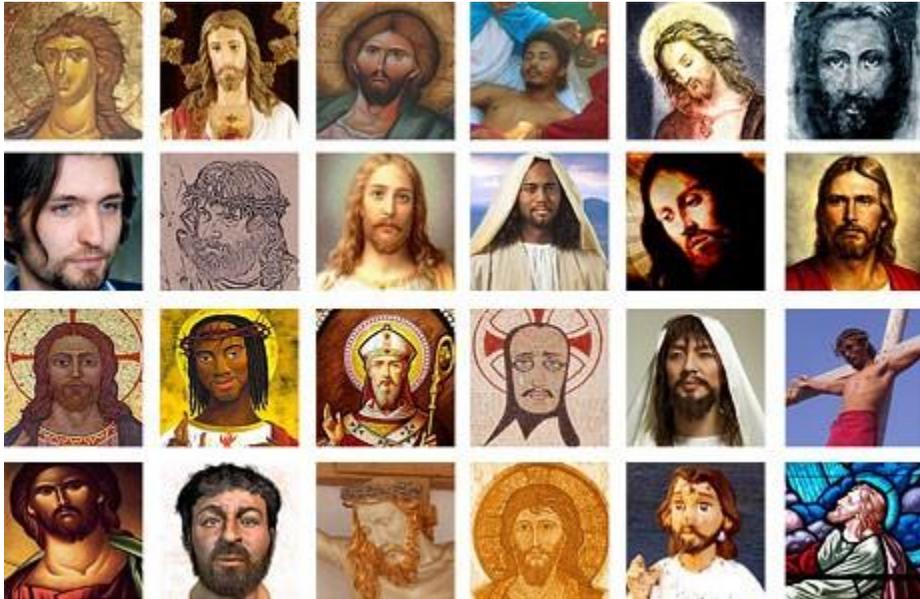


# VALLEY FORGE

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## PRESBYTERIAN CHURCH

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2020 VISION: SEEING JESUS MORE CLEARLY

# DISCIPLESHIP@HOME

## WINTER 2020 GUIDE

# WHAT IS DISCIPLESHIP@HOME?

Discipleship@Home is the invitation to any and all of our people to grow as disciples of the way of Jesus by developing discipleship-nurturing practices of Bible reading and reflection in the home. We are called to life-long learning and life-long pursuit of growing into the likeness of Christ.

We may not all be able to regularly participate in the discipleship nurture that happens in worship services on Sunday mornings, but we can all regularly participate in the discipleship nurture that can happen at home! Those who exercise daily nurture a greater depth of physical health. Those who sleep, rest, and find stillness daily nurture a greater depth of mental health. Those who engage the presence and direction of God through Scripture and reflection nurture a greater depth of spiritual health.

Further, for those from our community with children and youth, the single greatest factor in the faith formation of our children is not the influence or tutelage of the pastor or Sunday School teachers, but the parents! To see our children and youth be formed to their greatest potential as Christians living for the sake of God's good will in the world, adding discipleship-nurturing practices at home together as a family is of critical importance!

## HOW DOES DISCIPLESHIP@HOME WORK?

There are assigned Scripture readings for each week of the year, which all of our children, youth, and adults are invited to engage each day of that particular week. Children's readings are from the "Children of God Story Bible" by Desmond Tutu, and youth/adult readings are traditional texts. The schedule for Discipleship@Home reading is in this guide, as well as included weekly in the e-mail Blast and the LINK bulletin insert.

All are invited to find the time of day that best works in each individual or family context, and to spend 15-30 minutes stepping through the three D@H practices: (1) reading, (2) reflecting, and (3) praying. Families with children and youth are encouraged to do this together rather than individually!

# DISCIPLESHIP@HOME READING SCHEDULE

| WEEK      | CHILDREN (TUTU BIBLE)         | YOUTH/ADULTS           |
|-----------|-------------------------------|------------------------|
| 1/6-1/12  | Jesus is Changed, p.102       | Matthew 5:14-16        |
| 1/13-1/19 | Jesus Goes Fishing, p.74      | Matthew 5:21-26        |
| 1/20-1/26 | Jesus Restores, p.92          | Matthew 5:38-42        |
| 1/27-2/2  | Paul Follows Jesus, p.120     | Matthew 5:43-48        |
| 2/3-2/9   | Jesus in the Temple, p.66     | Matthew 6:1-4          |
| 2/10-2/16 | Disciples Learn Prayer, p.84  | Matthew 6:5-14         |
| 2/17-2/23 | Jesus is Baptized, p.68       | Matthew 6:19-21, 24    |
| 2/24-3/1  | Jesus Calms Storm, p.98       | Matthew 6:25-34        |
| 3/2-3/8   | Woman's Love for Jesus, p.104 | Matthew 7:1-5          |
| 3/9-3/15  | Jesus Teaches Happiness, p.76 | Matthew 7:7-12         |
| 3/16-3/22 | A New Earth, p.122            | Matthew 7:13-20        |
| 3/23-3/29 | The Last Meal, p.108          | Matthew 7:21-29        |
| 3/30-4/6  | Jesus is Alive, p.112         | Matthew 21:1-11        |
| 4/6-4/12  | The Good News, p.114          | Matthew 28:1-10, 16-20 |

## READING AND REFLECTING APPROACHES

**TRADITIONAL:** Traditional Bible reading and reflecting can be done alone or together as a family. Simply read (in your head or aloud), pausing to reread if you get distracted. Make note of words or phrases that strike you. After a couple days, you might try reading from another translation like (many translations available at [www.BibleGateway.com](http://www.BibleGateway.com)). Then, reflect! Ask these questions, and some may be aided by journaling or drawing as you reflect.

- What part of this reading stood out and grabbed my attention?
- What questions about God, Jesus, humanity, or me did this text raise?
- What does this reading help me to understand about Jesus, God, humanity, or me?
- Why do I think this was so important that it was included in the Bible?
- How does this reading help to shape the actions and attitudes of my daily living as a disciple of the way of Jesus?

**DWELLING IN THE WORD:** Dwelling in the Word is a practice for reading and reflecting on the Scriptures as a group. It is helpful for everyone in the group to have a copy of the reading and a pen. The steps for Dwelling are:

- (1) One person reads the Scripture for the first time
- (2) All silently reflect on where their attention is drawn in the Scripture
- (3) A different person reads the Scripture for the second time
- (4) All silently reflect on where their attention is drawn in the Scripture
- (5) Share one another's reflections with the whole gathering, asking follow-up questions about what each insight might mean about daily living

**LECTIO DIVINA:** Lectio Divina is Latin for "sacred reading" and is a practice that has been used for over a thousand years. It can be practiced individually or together as a family. The movements of Lectio Divina are:

- (1) Prepare: Sit up, hands in lap, relax your body and your breathing
- (2) Read: Read slowly, listening for repetition, themes, images. Read again, repeating phrases that draw your attention several times over
- (3) Contemplate: If alone, consider the traditional reflection questions internally. If together, one person prompts all to reflect internally.
- (4) Prayer: Whether alone or together, all pray internally while considering concerns, anxieties, gratefulness, confessions and apologies.
- (5) Meditate: All are invited to let go of all thoughts and concerns, and to resist the urge to think or do anything. Simply rest in God's presence.

## **PRAYER**

Close your Dischipleship@Home time with prayer. Take the time to consider (and maybe write down) the prayers that come to mind after your time of reading and reflecting. If you are practicing as a family, give all the chance to speak their prayers. Remember that prayer is not our list of demands for God to meet, but our effort to exchange our desires for God's desires. Name each prayer, and ask God what God's desire in each prayer situation might be. Listen for how this might shape your attitudes and actions in response. Close with an AMEN, and go live your day by God's will in every moment!