

# MOVEMENTS

THE ESSENTIALS OF CHRISTIAN COMMUNITY

## MOVEMENT 5: UPWARD

Queue up the 15-minute video, "Movement 5," available online at [fbclodi.org](http://fbclodi.org). **Have someone read Deuteronomy 6:1-9 first, then push play.**

Discussion Questions for Moving Deeper:

1. Really basic question: What is "worship" to you?
2. If you're comfortable doing so, describe a time where you felt like you were truly, deeply worshipping God. What did that look like? What was the environment? How did you feel? Were there others present?
3. In the teaching, we defined worship this way: *"making the choice to celebrate the goodness of God in the everyday reality of our lives."* Do you agree with that definition? What would you add or change?
4. Read Luke 19:37-40.

What has happened, or is happening, in your life right now that is truly worth celebrating?

A tougher question: Are there difficult circumstances or stories in your life that you haven't thought to see as worth celebrating? Where is God at work, even in the midst of "this?" How can you celebrate it?

5. How can our community group celebrate, and *worship*, God together? What practices or commitments could we make to each other to make Christian worship a part of our time together?

## Questions for Moving Deeper Still

(Don't worry about these if you are out of time or have other things to do as a group.)

Read Isaiah 61:1-3.

1. In v.3, ashes, mourning and despair stand against beauty, gladness, and praise. Where in your own life has the former been transformed into the latter? In other words, have there been times or situations in your life where Jesus turned something hopeless into something beautiful?
2. In our culture and political climate, especially right now (moving toward Nov. 2 in a really weird election year), where do you see the prevailing narrative as one of "despair?" Has this public narrative affected you in any way?
3. Thinking about the scriptures we've looked at so far, How could the church best counter this public narrative? Should we? How could you, personally, choose a different narrative?

## Moving Beyond

(thoughts and questions for your personal journey)

Read and reflect on the following poem, "*Mindful*," by Mary Oliver.

*"Every day I see or I hear something that more or less kills me with delight; that leaves me like a needle in the haystack of light. It was what I was born for: to look, to listen, to loose myself inside this soft world. To instruct myself over and over in joy and acclamation. Nor am I talking about the exceptional, the fearful, the dreadful or the very extravagant... but of the ordinary, the common, the very drab, the daily presentations. Oh good scholar, I say to myself, how can you help but grow wise with teachings as these: The untrimmable light of the world, the oceans' shine, the prayers that are made out of grass."*

Challenge: Take some time, either right now or at some point this week, to compose a poem (or really, any paragraph of a few sentences will do) of worship to the Lord. Try to include thankfulness for the reality of your own life and journey.

Scariest challenge: Bring it to your group next week and share it as a part of your time together.