



# grow. pray. serve.

Reveille UMC Weekly Guide

**June 22-28, 2020**

**Sermon by Rev. Kelley Lane**

**Sermon Title: “Moving Toward a Life of Gratitude”**

**Notes from sermon on 6/21:**

**Things to Pray For This Week:**

## **Household Question:**

What are you thankful for today?

## **Questions for Small Groups**

1. How has gratitude helped you get through times of crisis?
2. When has worship changed your outlook on a situation?
3. What stories of God are you willing to share with your friends? With the church? With someone you don't know well?

## **Monday, June 22: Read Psalm 95:1-7**

In 2019, wellbeing and resilience expert Lucy Hone gave a TED Talk entitled “The three secrets of resilient people.” Unfortunately, she had a lot of first-hand knowledge in this area, for not only had she lived through the terrible earthquakes that devastated her town of Christchurch, New Zealand in 2011, a few years later she lost her 13-year-old daughter in a car accident. Drawing on the latest research, she found the three “secrets” to getting over this kind of crisis and tragedy: realize that bad things happen to everyone, always ask yourself “is this helping me?” when engaging in a potentially self-destructive and reactive behavior, and look for the good in the world and your life, and give thanks for it.

This week, we will explore the ancient wisdom of the scriptures that uncovered these secrets thousands of years ago. In today's world, when we are being called to recognize the pain, suffering, and discrimination that has occurred to so many people, face the ongoing crisis of virus spikes and extended school closings, and deal with the loss of loved ones and beloved rites of passage, we will be challenged by the psalmists, prophets, disciples, and Jesus to recognize, receive, and enjoy the gifts God has given us while never turning our back on the pain and suffering of others. The key is gratitude. Today, let us say this psalm aloud, praising God always...especially right now.

**Tuesday, June 23: Read Genesis 1**

One key to finding gratitude is to go back....way back. When we take time to think about all the work that came before us that led to the creation of our lives today, we can be truly humbled and recognize the blessings around us. We can think of every decision of our ancestors that led to the creation of our very lives. We can see the imperfect yet functional human systems that give us food, security, water, sewage treatment, and an economy. We see a loving God who created a perfect world that, while hurting and broken, still tells of God's glory in every mountain, ocean, animal, vegetable, mineral, color, season, and celestial body. What is outside our very windows today for which we can give thanks to God?

**Wednesday, June 24: Read Psalm 13**

Being grateful for what we have does not mean turning our back on real problems, nor ignoring the real pain and suffering of others. We cannot hole up in our secure houses in nice neighborhoods and forget that this crisis is affecting everyone, and people need our help. Today's psalm from this week's common lectionary echoes the cries we have heard from so many people of color who have suffered under prejudice for centuries and so many people who have suffered from unemployment and food insecurity for months. This pain is real, and we must hear their cries and join in their cries for justice and deliverance. Yet we also know we do not need to stay mired in despair, for notice how the psalm ends: with trust, love, rejoicing, song, and bounty. How has God dealt bountifully with you today?

**Thursday, June 25: Read Luke 17:11-19**

It seems we have such short memories today. We forget the pain and suffering of others as soon as we turn off the TV and see the relative bounty of our own homes. We forget the real threat of a pandemic when we see sunshine and beachgoers having fun. We also often forget the people who have sacrificed for us as soon as we receive their gifts. In today's gospel, we read of the incredible gift of healing Jesus gave ten people suffering from leprosy. Only one came back to say thanks. What are the gifts in our lives today for which we need to return to God to give thanks?

**Friday, June 26: Read Ephesians 1:16-18**

When we give thanks, our hearts and minds are opened to new hope, inspiration, and life. It changes our entire outlook, and we begin to find new blessings and new ways to spread God's message of love, healing, and transformation. Let us be seekers of the light. As we welcome our new pastor, Pete Moon, to Reveille, let him find a congregation full of joy, hope, excitement, and inspiration. Let him find a congregation that hears the cries of others and recognizes the pain in our community, even as we joyfully work to eradicate it. Let Dr. Moon find open arms and hearts as we give thanks for his presence, talents, and ministry to us. Let us all come together to thank God for the many blessings God has given us all, and the many blessings that are yet to come.

**Saturday, June 27: Scripture Memorization: Psalm 13:5-6**

"But I trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the Lord, because he has dealt bountifully with me."

**Sunday, June 28: Let us prepare our hearts and minds for worship in praying our Prayer of**

**Common Confession:** *Lord, we confess our day to day failure to be truly human. We confess that we often fail to love with all we have and are, often because we do not fully understand what loving means, often because we are afraid of risking ourselves. Lord, we confess we cut ourselves off from each other and we erect barriers of division. We confess that by silence and ill-considered word, we have built up walls of prejudice. We confess that by selfishness and lack of sympathy, we have stifled generosity and left little time for others. Holy Spirit, speak to us. Help us listen to your word of forgiveness, for we are very deaf. Come, fill this moment and free us from sin.*