

Hello Spiritual Practice friends!

Welcome! We are grateful that you are engaging with us! I am so very excited you are joining us for this discipleship journey! I am praying God does a good work in us as we practice His presence this fall!

As we begin this Sunday, I want to remind you that this is most definitely not about perfection but about practice! It's not about striving; it's about surrender. A good twenty-five years ago God impressed upon me that if I sought Him with my whole heart, He would indeed be found by me. That wasn't so much about striving and doing as it was my diligence and commitment to showing up and inviting God to be faithful to do His part. I sensed it was about surrendering and giving God access to my heart and mind. And that is what it has continued to be all these years later. Friends, will you surrender this next eleven weeks to Him and see how He might show up in the midst of your practice?

**Here are some helpful hints as we begin:**

- I hope you were able to watch the **introduction video** that came along with your registration confirmation. If you did not, you can watch it [here](#).
- We have built a **landing page** for all things discipleship this fall. You can find it right here - <https://connectwithtrinity.com/discipleship/>
- The **Ephesians reading plan** will be in the bulletin this Sunday and posted on the landing page. As we engage the practice of Meditation this coming week, please begin using the reading plan as you practice meditating on Scripture. Our goal is for the weekly readings to inform and direct the ways you engage spiritual practices each week.
- If you are engaging this in a **triad**, please begin arranging for your first meeting as well as the regular time you plan to meet. We suggest meeting weekly for the eleven weeks, Sept. 13-Nov.28. Decide when and how you will meet. We are envisioning at least some in-person meetings since there are only three of you, but your group can decide your comfort level for in-person and/or zoom. Maybe you do a combination of both. There is not necessarily an expectation of meeting in someone's home, although if you agree, you may. A public place, college campus, a park, outdoor space at Trinity or an indoor space at Trinity would all be options depending on what your group prefers. We may have some space at Trinity for your triad. **You can contact Jamie Prescott at [trinityoc@gmail.com](mailto:trinityoc@gmail.com) to reserve a room at Trinity.** I would encourage you to begin meeting next week.
- If you registered, the first **weekly email** should arrive in your inbox early this Sunday afternoon. Throughout, each weekly email will include a five to ten-minute teaching video, Scripture prompts for the week, a spiritual practice definition, practice prompts and self-reflection/triad questions for your weekly triad gathering. Additional resources may also be a part of the weekly email.
- **What will you need?** A Bible, a pen, weekly email, reading plan, maybe a journal and other assorted things as indicated in the weekly email. Yet the most important thing you will need is an open posture - open your hands, ears, heart and mind to receive what God desires to do in this next eleven weeks.

Please, at any time along the journey reach out with questions, struggles, joys and concerns. I would love to hear how it's going! Now, may the Lord STRENGTHEN you, ROOT and GROUND you in His love (Ephesians 3:16-19). Let's do this!

On the journey with you,  
Michelle  
Director of Adult Discipleship