



# GOING ON MISSION

## Week 16 | Going On Mission Exercises

### Exercise 1 - Meditation and Contemplation

Prepare to enter this devotional time with a posture of prayerful expectancy. Sit comfortably, alert, and relaxed. Try, if you can, to put away your thoughts of the day and ready yourself to listen. Start with a simple prayer, "Lord, thank you for your loving presence. Prepare my heart and mind to receive your word."

*Now Peter and John were going up to the temple at the hour of prayer, the ninth hour. And a man lame from birth was being carried, whom they laid daily at the gate of the temple that is called the Beautiful Gate to ask alms of those entering the temple. Seeing Peter and John about to go into the temple, he asked to receive alms. And Peter directed his gaze at him, as did John, and said, "Look at us." And he fixed his attention on them, expecting to receive something from them. But Peter said, "I have no silver and gold, but what I do have I give to you. In the name of Jesus Christ of Nazareth, rise up and walk!" And he took him by the right hand and raised him up, and immediately his feet and ankles were made strong. And leaping up he stood and began to walk, and entered the temple with them, walking and leaping and praising God. And all the people saw him walking and praising God, and recognized him as the one who sat at the Beautiful Gate of the temple, asking for alms. And they were filled with wonder and amazement at what had happened to him. - Acts 3:1-10*

**Read:** Read the passage aloud (or silently, if you are not in a place where you can read aloud). Listen for a word or phrase that sticks out to you. Read the passage again. If one word or phrase stood out the first time, see if it does the second time. Begin to repeat this word or phrase to yourself and let it resonate with you. If nothing sticks out, that is okay; just read again. Imagine someone taking a highlighter and pointing out one word or phrase. Remember, this is not a performance-driven exercise. Focus on spending time with God in His Word.

**Reflect:** Reread the passage. Meditate upon your word or phrase and ask God how this word speaks to your life. This could be a realization, feeling, sensory perception, image, thought, etc. Let your imagination be engaged, as well as your heart and mind. As these images, thoughts, and feelings come to you, take time to think about them. When you feel like praying, move to the next phase.

**Respond:** Thank God for the gift you've been given in His personal word to you. Then allow your heart and head to lead you in a response. Pray what you most desire to say to God, then listen. Journal and write down thoughts that come to mind, and what you believe God is speaking to you. Listen to the Holy Spirit to discover a possible invitation relevant to today, the next few days, or the season to come. It could be an action to take, a truth to discover about God, a way of life to change, someone to forgive, or something to celebrate. As you sense God bringing the time to a close,

**Rest:** As your prayer comes to an end, simply be with God in stillness. Celebrate hearing from God and soak in the goodness of God's grace. Enjoy the silence then reflect on the experience. Regardless of how you feel, thank God for the chance to encounter Him and His living word. Ask God to bless you, especially if you feel called to an action. Spend another moment in silence before ending your time.

## **Exercise 2 - Doing the Works Jesus Did**

*Now when they saw the boldness of Peter and John, and perceived that they were uneducated, common men, they were astonished. And they recognized that they had been with Jesus. - Acts 4:13*

As we've gone through this Pathways series, we have seen that being with Jesus, becoming like Jesus, and doing the works that Jesus did are all foundational to discipleship. In Acts 3 and 4, because Peter and John had been with Jesus, they became like Him in their boldness, and did what He did by healing a lame man.



Think through some of the practices we have discussed in the past few months (e.g. prayer, community, working through the past, hospitality).

**Have you seen God bring about growth in any of these areas? Where specifically?**

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**In what ways has being with Jesus given you a passion to become like Him?**

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**How do you think He might be calling you, through His power, to do the works that He did?**

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### **Exercise 3 - Think Big**

*Clear lots of ground for your tents! Make your tents large. Spread out! Think big! Use plenty of rope, drive the tent pegs deep. You're going to need lots of elbow room for your growing family. You're going to take over whole nations; you're going to resettle abandoned cities. - Isaiah 54:2-3 (MSG)*

The overall message of this passage is to think big--to get ready for what we have not seen yet. God is capable of doing more through us than we could ask or even imagine (Ephesians 3:20); He wants to work in us and through us to advance His Kingdom.

As we have journeyed through these Spiritual practices, the hope is that you have gone deep into a knowledge of Christ's presence, but also wide as you seek to spread His presence everywhere you go. As we close this series and look ahead to what God wants to do in us and through us in our future, dream big. Ask Him to help you join in His vision.

Prayerfully think ahead to the future. Ask God to give you clarity and vision that can only come from Him and consider:



**What specific things would you work toward, for God's glory, if you knew you would not fail...**

**For yourself?**

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**For your family?**

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**For our church?**

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**For our city?**

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**For the nations?**

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God longs to see His creation restored to Himself and He invites us to join Him in His work. Pray and ask God how He would like to use you to further His Kingdom.

