

Mind To Paper

“Make me understand the way of your precepts, and I will mediate on your wondrous works.” -Psalm 119:27 (NRSV)

On June 28th, we'll be celebrating the birthday of the founder of Methodism, John Wesley. Wesley was born on June 28, 1703 in Epworth, England. After an intense religious experience at Aldersgate Street in London, he felt “his heart being strangely warmed.” In my Methodism class, I noticed the syllabus said reflection journal and I was thinking that we would be just stating what we read and how it applied to our lives. **I WAS WRONG!**

Each week, we have to do reflection journals on how we are in works of **piety, mercy, and incarnational care**. Piety is means of worship. For me, it's either chapel at Lutheran, services at Bethel and Monticello, or my one-on-one time spent with God. Mercy is work outside the church. As we know, the church isn't inside the walls but it's outside. Jesus never intended for us to stay locked up inside a building because he knew that those that needed to hear his word were outside the church. Finally, we have to journal on incarnational care. Basically, how am I taking care of myself. A healthy pastor in mind and body is only good to his/her congregation. I'll admit that healthy eating is a daily struggle, but I promise...**I'M WORKING ON IT!**

After we blog about our week, we have to answer 3 questions. **I invite you to journal about your week as well.** John Wesley, founder of Methodism, is known for his daily journals and his writing was so prophetic that it shaped the beginnings of the Methodist Church. Grab a family member or friend and let them hold you accountable on this lesson!

Journal about Piety, Mercy, and Incarnational Care

- 1. How is God speaking to me through this practice? Where have I experienced God's grace, joy, care, or love in this?**
- 2. Where have I felt God's absence in this practice? Where have been my places of struggle or resistance? When I have felt tired, frustrated, exhausted, etc? How might the Holy Spirit be moving even in my challenges?**
- 3. How is God leading me in the future week with this practice?**

Put your thoughts on paper. You never know what might happen!

In Christ,

