

**“VACATION FOR THE SOUL”**  
**“Working: Living Out Our Purpose”**

This week in worship we continued traveling on our “Vacation for the Soul.” This week’s spiritual discipline focus is service. Often times people associate service with mission trips or some sort of vacation. In the sermon you were challenged to think about those times in your life when you have experienced pain so that you can minister with others who might have a similar experience. Henri Nouwen says that service is an act of compassion, a totally relatable experience where our humanity and vulnerabilities are exposed. He says, “Go to the place where people are in pain, but don’t go alone. Go with others who have learned how to be grateful for the good and bad of life. Go with those who can sit with others in need, even if problems and pain persist. Let your heart be broken, and rely on Jesus’s example of self-emptying so that you can be filled by God’s strength. Then you will find the Messiah in your midst.” (Spiritual Direction: Wisdom for the Long Walk of Faith, 2006) - Pastor Rebecca Goltry Mohr

Things I’d like to remember from today’s sermon: **“Working: Living Out Our Purpose”**

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## Study Guide

This week you are challenged to read scripture and ponder the questions listed each day. If you like to journal, respond in written form. If you are a visual person, take a picture with your iPhone or camera. If you are someone who prefers to talk aloud with a friend each day, take time to answer these questions with someone you trust.

On Saturday, after completing each day of the study guide, you are encouraged to commit to being more involved in an area of service. Maybe that means volunteering at the UM Open Door, helping with our school partnerships, or praying for persons homebound and hospitalized. Or, perhaps you are looking for someone who can go two-by-two with you. If you are interested in learning more about mission opportunities at First UMC contact Annette Schmidt, [aschmidt@firstwichita.org](mailto:aschmidt@firstwichita.org).

### **Monday, July 9 Psalm 48**

How might ministry and service happen when you are relaxing and enjoying yourself and others?

### **Tuesday, July 10 Ezekiel 2:1-5**

Who in your community ministers with you and to you? With whom are you in ministry? What is the value of going out "two by two to serve and share the gospel?"

### **Wednesday, July 11 Luke 8:42-48**

What pain and suffering have you had to endure in your life that brought you to the place where you are today? We minister to each other when we ask and listen to the answer to this question.

### **Thursday, July 12 Mark 6:1-13**

When you can't fix a problem, how can simply being present to someone in pain or trouble help? Can you accept your powerlessness in ministry?

### **Friday, July 13 2 Corinthians 12:2-10**

We are called to be wounded healers, who look after our own wounds, and at the same time prepare to heal the wounds of others. How might your wounds help to heal others?

### **Saturday, July 14**

Make a commitment to serve somewhere that speaks to the wounds in your life.