

What it means to be strengthened by Christ

(September 8th, 2019 - Month 1 of Sunday school, Presenter was Pastor Eckert)

1. Worship - Old English “Worship”

1. Offering praise and thanksgiving to God in recognition of God’s holiness and in response to what God has done, continues to do and promises yet to do for all people and all creation.
2. Worship is a living encounter with God (Music, prayer, order of worship, compassion and forgiveness, Word, Liturgy as the work of the people). Then there are the Sacraments (Holy Communion and Baptism), which are God’s love made visible.
3. Worship is meant to carry us out into the world where we can be Christ’s body in the world and an example of Grace for all people and a pasture for all people.
4. Pastor is derived from Latin, and is taken from the word Parochus meaning pasture or shepherd or feeder.
5. Article VII AC
 1. [1] It is also taught that at all times there must be and remain one holy, Christian church. It is the assembly of all believers among whom the gospel is purely preached and the holy sacraments are administered according to the gospel.[2] For this is enough for the true unity of the Christian church that there the gospel is preached harmoniously according to a pure understanding and the sacraments are administered in conformity with the divine Word. [3] It is not necessary for the true unity of the Christian church that uniform ceremonies, instituted by human beings, be observed everywhere. [4] As Paul says in Ephesians 4[:4–5*]: “There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism.” (Robert Kolb, Timothy J. Wengert, and Charles P. Arand, The Book of Concord: The Confessions of the Evangelical Lutheran Church (Minneapolis, MN: Fortress Press, 2000), 42.)
6. Article IX AC
 1. [1–2] Concerning baptism it is taught that it is necessary, that grace is offered through it, and that one should also baptize children, who through

such baptism are entrusted to God and become pleasing to him.[3]

Rejected, therefore, are the Anabaptists who teach that the baptism of children is not right. (Robert Kolb, Timothy J. Wengert, and Charles P. Arand, The Book of Concord: The Confessions of the Evangelical Lutheran Church (Minneapolis, MN: Fortress Press, 2000), 42.)

7. Article X AC

1. [1] Concerning the Lord's Supper it is taught that the true body and blood of Christ are truly present under the form of bread and wine in the Lord's Supper and are distributed and received there. [2] Rejected, therefore, is also the contrary teaching. (Robert Kolb, Timothy J. Wengert, and Charles P. Arand, The Book of Concord: The Confessions of the Evangelical Lutheran Church (Minneapolis, MN: Fortress Press, 2000), 44.)

8. Characteristics of a Sacrament according to Martin Luther

1. Command by Christ
2. Visible Element
3. Forgiveness of sins (Promise)

2. Oriented to Christ in Spiritual Formation

1. Spiritual Formation means

1. Believing God is always with us; in all that is happening.
2. Reminding ourselves that God is present
3. The practical discipline of recognizing how God is with us in the present moment. What is God calling us to be and do? What is God calling you to be and do?

4. How to do Spiritual practices

1. Silence - being still to know that God is God
 1. Psalm 46:10
 2. Psalm 62:5
2. Lectio Divina
3. Icon or art
4. Music
5. Walk

6. Garden
 7. Sit
2. Helps to hear God in the silence
 1. Guided image-picture in heart
 2. Breathing and recognize breathing
 3. Repeat a phrase
 1. “Lord, I am being still”
 2. Lord Jesus Christ, Son of God, Have mercy on me a sinner.” (Jesus Prayer)
 4. Recognize thoughts as they come into the silence
 5. Draw, paint, write (journal)
 6. In a moment recognize God - God will be present for you as:
 1. Love
 2. Joy
 3. Peace
 4. Patience
 5. Kindness
 6. Generosity
 7. Gentleness
 8. Self-control
 7. Galatians 5:22-26
 1. ²² By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³ gentleness, and self-control. There is no law against such things. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also be guided by the Spirit. ²⁶ Let us not become conceited, competing against one another, envying one another. ([*The Holy Bible: New Revised Standard Version*](#) (Nashville: Thomas Nelson Publishers, 1989), Ga 5:22–26.)
 8. In Silence review the day
 1. Where did I see or feel God, where did I not feel God?

9. Daily Devotion (alone or together)
10. Prayer - Talking concerns to God, praying for others, leaders, the earth, etc.
11. Spiritual Friendships - One with on reflection on God in our lives.
12. Grasp Spiritual Friendships
 1. Reflection on God in our lives, prayer, silence, liturgy to each other and showing what we hear.
 1. Not therapy or counseling but support and prayerful reflection on life.

3. Oriented to Christ in being sent out as the Body of Christ into the world

1. Service
2. Sacrifice
3. Generosity
4. Hospitality
5. Sharing and giving
4. Serving on Congregation Council or on a committee or a job at the church.
5. Serving in community
 1. Meals on wheels
 2. Food pantry
 3. Help via volunteering
 4. Care-a-van
 5. Volunteer in after-school program
 6. Visit in prison via prison ministry
 7. Visit in hospital members who are sick
 8. Take Holy Communion to people who can't leave home or are in a hospital/ care facility.
 9. Work for justice, peace, in the world.
 10. Gifts of time and finances to church and special circumstances such as relief for Hurricane Dorian in the Bahamas.