



## **SPIRITUAL CLEANSE**

**Week 3 (week of March 15, 2020)**

***“Keep Calm, Wash Your Hands, and Keep Sabbath Holy”***

***(Take a Sabbath Day)***

**Group or Individual Study guide**

### **OPENING TO GOD [2 Minutes]**

Greet everyone, and begin with 1 minute of silence to allow the group to open themselves to the Holy Spirit.

### **HOOK: Engaging the Topic [15 Minutes]**

*\*Feel free to “pass” if you would rather not answer a question.*

*\*Please be respectful of time and give everyone a chance to share.*

1. Last week talked about your personal relationship with God and with yourself. How are you doing self-care to strengthen your relationship with God?
2. In a time of a Coronavirus Epidemic, with recommended “Social distancing” and “Self-Quarantines,” what are you feeling?
3. Have you considered these recommendations, a way to slow down and focus on what is really important in your life? Like by actually honoring the Sabbath by taking a rest in finding ways to be in relationship with God and others?

### **BOOK: Engaging the Word [20 Minutes]**

### **Read Philippians 4:4-9 (CEB- Common English Bible)**

1. Rejoice! How are you finding ways to “rejoice” in such a time as this?
2. How do you personally find comfort in God when the world doesn’t seem to be going right, in the midst of chaos or anxiety, fear and trepidation? Take a moment to be introspective in where God is in your life at this particular time in your life.

### **LOOK: WHATEVER IS TRUE, WHATEVER IS HONORABLE, WHATEVER IS JUST ... [15 Minutes]**

Did you know that in addition to being a preacher and theological scholar, John Wesley, father of the Methodist movement also loved scientific inquiry? Who says that God and Science don’t mix? *“He was fascinated with medicine and a vocation to serve the poor encouraged him to become a skilled amateur physician and therapeutic entrepreneur who popularized self-help and established a network of free health care.”* (Paul Dakin, *Hektoen International: A Journal of Medical Humanities*; <https://hekint.org/2017/01/30/john-wesley-amateur-physician-and-health-crusader/>)

*John Wesley’s theology accepted that human perfection had become marred by disease and sin, and that physical and spiritual health could be restored. His desire to see both medical as well as spiritual help accessible to the poor is evident in the words of his hymns:*

*Giver and Lord of Life, whose power  
And guardian care for all are free*

*And in another:*

*Abroad thy healing influence shower,  
O’er all the nations let it flow.*

### **“TOOK”: KEEP ON KEEPING ON [10 Minutes]**

In the letter to the Philippians, the Apostle Paul wrote in 4:9:

*“Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.”*

1. What are some ways that we can “Rejoice!” and find the Holy Spirit in this time and place?
2. Seek one or more ways this week to lift up the spirits of OTHERS in this time of worry and anxiety?

### **Go In Peace [5 Minutes]**

Invite someone to close in prayer, asking God to be with us to Calm our Hearts, Cleanse our Spirits, and Take Time to be in Communion with Christ and one another.