

Faith Bible Study Guide
For the Week of October 11, 2026
20th Sunday in Pentecost
“Change the World Sunday: One Aloha At a Time”



Be still [2 Minutes]: As you hear these Centering Words, let us greet each other, greet the Holy Spirit, and begin with 1 minute of silence, breathing in the breath of God and allow the group to open themselves to the Holy Spirit today:

CENTERING WORDS/ WORDS TO PONDER:

Aloha is more than a greeting. It is a way of living.

Micah reminds us that God cares not only about what we profess in worship but also about how we treat our neighbors, use our resources, and participate in the life of our community.

OPENING PRAYER:

God of justice and compassion, open our hearts to your Word. Help us remember your faithfulness, recognize the ways we fall short, and discover how to live with greater justice, kindness, and humility. Give us courage to change what harms our neighbors and to work together for a world shaped by your love. Amen.

Be present: [Being mindful of others and sharing time]

1. Take a moment. Breathe in deeply... and breathe out slowly. Allow yourself to simply be present. How is it with your soul today?
2. When have you experienced aloha through someone's actions rather than their words?
3. Where might God be inviting you to practice more kindness or justice this week?
4. What is one injustice in our world that you find difficult to ignore?

Be the Word: Scripture Lesson: Micah 6:1-16

What word, phrase, or image catches your attention?

There are 3 parts to this week's text too:

Part 1: God's dispute with Israel

Part 2: What does the Lord require?

Part 3: Punishment is near

God's dispute with Israel

6 Hear what the LORD is saying:

Arise, lay out the lawsuit before the mountains;
let the hills hear your voice!

² Hear, mountains, the lawsuit of the LORD!
Hear, eternal foundations of the earth!
The LORD has a lawsuit against his people;
with Israel he will argue.

³ "My people, what did I ever do to you?
How have I wearied you? Answer me!

⁴ I brought you up out of the land of Egypt;
I redeemed you from the house of slavery.
I sent Moses, Aaron, and Miriam before you.

⁵ My people, remember what Moab's King Balak had planned,
and how Balaam, Beor's son, answered him!
Remember everything^[a] from Shittim to Gilgal,
that you might learn to recognize the righteous acts of the LORD!"

What does the LORD require?

⁶ With what should I approach the LORD
and bow down before God on high?
Should I come before him with entirely burned offerings,
with year-old calves?

⁷ Will the LORD be pleased with thousands of rams,
with many torrents of oil?
Should I give my oldest child for my crime;
the fruit of my body for the sin of my spirit?

⁸ He has told you, human one, what is good and
what the LORD requires from you:
to do justice, embrace faithful love, and walk humbly with your God.

Punishment is near

⁹ The voice of the LORD calls out to the city;
wisdom appears when one fears your name.^[b]
Hear, tribe, and who appointed her!^[c]

¹⁰ Are the treasures of wickedness still in the house of wickedness,
while the shorted basket^[d] is denounced?^[e]

¹¹ Can I approve wicked scales and a bag of false weights

¹² in a city^[f] whose wealthy are full of violence
and whose inhabitants speak falsehood
with lying tongues in their mouths?

¹³ So I have made you sick by striking you!
I have struck you because of your sins.

¹⁴ You devour, but you aren't satisfied;
a gnawing emptiness is within you.
You put something aside,
but you don't keep it safe.
That which you do try to keep safe,
I will give to the sword.

¹⁵ You sow, but you don't gather.
You tread down olives, but you don't anoint with oil;
you tread grapes, but don't drink wine.

¹⁶ Yet you^[g] have kept the policies of Omri,
all the practices of the house of Ahab;

you have followed their counsels.
Therefore, I will make you a sign of destruction,
your^[h] inhabitants an object of hissing!
You must bear the reproach of my people.

L: The Word of God for ALL People.

P: Thanks be to God.

What word, phrase, or image stayed with you?

Be rooted: [Bible Study]

Exegetical Reflections & Commentary

Micah was an eighth-century BCE prophet from Moresheth, a rural community in Judah. He preached during a period of political uncertainty and Assyrian expansion. His message challenged leaders and wealthy people who exploited vulnerable neighbors, seized land, and corrupted justice.

Micah 6 opens like a courtroom. God calls the mountains and hills to witness a covenant dispute with the people. Yet God begins not with an accusation but with a reminder of divine faithfulness: liberation from Egypt and guidance through the wilderness. The people respond by asking what offerings might satisfy God. Would more sacrifices be enough? Would extravagant gifts make things right? Micah answers that God has already shown them what is good: do justice, love kindness, and walk humbly with God.

But the chapter does not end with verse 8. In verses 9–12, Micah names the injustice taking place: dishonest business practices, violence, and lies. Verses 13–16 describe the resulting judgment and ruin. The contrast is intentional. The people know what God requires, yet their practices contradict their worship.

The central challenge: We cannot separate our relationship with God from our relationships with other people. Worship cannot make exploitation righteous, and religious gestures cannot replace the work of justice.

For our Change the World Sunday and with the film *Shaka: A Story of Aloha*, the two connected offered a related question: What happens when a symbol of love becomes a practice of love? Aloha becomes meaningful when it shapes how we welcome, serve, share, and care for our community.

Discussion Questions

1. Who was Micah's main audience that he was speaking to? Why did his message challenge them?
2. Why do you think Micah places God's requirements in the middle of a chapter about injustice and judgment?
3. What is the difference between doing something that looks religious and living out our faith?
4. What consequences do communities face when they tolerate injustice?

Be transformed: [Faith in Action Challenge]

Did any of you catch the Hukilau scene in the "Shake: The Story of Aloha"?

Like a hukilau, changing the world requires people working together. Huki = Pull; Lau = Leaves. Meaning to pull the braided rope leaves and netting together for the catch. Choose one way to put Micah's words into practice this week: challenge an unfair practice, offer meaningful care to

someone overlooked, or listen humbly to someone whose experience differs from your own. And how does your singular or individual practice impact the broader community?

Ask yourself: What can I do, and what can we do together?

Bonus question: Can we truly practice aloha while tolerating injustice in the world?

Prayers & Concerns / Announcements:



*We lift up prayers for all of God's
Creation. Lord Hear our Prayers.*

continued prayers for Healing and Wholeness

Rev. Alan Mark
Alice Kajiya
Alvena & Tom Fukuhara
Amy Higa
Amy Holmes
Anthony Anderson, Sr.
Apolosi Lokotui
Arlene & Ernie Santiago
Austin Maeda
Barbara Tamura
Betty Kobata
Bill Morris
Brian Okumura
Cami Bruns
Christine Keim
Claretta & Kim Foster
Cory Williams
Dan Segawa
Dan Yamashita
Deron Tokishi
Debbie Uyeshima Dillard
Diane & Destiny
Ueda-Banda
Dr. DoAnn Tsuneo
Kaneko
Elaine Yoshida
Eleanor Nagai
Ellen Hokama
Emi Holmes
Florence Nakakura

Rev. Gary Williams
Geri Shiraki
Glenn & Millie
Shimizu
Gordon Mark
Grace Tochihiro
Grant Hanada
Harriet Tateyama
Harry Manaka,
Sansei Rocker
Harry & Ruth Takaki
Herb Aoyama
Ingrid Peterson
Irene Munesato
Jacqueline Wong
Jan Tanabe
Jayne Watanabe
Jehiel Vinluan
Jennie Shitakubo
Joanne Sato
Joelle Peelgreen
Jordan Sasaki
Joyce Matsubara
Joye Barker
Julie Inouye
Juliet Koyanagi
Kaitlyn Sabedra
Karlynn Fernandez
Kay Saxton
Hian Tehrani

Kiki Hashimoto
Kim Foster & V'hraniku
Haynes
Rev. Kim Montenegro
Kelsey DeGracia
Kenny Medeiros
Kyle Ichikawa
Kyra Seki
Layne Nakasone
Linda Jung
Liz Harner
Lucas Yniguez
Marion Antoku
Maddie Sakurai-Lopez
Mae Nakakihara
Mary Jung
Mary & Bob Keily
(siblings)
Mary Marchand
Mary Tamura
Maxine Butcher
Rev. Mike Hiranuma
Mutsuko Nishi
Nancy Matsushima
Ngina Tukutau
Noah Miyagawa-Sue
Oscar Phillip Bland Jr.
Pam Fink
Paul Mito
Patty Kobayashi

Priscilla Kandel
Rachel Delgado
Raquel M. Martinez
Rose Ellison
Ron Hamaguchi
Rick Katsuki
Ruth Hirata
Ruth Taira
Ryo & Yuki Miyasaka
Sandra Minjarez-
Grange
Stan Miyasato
Steph Matsunaga
Sue Hamada
Sue Hasegawa
Susan Mizuki
Susan Slade
Takai Finau
Teresa Sato
Terry Matsumoto
Tina Arguello
Tommy Sakaguchi
Tseyli Mantooth
Victoria DelaTorre
Vincent Gomez
Wailana Bulkley
Walker Wilkerson
Whitney Nakayama
Winnie Osaki
Yukio Inouye

those in Community Living & Homecare

Audrey Goto
Emma Horiuchi
Faith Tanaka
Fred Oshiro
Rev. Harry Fujimoto
Irene & Tak Ryono
Jane Kiyohara
Jennie Shitakubo
Marion Antoku
Mary Jung
Nobie Shiokari
Ruth Hirata
Sets Asano
Sue Hasegawa

for our Worldwide Community

for the Leadership of our Country and our Churches

for the immigrants: migrants, refugees, asylees

for our siblings in Christ who struggle and in need of God's care

for those who live in through wars, unrest, and violence

for those suffering and rebuilding after national disasters and man-made catastrophes

celebrations and milestones

Rev. Eric Iki and Crystal Orleans-Iki on the birth of their third daughter, Cassie Yuna Iki (September 14, 2026).

Jessica (Tondo) and Derek Quan, on the birth of their daughter, Remi Rio Quan (August 25, 2026).

for All Our Saints

The Tsuda family, on the passing of Jane Tsuda (October 4, 2026).

The Honda family, on the passing of Jack Honda (September 29, 2026).

The Matthew and Matt Cheung, on the passing of Matthew's mother, Yip Cheung (September 2026)

Ryo & Yuki Miyasaka, on the passing of their mother, Hozue Miyasaka (September 17, 2026).

Barbara, Brian, Kevin and the Takumi Family, on the passing of Lawrence Takumi (September 15, 2026).

Flora and Ken Lee on the passing of Flora's Father, Harry Hayashi (August 2, 2026).

Harriet Tateyama and the Hiroshima family, on the passing of Harold Hiroshima (August 29, 2026).

The Hirai, Shimatsu, and Watari family, on the passing of June Hirai (August 18, 2026).

UPDATED 10.9.2026

Prayers & Concerns / Announcements:

October Birthdays:

- Doris Shigihara (93)

Prayers for the Community:

- Terry Matsumoto
- Ellen Hokama
- Kim Foster, Claretta Foster, V'hraniku Haynes
- Ky Seki & Joyce Matsubara

- Alvena Fukuhara at Kei-Ai
- Sue Hamada at home recuperating
- Herb Aoyama is recovering at home
- Barbara Takumi
- Winnie Osaki
- Ken Ito (successful knee surgery)
- Doris Shigihara
- Arlene & Ernie Santiago

- Norma Ishigo
- Bone Family* - Pam Fink (Christine's Mom), Liz Harner (Alan's Mom)
- Louise Sakamoto*
- Diane Ueda-Banda
- Victoria DelaTorre
- Dan Yamashita
- Leroy (Kim's cousin)

Absent from the Body, Present with the Lord.

- Iris Noguchi (98yo; passed 2 weeks ago)
- Jane Tsuda (10-4-26)
- Jack Honda (9-29-26)

- Larry Takumi (9-15-26)
- June Hirai passed away (Keith Watari) - Jane Shimatsu's sister
- Harold Hiroshima - Harriet Tateyama's brother-in-law
- Hozue Miyasaka (9-17-26)

Prayers for the World:

- Hurricanes/Flooding, Earthquakes, Fires
- Wars and Harm-Violence-Suffering... around the world
- Elections this Fall

And Know that He is God: Closing Prayer & Blessing

God of aloha, thank you for your faithfulness and for showing us the way of justice, kindness, and humility. Forgive us when our words of faith are not matched by our actions. Give us courage to confront injustice without losing compassion, and humility to recognize our part in creating change. May our church embody your love in all we do, pulling together for the flourishing of our neighbors and your creation. Amen.