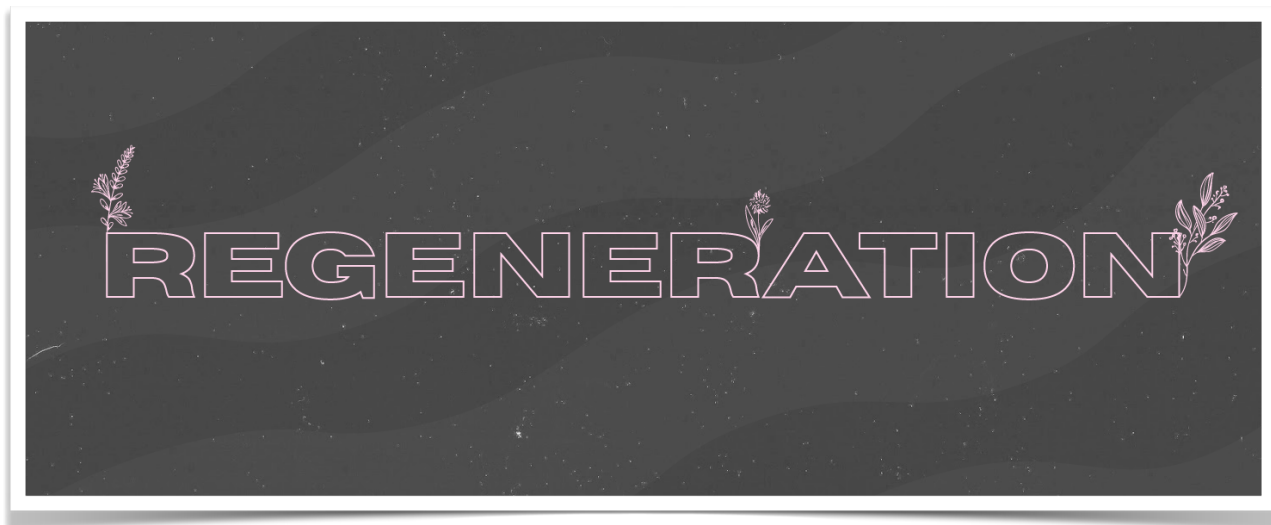


GBC Discipleship RESOURCE



REGENERATION

For a brief overview of why (and how) to engage in each of these practices, you can read the [Guideline For Growing](https://www.gymeabaptist.org.au/growing/pages/guideline-for-growing) on our website.

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OVERVIEW

This coming Sunday, March 28th, at all our services (online and onsite) the pastoral team at GBC (pastors and elders) will be hosting a service of regeneration. The imagery of “regeneration” has been inspired by the appearance, this year, of pink flannel flowers. These rare fire ephemerals only appear a year after bushfire and rainfall. A year ago we experienced literal fire and flood (which was traumatic enough), but the metaphorical fire and flood what we experienced due to COVID-19 was perhaps more difficult for us to navigate. After a year of managing this crisis and as we are beginning to emerge from the shadow of COVID we feel that there is need for us to do some “heart” work. This menu contains a number of activities that are designed to help you begin to do the heart work and to prepare for our service on the 28th. If you have never used one of our discipleship menus they work like a menu does in a restaurant. In other words, only chose what you are hungry for. There is no need to do all of these activities, but we hope that, in doing some of them, you will prepare your heart for the regenerative work that God wishes to do in our lives.

1. PASSAGES TO MEDITATE ON

The following Scriptures are all laments. A lament is a particular type of literature that is remarkably common especially in the psalms. As a genre (literary type) laments represent a response of faith in the midst of difficulty. In each of the passages listed below be on the lookout for a few things and make them the basis of your meditation (and remember, we have provided some simple ways to reflect on Scripture where you found this menu).

- Psalms 13; 25; 57; 85; 86
 - The reason for the lament (e.g., Why is the psalmist lamenting?)
 - The description of the trouble (e.g., What have they experienced? Who, or what, is to blame for their predicament?)
 - The location of faith (e.g., What hope does the psalmist have? What assurance? What do they look forward to?)

One of the most powerful points of reflection in laments is that the crisis is not over, but is ongoing. This makes the declarations of hope all the more significant. These are not thanksgiving psalms when the psalmist has experienced salvation, but are laments; from within the trouble.

2. JOURNALING QUESTIONS

Our service on the 28th will have four points of reflection on last year: what we have lost, things we need to bring to God for “regeneration”, what we are thankful for, and our next faithful step. The questions (and suggestions) below are designed to help you think through these same points of reflection. While the consequences of COVID-19 may be at the centre of our reflections the categories are much broader.

*Special thanks to Sue Chin (Hopefield) for helping frame these up.

Loss & Grief

- What have you lost in the past year? (e.g., loved ones, opportunities, a job, income, a long-planned vacation, a celebration, confidence, health)
- How has that loss impacted other aspects of your life (e.g., relationally, spiritually, physically, emotionally)?

- What difficulties did you experience because of those losses?
- Were there things that you experienced that were beyond your control

Things to Bring to God

- Thinking about your response to the events of this last year, were there things you could have done differently?
- Are there things that you need to bring to God? (e.g., people to forgive, anger, disappointment, bitterness)

Provision, Blessing, and Protection

- What have you learned over the last year?
- What opportunities did you receive from the loss?
- What provision, blessing, or protection did you experience?

Next Faithful Steps

- How would you like to be able to move forward from this past year?
- What can you do?
- What support do you need (e.g., from friends, family, the church, professional counselling)?

3. CREATIVE ACTIVITY

Express your experience of the last year to Jesus either in words (e.g., a letter, poem, or story) or images (e.g., drawing, photos, painting).

4. SPIRITUAL DISCIPLINE TO PRACTICE

Fasting is the practice of abstaining from something, usually food, for the purpose of focusing our hearts and minds on God. We can fast from just about anything (e.g., social media, TV, coffee) but the value is using the time

we would usually have given to that practice and the sense of hunger (literal or otherwise) to turn to God who fulfils all our need.

In the Old Testament, fasting was often associated with repentance. By giving up something important to us for a period of time we symbolically demonstrate our submission to God and a desire to seek him first.

You may want to fast from something each day this week or several days (e.g., your morning coffee or lunch on Monday, Wednesday and Friday) or fast several meals on one day (Note: If you have health concerns or are pregnant you should be very careful with fasting from meals.).

Take the time you would have had lunch to pray or reflect on Scripture.

5. A PLAYLIST TO LISTEN TO

This is a brief list of songs that will be played during our services. While we will not be engaging in congregational singing you may want to listen to and/or learn these songs in order that they might begin to minister to you.

SPOTIFY - <http://spoti.fi/3lyuLM2>

APPLE MUSIC - <http://apple.co/3s3CKTs>

- Lord, I need you (Matt Maher; All the People Said Amen)
- Is he worthy? (Chris Tomlin; Holy Roar)
- 10,000 reasons/What a beautiful name (Caleb and Kelsey; Worship)
- How Great is our God (Chris Tomlin; How Great is Our God: The Essential Collection)
- O Praise the Name (Anastasis) (Hillsong Worship; Open Heaven/River Wild)
- Last Words (Andrew Peterson; Resurrection Letters)
- All things new (Hillsong Worship; No Other Name)
- King of Kings (Hillsong Worship; King of Kings)
- Remember Me (Andrew Peterson; Resurrection Letters, Vol.1)
- Death was Arrested (North Point Worship; Death was Arrested)

5. A DEVOTIONAL BOOK TO READ

Hinds Feet on High Places, by Hannah Hunard

Since being published in 1955, *Hinds Feet on High Places* has become a Christian classic. A simple allegory, it tells the story of Much Afraid who, despite her twisted, crippled feet, desires to leave her Fearing relatives and go to the Mountains of Love with the Shepherd and gain "hinds feet". On her journey of transformation, with her companions Sorrow and Suffering, she learns many lessons about what it means to love and trust the Shepherd.