

GBC Discipleship RESOURCE



PM DISCIPLESHIP CYCLE

Kickoff Two | Just Fast Challenge

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 discipleship menu is designed to accompany the Just Fast Challenge (Wednesday-Friday). The Just Fast Challenge (just as in justice, rather than only!) is an initiative of Baptist World Aid in which people commit to living on a refugee's food rations for a period of time. As a community of faith we are encouraging people to participate in the three-day challenge. The activities below are meant to help us consider this activity in the context of discipleship. However, if people are unable to participate in the Just Fast Challenge we'd love for you to still participate in some or all of the following activities. (Remember that the "menu" is meant to be a bit of a sampler; exactly like a menu – you don't have to eat everything!)

The food for a three day Just Fast Challenge is:

- 1 can of tuna or sardines (95g)
- 100g of lentils

- 125g of pasta
- 200g of rice
- 70g of tomato paste
- 40g of chick peas
- 150g of milk powder

This is based on the relief items that MERATH – the on-the-ground ministry we are supporting again this May – have been providing to refugees over the past few years.

You are encouraged not to add additional spices to your food (e.g., salt or pepper) as these are not necessarily part of a refugee's rations.

**If you are under 18, please speak to your parents or guardians before you participate.*

1. PASSAGES TO MEDITATE ON

As you read these Scriptures, consider what you are doing in putting yourself in another's shoes (albeit in a very small way).

- Matthew 25:31-46
- 1 Corinthians 9:19-23
- 2 Corinthians 9:1-15

2. THE EXAMEN

The examen, also known as the "examination of consciousness", we developed by Ignatius Loyola in the 16th century to help people discern God's movement in their lives. The questions that we will use this week are (taken from Adele Calhoun's *Spiritual Disciplines Handbook*, 2015, 59):

- For what moment today am I most grateful? For what moment am I least grateful?
- When did I give and receive the most love today? When did I give and receive the least love today?
- What was the most life-giving part of my day? What was the most life-thwarting part of my day?
- When did I have the deepest sense of connection with God, others, and myself? When did I have the least sense of connection?

- Where was I aware of living out of the fruit of the Spirit? Where was there an absence of the fruit of the Spirit?

Take a few minutes on each of the three days to answer and then, sometime on the weekend, read over your answers and look for themes.

3. PRAYER THEME

- Pray for the Baptist World Aid Project that we are supporting in Lebanon. There is information about the project on our website to guide and direct you.
- Use the Just Fast Challenge to guide your prayer for the refugee families. At the very least pray for provision in all ways for them.
- You may also want to ask the Lord to reveal to you what he may be inviting you to donate to this project, above and beyond your regular giving.