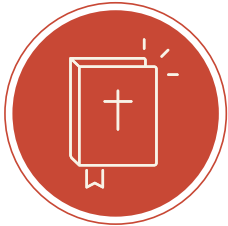


PURSuing LIFE WITH GOD

community rhythms *September*



SIT WITH THE WORD . HEBREWS 4:16

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” *NIV*



COMMUNITY CONNECTIONS . SEPTEMBER

Hospitality Grant Workday

September 7th | 7-10:00 a.m. | Front Lawn

ALPHA *A place for faith questions and real conversation.*

Weekly, Starting September 9th | 7:00 p.m. | Campus Christian Center

Wednesday Morning Bible Study

Starting September 11th | 10:00 a.m. through Zoom

Wedding Shower for Brielle & Jacob

September 15th | 12:00 p.m. | The Oasis

Community Garden Welcome Day

September 14th | 8:00 a.m. | Foxtail Community Garden

Coffee, Crafts, & Conversation

September 21st | 1-3:00 p.m. | Steve’s Espresso

Church Meal After Worship

September 29th | 12:00 p.m. | Auditorium
Bring a Dish to Share

Register for our CHURCH CAMPING TRIP

October 11-13th | Mogollon Rim

Register at tempechurch.org



**HAVE QUESTIONS?
EMAIL US AT**

office@tempechurch.org



Plan Now to Join Us

50s Plus Begins | October 19th

Nancy Burney Memorial | October 26th

Harvest Festival | October 27th

Women’s Lunch | November 10th

Church Thanksgiving Party | November 16th



SPIRITUAL PRACTICES

LABRYINTH

Labyrinths are a centuries-old tool for prayer. They are mazes with only one path, a reminder that our spiritual journey will take many twists and turns, but we are continually walking towards and with God. Labyrinths give movement to our bodies and focus our minds in order that we can bring our wandering thoughts back into conversation with God.

There are many ways to approach the labyrinth:

- With a specific question or concern
- When feeling overwhelmed, confused, frustrated, or disoriented
- To reflect on your spiritual journey
- To release something into God's care, surrendering to God's will
- To forgive and move forward in a relationship

"Generally there are three stages to the walk: releasing on the way in, receiving in the center and returning when you follow the return path back out of the labyrinth. Symbolically, and sometimes actually, you are taking back out into the world that which you have received." Veriditas

Walk | Trace Toward the Center

Use your hand or a pen to trace toward the center of the labyrinth. You can also walk as you follow the labyrinth with your eyes. Consider something you are trying to control or hold tightly. It might be an unhealthy narrative, a relationship, a thought, a decision, a question, or a habit. Express to God everything that feels like it is pressing down on you.

In the Center

Pause to breathe deeply. Open your awareness to God's presence. Release your concerns to God. Ask for God to help you fully release everything into his care. Listen for God's voice or simply be in silence with God.

Walk | Trace Outward

Ask God how he is inviting you to respond to this time of prayer. Choose one word or short phrase to repeat that invites God to lead you as you leave this time of prayer. "I am yours." "Your servant is listening." "Not my will but yours be done." "Thy kingdom come."



OPEN HANDS

As we recognize the great responsibility of being called to be embody God's presence in the world, it can be easy for us to forget that we can do nothing except through Christ's power in us. We must release ourselves of the endless burden of needing to accomplish the will of God without God. The practice of Open Hands is an invitation to let go, to release our tight grasp on any of the areas of our life and work that we want to control.

Begin this practice by settling into a comfortable position. When you feel ready, clench your hands into fists. Express to God all the things that you are desperate to hold tightly to through your own power.

What burdens are you trying to carry alone? What pressures or expectations are you letting overshadow your life? Who are you trying to save? Who do you want to be healed? What or who are you trying to manage to make what you see as best happen? What fears are immobilizing you? As you clench your fists, express anything that weighs on you, knowing that God hears the groaning of your heart.

When you are ready to release every situation, every concern, every fear, every person, every expectation into God's care, slowly unclench your fists and open your hands. Allow your open palms to be filled by the comfort and confidence of knowing God will carry every burden. Let yourself sink into the sensation of releasing your hands.

What emotions rise in you? If you still feel tension or unease, that there is anything left unsaid, feel free to repeat this practice. Trust that God knows the desire of your heart to relinquish everything into God's care. Our Father knows the time and patient guidance necessary to learn the freedom of submission and surrender.