

Reflection questions and practices for **FOLLOWING JESUS**

Reflection Questions:

- When have you been so deeply received that the welcome touched your soul?
- Where have you been wounded because you were not welcomed and received?
- How has the welcome of Jesus touched your life and your wounds?
- How might Jesus want you to use your heart and home as a shelter for others?

Practices:

- Make a list of the people you know who are far from God, but who God is calling you to invite into the rhythms of your life.
- This week, make a plan to bless one of these people by taking them out for a cup of coffee or a meal. Get to know them and their story in a deeper way.

*Questions and exercises adapted from Adele Calhoun's *Spiritual Disciplines Handbook: Practices That Transform Us*



Listen to the accompanying sermon from March 8 2020:

Eating and Drinking with those who are far from God