

VINEYARD Church of the Peninsula

October 17, 2021

The Road Less Taken

Ecclesiology, Epistemology, Hamartiology, Christology, Theology, and many other twenty-five-dollar words lend an air of elevated academia to all things Christianity, to all things Church. The 'ology' simply means 'the study of,' but sometimes the foray into the 'ology' alienates the student from the very core intent of the study, the learning better how to live out loud a vibrant relationship with Jesus. In those cases, education for knowledge trumps education in relationship. At its best, education is a highly valued pursuit which should open all the doors and windows to the fresh air of the furthest reaches of the mind's horizon, elating the spirit, and motivating an elaborate and eager and joy-filled application of its findings. Why should that be so? Because that's Who God has always been and that's Where He is always found.

1. Psalm 145:1-4 – A heart set on _____
2. Psalm 145:5 – A soul set on _____
3. Psalm 145:6,7 – A heart set on _____
4. Psalm 145: 8-12 – A soul set on _____

*"It's so enjoyable to come before you with uncontainable praises spilling from our hearts!
At each and every sunrise we will be thanking you for your kindness and your love.
No wonder I'm so glad; I can't keep it in! Lord, I'm shouting with glee for all you've done.
Your anointing has made me strong and mighty. You've empowered my life for triumph."
excerpts from Psalm 92, TPT*

Gratitude Memories

An invitation to a 14-day exercise to fill up our joy tanks

From now through the end of October, spend some uninterrupted time thinking of a memory in your life for which you are grateful. It can be big (the birth of a child) or small (a beautiful sunset). It doesn't matter, as long as you feel gratitude when you think about it.

-Give it a two- or three-word title that makes sense to you.

- In a quiet place, go back into this memory and relive it for a minute, like you are back in it.

-Ask:

What was your body feeling? It doesn't matter what you feel as long as you feel something in your body. You may have to work at that part a bit.

What might God be communicating to you through the memory and the peace you feel?

-Start compiling a list of grateful memories like the one above. Each memory has two characteristics: 1) you feel gratitude in your body, and 2) you feel a connection with God in the memory. The goal here is a list of at least ten grateful memories.

-Once a day, spend five minutes residing in gratitude using your list of grateful memories. It is mostly nonverbal. You are feeling a connection with God in your body as you relive your memories.

NOTE: Spending five minutes reliving memories without being distracted is difficult if you have never done it before. It will take you a while to be able to sustain the full five minutes without daydreaming or going off on tangents. Give yourself grace (be kind to yourself!). You may be exercising a muscle in your heart that hasn't been used much. Use your list of memories during the five minutes. Some days a single memory will sustain you for five minutes. More commonly, you will need three to five memories to fill five minutes. When the gratitude of one memory begins to fade, go to another one on the list.

Does your joy tank need a fill-up?