

THE *Episcopal* CHURCH 

THE WAY OF LOVE

with Bishop Michael Curry



Season 2

Reflection Guides

wayoflove.episcopalchurch.org

“The way of Jesus is the Way of Love, and the Way of Love can change the world.”

Presiding Bishop Michael Curry closes each episode of his podcast with these important words. He encourages us to take what we have learned and heard about the practices for Jesus-centered life – turn, learn, pray, worship, bless, go, and rest – and put it into action.

The reflection guides compiled here can be used with each episode of Season 2: The Way of Love Beyond the Church Walls. Whether you are listening alone or as part of a group, the scripture passages, reflection questions, and prayers can help you as you grow your faith and engage the Way of Love.

Join Bishop Michael Curry of The Episcopal Church as he guides us along the practices of the Way of Love: turn, learn, pray, worship, bless, go, and rest - and how we can use them beyond the church walls.

Season 2

Episode 1

Introducing

**“The Way of Love Beyond
the Church Walls”**

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 1

Introducing “The Way of Love Beyond the Church Walls”

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read this passage (aloud if possible). What words or phrases jump out at you? What might the Holy Spirit be saying to you through this passage?

Matthew 9:9-13

⁹As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, “Follow me.” And he got up and followed him. ¹⁰And as he sat at dinner in the house, many tax collectors and sinners came and were sitting with him and his disciples. ¹¹When the Pharisees saw this, they said to his disciples, “Why does your teacher eat with tax collectors and sinners?” ¹²But when he heard this, he said, “Those who are well have no need of a physician, but those who are sick. ¹³Go and learn what this means, ‘I desire mercy, not sacrifice.’ For I have come to call not the righteous but sinners.”

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. This episode opens with a powerful observation from Bishop Vashti McKenzie, that “sometimes we substitute the Church for Jesus Christ,” finding ourselves more

and traditions of the church than with Jesus himself. However, she goes on to say, “It was the Lord that saved me, and the church is where I live out that salvation...the church is where we are to be refueled and sent back out to do the work.” How do these statements challenge you?

2. The theme of the new season is The Way of Love is “Beyond the Church Walls,” which Bishop McKenzie introduced beautifully when she reminded us, “Jesus is our role model. He met people where they were, he asked them what they needed, and then he led them.” She continued by saying, “a hungry person cannot hear the love of Jesus until you demonstrate that love of Jesus.” If we are to be like Jesus in the world, then we must go beyond our church walls and meet people where they are. Where are the people in your community gathering? Where are the hungry, the lonely, and the forgotten people hanging out? What would it take for you or your faith community to go to them?
3. Hosts Kyle Oliver and Sandy Milien shared stories of what it means to be a young adult in the Church, discussing how they strive to go beyond the walls, offering acceptance, love, authenticity, and mutual respect to everyone, and inviting people to reconsider who Jesus is. A recent study of young adults showed that only 1 in 10 had been invited to church – but most of them said they would go if someone asked. Think back on an invitation you have received that made a difference in your life. How did that invitation change you?

Prayer

A Prayer for the Poor and the Neglected, The Book of Common Prayer, p. 826

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our

If we were to distill the essence of the Christian faith, we would always come back to the reality of love - not as a sentimental feeling or a sugary concept — but as a disciplined and spiritual way of life.

Season 2

Episode 2

**Mutual Blessing Through
Presence & Relationships**

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 2

Mutual Blessing Through Presence & Relationships

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read and reflect on the Scripture. What word or phrase stands out to you? What might the Holy Spirit be saying to you through this passage?

Mark 10:46-52

⁴⁶ They came to Jericho. As he and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. ⁴⁷ When he heard that it was Jesus of Nazareth, he began to shout out and say, “Jesus, Son of David, have mercy on me!” ⁴⁸ Many sternly ordered him to be quiet, but he cried out even more loudly, “Son of David, have mercy on me!” ⁴⁹ Jesus stood still and said, “Call him here.” And they called the blind man, saying to him, “Take heart; get up, he is calling you.” ⁵⁰ So throwing off his cloak, he sprang up and came to Jesus. ⁵¹ Then Jesus said to him, “What do you want me to do for you?” The blind man said to him, “My teacher, let me see again.” ⁵² Jesus said to him, “Go; your faith has made you well.” Immediately he regained his sight and followed him on the way.

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. Presiding Bishop Curry begins this week’s episode with this phrase: “Love, not as a sentimental feeling, but a spiritual discipline way of living, a way of life.” When speaking of love in the Gospels, Jesus primarily talks about

selfless love – a sacrificial love and a giving love, a love that breaks down barriers and divisions. Bishop Curry goes on to say, then, “If this is how we love, then there is no us and them, there is only us.” When have you experienced a love that broke down barriers, removing the “us” and “them” labels? Where in your daily life do you see divisions that could use this sort of love?

2. After his sermon at the royal wedding, the question Bishop Curry receives most is, How can people access the power of love, when “the gravity of reality crushes that out of us”? How do you most often access the love of God? Share a story of a moment when the gravity of reality threatened to crush your hope or faith, and the love of Jesus saved you.
3. Guest Greg Russinger of Laundry Love, a human care initiative, shared about this ministry: “Laundry Love is not a service project; it is an expression of living with people, which leads to a culture of mutuality and listening. Often, how we bear witness to love in the world then becomes the very witness to love itself.” Greg then went on to share how, when forming new relationships with people on the margins, “listening is how we enter, and then listening becomes how we stay, and then that is how we begin to understand what is Good News to people.” This helps move people from strangers to acquaintances to friends. Laundry Love is one ministry that is part of a larger shift in the Church, where instead of doing things for people, we make an effort to do things with people. How does this way of thinking challenge or inspire how you think of blessing and serving others? How could you or your church intentionally integrate doing with into your approach to sharing the Way of Love beyond your walls?

Prayer

Book of Common Prayer, p. 260

Heavenly Father, whose blessed Son came not to be served but to serve: Bless all who, following in his steps, give themselves to the service of others; that with wisdom, patience, and courage, they may minister in his Name to the suffering, the friendless, and the needy; for the love of him who laid down his life for us, your Son our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

When God's Word becomes ingrained in our lives, we can better see God's activity within and around us and others. We can then tell that story in ways that are authentic to us and that others can understand.

Season 2

Episode 3

Learning to Meet People

Where They Are

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 3

Learning to Meet People Where They Are

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read and reflect on the Scripture. What word or phrase stands out to you? What might the Holy Spirit be saying to you through this passage?

Luke 17:20-21

²⁰ Once Jesus was asked by the Pharisees when the kingdom of God was coming, and he answered, “The kingdom of God is not coming with things that can be observed; ²¹ nor will they say, ‘Look, here it is!’ or ‘There it is!’ For, in fact, the kingdom of God is among you.”

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. Presiding Bishop Curry begins this episode by sharing a common question with guest Jerusalem Greer: “What can parents do to re-engage their adult children with church or faith?” Greer suggests that, perhaps, parents could begin by sharing the story of their own faith journey with their children – to be “bold and brave” in sharing why their relationship with Jesus and their faith matter to them. Whose personal stories or life of faith have impacted your journey?
2. Both Jerusalem Greer and the second guest, Patricia Lyons, discuss about the importance of language when engaging with others around topics of faith. Greer talks

about finding out what the “language of the heart” might be for others by looking at how they spend their time. Lyons talks about her experience learning to speak the language of Harry Potter in order to connect more deeply with her students as she looked for ways to help them see God’s presence all around. What “languages” have you learned to show love more fully to someone in your life? What language could God be calling you or your church to speak in order to better connect with the community around you?

3. Using our Baptismal Covenant and Luke 17:20-21, Lyons reminds us that, as Christians, we are not called to “put Christ into” people or every situation. Rather, our call is to learn how to recognize and name that Christ already is in every person and in everything. How could this posture change how you read Scripture, sing songs, do household chores, talk to your coworkers, care for creation, and interact with your family? How would your approach be different if you saw Christ in each person and every situation?

Prayer

Ms. Charlotte Johnson, Book of Prayers from the United Thank Offering, p. 127

Give it a name
When, meeting eye to eye,
a spark of recognition passes,
between strangers,
The something there is Jesus.

Sing out with joy
when music fills the empty space
beyond all words,
The sound is Jesus.

When poets tell the truth,
as poets do with words
that touch the heart,
Remember,
They speak the breath of Jesus.

Just like the disciples who heard the call to turn from their fishing nets toward Jesus, we are each beckoned to reorient our lives to God, falling in love again, again, and again. But what exactly are we turning from? And what are we to turn toward?

Season 2

Episode 4

**Turning to Hope for the
World and in Our lives**

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 4

Turning to Hope for the World and in Our Lives

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read and reflect on the Scripture. What word or phrase stands out to you? What might the Holy Spirit be saying to you through this passage?

Matthew 18:1-5

At that time the disciples came to Jesus and asked, “Who is the greatest in the kingdom of heaven?”² He called a child, whom he put among them,³ and said, “Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven.⁴ Whoever becomes humble like this child is the greatest in the kingdom of heaven.⁵ Whoever welcomes one such child in my name welcomes me.

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. Presiding Bishop Curry begins this episode by sharing three stories of how young people are leading the charge when it comes to social and environmental change, comparing the truth-telling of the youth to the boy in the fairytale, “The Emperor’s New Clothes.” These young people are not afraid to use their voices to try and turn around the harmful beliefs and practices in their communities and the world. As you reflect on these stories, ask the Holy Spirit to reveal a practice or belief that could use some “turning around” in your life or your community. What action can you take?

2. Guests Ruth Anderson and Greg Farrand from the Second Breath Center share how their organization came into being when a group of friends and church members began to ask, “How does God want to transform our community?” Spend a few moments with this question. Do not suggest any answers. Instead, sit in silence and listen for what God is saying, look for what God is doing. Jot down the first few words or images that pop into your mind and heart. Where might the Holy Spirit be leading?
3. Farrand shares how his faith truly took a life-changing turn after he began to practice spiritual disciplines, such as silence and stillness. These practices, which he has folded into his daily life, have helped him to experience the love of God in a new and intimate way. Anderson suggests that anyone can begin these practices first by noticing how little silence there is around oneself, and then by carving out a small practice of silence (such as driving in a car with no radio on) or stillness (for example, taking five minutes to sit still and stare at the clouds). What is your reaction to these ideas? How could you practice stillness or silence?

Prayer

Collect written by The Episcopal Church’s Season of Creation Liturgical Committee

God, maker of marvels, you weave the planet and all its creatures together in kinship: Your unifying love is revealed in the interdependence of relationships in the complex world that you have made. Save us from the illusion that humankind is separate and alone, and join us in communion with all inhabitants of the universe, through Jesus Christ, our Liberator, who topples the dividing walls, and by the power of your Holy Spirit; who live and reign with you for ever and ever. Amen.

When we worship, we gather with others before God. We hear the Good News of Jesus Christ, give thanks, confess, and offer the brokenness of the world to God. So many of our worship experiences take place within a church building - it can be hard to imagine worship without candles and stained glass and pews - but there are many ways we can bring worship out into the wider world, knowing that God is waiting out there, too.

Season 2

Episode 5

Worshiping in Public as Witness

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 5

Worshiping in Public as Witness

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read and reflect on the Scripture. What word or phrase stands out to you? What might the Holy Spirit be saying to you through this passage?

Acts 2:1-8

¹When the day of Pentecost had come, they were all together in one place. ²And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. ³Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. ⁴All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. ⁵Now there were devout Jews from every nation under heaven living in Jerusalem. ⁶And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each.

⁷Amazed and astonished, they asked, "Are not all these who are speaking Galileans?" ⁸And how is it that we hear, each of us, in our own native language?"

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. In this episode, Sandy and Bishop Curry talk about the importance of context in the practice of worship. Bishop Curry shares, "You want to be respectful of the people who are there. The message is the same, the Gospel is

the same, but how you communicate it should be affected by the context you are in." When have you worshiped in a context different than your own? How did that feel? What did you notice about your experience or the experiences of others? What cultural languages are being spoken outside the walls of your church? How could your worshiping community begin to learn or speak the Gospel in those languages?

2. Bishop Curry made the beautiful observation, "The depth of my faith leads me to respect and honor wherever God shows up, even in other traditions." What other faith traditions help lead you into the heart of God? Is there one faith tradition or expression that you find enriches your current faith practices?
3. Guest Hugo Olaiz talks about Las Posadas – an Advent celebration common in Latin American culture. Beginning on December 16 and ending nine days later, Las Posadas commemorates the nine months of Mary's pregnancy and involves a procession throughout neighborhoods or communities, with children often dressed as angels and shepherds. Religious figures, images, and lighted candles are also part of the festivities. This celebration helps to remember and honor the pilgrim status of Mary and Joseph and bring into greater focus God's particular love for those on the margins and those who are looking for shelter, food, and comfort. Hugo encourages churches of all kinds to consider celebrating Las Posadas, saying, "Don't be afraid to make mistakes." Hugo also recommends reaching out to local Latino congregations for help beginning or joining with Las Posadas celebrations. Have you ever had the opportunity to celebrate or worship as a guest within another culture? What did you take away from that experience? How did it challenge or shape your view of what is possible in worship?

Prayer

**The Very Rev. Dr. Alan Jones,
Dean Emeritus of Grace Cathedral, San Francisco**

Gracious God, in your loving heart there is room for everyone — without exception. Give us courage to be so at home in you that we dare make room for others. Let your world be a place of delight and homecoming for all creation.

When we go on the Way of Love, we cross boundaries, listen deeply and live like Jesus. Whether God calls us to go across the street or across the world, we are sent beyond our circles and comfort, to witness to the love, justice, and truth of God with our lips and with our lives.

Season 2

Episode 6

**Going into the Neighborhood
to Listen Deeply**

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 6

Going into the Neighborhood to Listen Deeply

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read and reflect on the Scripture. What word or phrase stands out to you? What might the Holy Spirit be saying to you through this passage?

John 4:7-15

⁷ A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink."⁸ (His disciples had gone to the city to buy food.)⁹ The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.)¹⁰ Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water."

¹¹ The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?"¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?"¹³ Jesus said to her, "Everyone who drinks of this water will be thirsty again,¹⁴ but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."

¹⁵ The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. In this episode, Bishop Curry explains that on the Way of Love, we "actually go into the world as an instrument of God's hospitality, which for us is to both give and receive. To both show hospitality and to graciously receive hospitality." To "go" without this balance of giving and receiving risks making Go an imperialist command instead of an opportunity for mutuality. Receiving sometimes requires more vulnerability than giving. Do you find it harder to receive than to give? Can you think of a time when you had to be vulnerable in receiving?
2. Bishop Curry shared a very personal story about a time when he was humbled deeply by a woman who gave him a very rich gift, even though it looked like so little on the outside. In receiving her offering of hospitality, Bishop Curry had to be vulnerable in many ways. Can you think of a time when you had to be vulnerable in receiving?
3. Guest Katie Nakamura Rengers shares about her work at The Abbey, a coffee house church in Birmingham, Alabama. Katie shares that part of her going work is getting to know those who visit the coffee shop. Following the model of Jesus' conversing with strangers, she begins small and works into deeper questions and listening. How can listening be part of your practice of "go"? Who in your community needs to be noticed and heard? What steps can you take to give and receive from them?

Prayer

A Prayer Attributed to St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

Prayer is inviting and dwelling in God's loving presence - a practice that can sometimes be daunting, but is ultimately one of the most important things we do as Christians. Whether by boldly offering our thanksgivings and concerns to God, simply listening for God's voice in our lives, or infusing our work with prayer, we can find ourselves drawing nearer and nearer to him.

Season 2

Episode 7

**Praying with Our Bodies and
Our Creativity**

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 7

Praying with Our Bodies and Our Creativity

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read and reflect on the Scripture. What word or phrase stands out to you? What might the Holy Spirit be saying to you through this passage?

Psalm 46, from the Book of Common Prayer

- ¹ God is our refuge and strength,
a very present help in trouble.
- ² Therefore we will not fear, though the earth be moved,
and though the mountains be toppled into the
depths of the sea;
- ³ Though its waters rage and foam,
and though the mountains tremble at its tumult.
- ⁴ The LORD of hosts is with us;
the God of Jacob is our stronghold.
- ⁵ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
- ⁶ God is in the midst of her;
she shall not be overthrown;
God shall help her at the break of day.
- ⁷ The nations make much ado, and the kingdoms are shaken;
God has spoken, and the earth shall melt away.
- ⁸ The LORD of hosts is with us;
the God of Jacob is our stronghold.
- ⁹ Come now and look upon the works of the LORD,
what awesome things he has done on earth.
- ¹⁰ It is he who makes war to cease in all the world;
he breaks the bow, and shatters the spear,
and burns the shields with fire

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. In this episode, Bishop Curry visits with Andrea McKellar about one of her own personal prayer practices: her morning walk. Andrea shares that this early morning walk is often the only time she has alone during the day to connect one-to-one with God, and that no matter where she is – at home or traveling – it is a rhythm that is essential to her spiritual health. Do you have a regular prayer practice like this? Or if not, is there a time in your day or week to build a regular rhythm of connection? What would help foster that practice?
2. Andrea mentions two apps that she has downloaded on her phone – *Pray As You Go* and *Ceaseless Prayer*. Both of these tools provide helpful pathways for prayer. The second guest, Roger Hutchison, shared how painting with his hands has become an important practice in his one-to-one time with God. What pathways help you connect to God? Do you find you connect best in nature, through music, or perhaps by journaling to God? What is that experience like?
3. Both Roger and Andrea talked about how a large part of prayer involves presence and intentionality. Creating space to be present with God is more important than finding the “right” words or postures. Roger talked about how his work with *The Painting Table* had been useful as a grief support tool, specifically because words often cannot help with deep pain and loss, and because God is in “the beautiful and the ugly.” For many of us, learning how to share our pain or anger with God is challenging, as is sitting in silence with God. And yet, God desires our whole selves – even our anger and our awkwardness. What part of yourself do you have a hard time sharing with God? How could your practice of prayer be broken open by offering this piece?

Prayer

From Daily Prayer for All Seasons

In the beginning, it is dark, cool, and quiet, and we ask you:

Invite us into your presence, O Christ.

We do not know your works, Holy One, yet still we ask you:

Invite us into your presence, O Christ.

We look to the rising sun and trust that you

invite us into your presence, O Christ.

Rest is more than sleep or mindless consuming - it's a deep-seated principle and practice that God invites us to undertake for our own health and for the health of this fragile earth, our island home.

Season 2

Episode 8

Resting in and with the Land

Reflection Guide

The Way of Love with Bishop Michael Curry: Season 2, Episode 8

Resting in and with the Land

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Job 38:4-7

⁴“Where were you when I laid the foundation of the earth?

Tell me, if you have understanding.

⁵Who determined its measurements—surely you know!

Or who stretched the line upon it?

⁶On what were its bases sunk,

or who laid its cornerstone

⁷when the morning stars sang together

and all the heavenly beings shouted for joy?”

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. In this episode, Bishop Curry talks with Lynnaia Main about her work with The Episcopal Church and the United Nations. Lynnaia mentions that we can reduce our consumption and production – and in the process, find the time to rest. Do you do too much? Have you ever intentionally filled your time with unimportant things to avoid silence or stillness? What can you do to counteract that?
2. Bishop Curry mentions that climate change and care of creation are not wholly secular or scientific concerns – rather, that we understand part of our call as Christians as living as often as possible in harmony with God’s creation. What is one small step you can take this week to give yourself and the land a rest?
3. The Rev. Nurya Love Parish describes two reasonings for keeping the Sabbath in the 10 Commandments – one is from Exodus, the other from Deuteronomy. Which of these speaks most clearly to you? How you can remind yourself of the importance of that rest, both for yourself and others?

Prayer

For Joy in God’s Creation

From the Book of Common Prayer, p. 814

O heavenly Father, who hast filled the world with beauty: Open our eyes to behold thy gracious hand in all thy works; that, rejoicing in thy whole creation, we may learn to serve thee with gladness; for the sake of him through whom all things were made, thy Son Jesus Christ our Lord. Amen.