

## Cross Fit Faith Worship Plan, Lent 2019

	Lent 1	Lent 2	Lent 3	Lent 4	Lent 5	Palm Sunday	Easter Sunday
scripture	Luke 4:1-21	Luke 6:20-31	Luke 9 18-24 & Matthew 11:28-30	Luke 10:38-42	Luke 11:1-10	Luke 19:29-40, 22:14-21, 33-34	Luke 24:1-12, 36-48
Key Verse	<i>He has sent me to preach good news to the poor, to proclaim release to the prisoners</i>	<i>Love your enemies. Do good to those who hate you.</i>	<i>take up their cross daily, and follow me.</i>	<i>Martha, you are worried and distracted by many things. One thing is necessary.</i>	<i>Ask and you will receive. Seek and you will find.</i>	<i>This cup is the new covenant by my blood, which is poured out for you.</i>	<i>a change of heart and life for the forgiveness of sins must be preached to all nations</i>
Hymn 1	<i>Lord, Who Throughout These Forty Days</i> UMH #269	<i>Take Time to Be Holy</i> UMH #395	<i>Take Up Thy Cross</i> UMH #415	<i>Come, My Way, My Truth, My Life</i> UMH #164	<i>Seek Ye First</i> UMH# 405	<i>All Glory, Laud, and Honor</i> UMH #280	<i>Easter People, Raise Your Voices</i> UMH #304
Sermon Theme	As we start any health plan it helps to know who's instructing us; do they know normal struggles, what's their philosophy? It matters who we trust with our efforts & spirit.	The basic tenants of Jesus' faith program are the opposite of what seems logical or what we're told is the way to get ahead. Living this way will take some unlearning.	To succeed we've got to have the right tools and set up. We've got to develop habits and curate our environments. Daily practice & community are the key.	A negative mindset is deadly to our progress. When life happens, we've got to have those positive mantras to keep us focused & on track. Setbacks will happen, our job is to learn & grow.	It's never too late to get back on track. We will hit a plateau or fall off the wagon at some point. How we get back on is getting back to basics and asking for help.	Grace abounds. Christ gave his life for us while we were still sinners. Guilt gets us nowhere. Accept God's forgiveness or this won't be sustainable.	Faith isn't a quick fix or a diet, it's a way of life. It requires a change of heart & life. We are an Easter people! Love has won over death so how can we live that each day?
Sermon Title	Cross Fit Faith: Meet the Founder	Cross Fit Faith: The Principles	Cross Fit Faith: Setting Up for Success	Cross Fit Faith: Mindset is Everything	Cross Fit Faith: When It Gets Hard	Cross Fit Faith: Perfection Not Required	Cross Fit Faith: A Way of Life
Hymn 2	<i>O Love, How Deep</i> UMH #267 vs 1-3 & 6	<i>We Are Called</i> FWS #2172	<i>Jesus, United by Thy Grace</i> UMH 561 vs 1-4	<i>A Might Fortress Is Our God</i> UMH #110	<i>Sweet Hour of Prayer</i> UMH #496	<i>What Wondrous Love Is This</i> UMH #292	<i>At the Font We Start Our Journey</i> FWS #2114
<u>Home work:</u>	This week, start your Lenten journey & decide your daily practice.	This week, practice the basics & track how it goes each day.	This week, add something to your space that helps keep you on track.	This week, try out some positive mantras until you find the right one.	This week, pray daily with the audacity of faith.	This week, attend a holy week service and remember the grace Jesus gives.	This week, show someone that Love wins by forgiving them.
Questions to ponder	How would you summarize Christianity for someone looking to improve their life?	What are the basic principles of the Christian faith?	What do you think it means to take up your cross? What tools do you need to practice your faith?	What words do you hear when you do something you regret?	When have you felt stuck in your faith? What has helped you break thru a plateau of growth?	What do you still carry guilt about from your past?	How has your faith changed the way you live?

UMH = *The United Methodist Hymnal* FWS = *The Faith We Sing* W&S = *Worship and Song*

Unless noted otherwise scriptures come from the Common English Bible

The 'homework' and 'Questions to ponder' are printed in our bulletin and the 'homework' also appears on our screens at the end of worship.

Developed by Rev. Corey Turnpenny, 2019 at Whitney Point UMC, Whitney Point NY