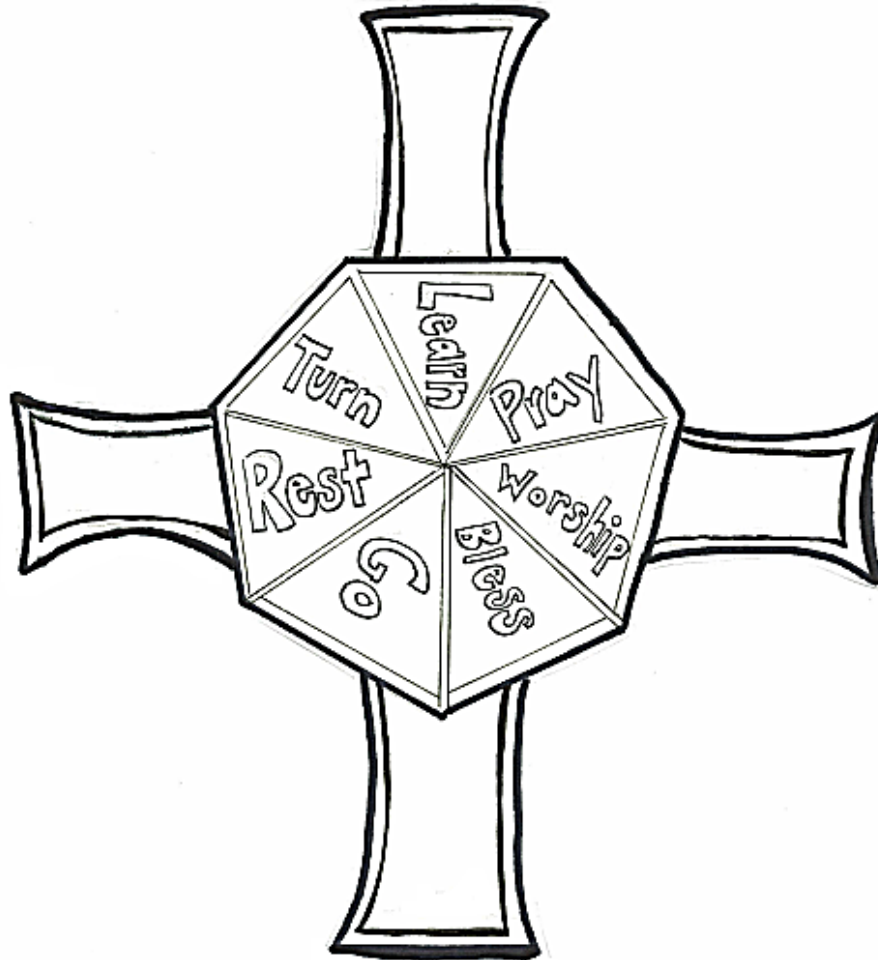


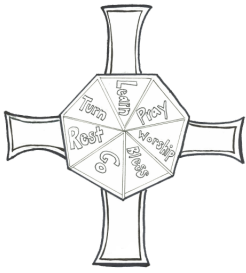
WEEK ONE



ST. DAVID'S DISCIPLESHIP CHALLENGE



ST. DAVID'S
EPISCOPAL CHURCH
301 E 8TH STREET AUSTIN, TX 78701
STDAVE.ORG



WEEK ONE

TURN

PAUSE, LISTEN, AND CHOOSE TO FOLLOW JESUS

- Review the Baptismal Covenant from the Book of Common Prayer and ask how it might influence how you live, act, and think this week. (bcponline.org/Baptism/holybaptism.html, pp.304-305 in BCP)
- Set up a home altar with items that will help you commit to spending time there every day (a prayer list, prayer box, candle, etc.).

LEARN

REFLECT ON SCRIPTURE EACH DAY, ESPECIALLY JESUS' LIFE AND TEACHING

- Read the previous Sunday's gospel reading and look for 1 or 2 possible reflections that are new to you. (lectionarypage.net)
- Go to The Abbey's website and engage with a podcast, blog, or other offering from it. (theabbey.us)

PRAY

DWELL INTENTIONALLY WITH GOD EACH DAY

- Pick a prayer from the Book of Common Prayer that is appropriate for you right now. (bcponline.org/Misc/prayers_and_thanksgivings.html, p. 810 in BCP)
- Practice the Daily Examen. Look for 1 or 2 possible reflections that are new to you.

WORSHIP

GATHER IN COMMUNITY WEEKLY TO THANK, PRAISE, AND DRAW NEAR TO GOD

- Make a set of cards with the parts of the service of Holy Eucharist and put them in order. (bcponline.org/HE/he2.html, p. 355 in BCP)
- Invite a small group of people to pray one of the Daily Offices with you virtually. (bcponline.org/DailyOffice/dailyoff.html, p. 36 in BCP)

BLESS

SHARE FAITH AND UNSELFISHLY GIVE AND SHARE

- Think of how a person has been a blessing to you and make sure they know that!
- Make a few "blessing bags" and keep them in your car to give to people in need.

GO

CROSS BOUNDARIES, LISTEN DEEPLY, AND LIVE LIKE JESUS

- Identify someone in your neighborhood who might need a small expression of kindness and give them one (draw a picture, leave flowers, write a note, etc.).
- Donate a coat somewhere so people who don't have shelter can enjoy being outside when it's cold.

REST

RECEIVE THE GIFTS OF GOD'S GRACE, PEACE, AND RESTORATION

- Join Margaret Martin for an exercise in mindfulness. (vimeo.com/459174117)
- Do some yoga or other kind of stretches for 10 minutes.

