

A Matter of the Heart

“Where your treasure is, there your heart will be also.”

November 8, 2020

Opening

Greet one another and agree on confidentiality and agree to practice sacred listening as everyone shares from their own unique experiences and sacred stories.

Time of Centering

Get comfortable in your seat with your feet flat on the floor with your hands laying on your lap letting go of tension throughout your body. Take a couple of slow, deep, cleansing breaths. Relax your jaw, face and shoulders. Take a few moments in silence to rest your mind and focus on your breath. It is the breath of God within you.

Bring to mind something you are grateful for and allow that gratitude to flow from your heart throughout your body as a prayer of blessing to God.

Take a few moments to briefly share your gratitude with the group.

Spiritual Practice

Lectio Divina means divine reading and is a spiritual practice using scriptures, poems or quotes. **Invite someone to read Matthew 6:19-21 below from the New Revised Standard Version out loud. Listen, using sacred/ Reflective listening, for a word or phrase that touches your heart or stands out for you.**

“Do not store up for yourselves treasures on earth, where moth and

rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

After a few minutes of quiet, invite someone else from the group to read the scripture out loud a second time. Invite a person from the group to read it a third time. Then, if you are comfortable, share with the group what emerged for you through the practice of Lectio Divina.

Discussion based on Sunday’s Church at Home Message

Ask members of your group to take turns reading the passages below.

- Religion professor, Robert Bryant says, “There is often a stark difference between the appearance of faith and its reality, between idolatry disguised as religion and the charitable faithfulness that comes from radical reliance on God. The essential challenge here is this: where or in whom do you place your trust?”
- Jesus is challenging his listeners to confront what and whom they worship. Are they worshipping themselves, something else, or the living God?
- Righteousness, a right relationship with God, expressed as faithfulness is more an inner disposition of the heart than an outward religious observance.
- Where your treasure is, there your heart will be also. Just as the heart is central to life itself, there are certain things that are central to the heart of faith for those who strive to live as Jesus did.

- For me, gratitude and generosity are matters of the heart and central to our faith life of trusting God.

Have you experienced a time of feeling overwhelming blessed? If you are willing, share your story with your group.

A generous person supports ministry and mission with financial gifts. There are also other characteristics of a generous heart. A person can be generous in their hospitality, with their time, by using their influence to help another, and by offering their prayers for another who is struggling. Can you recall a time when someone was generous to you in the ways listed above, or in other ways that have come to you? Share if you are willing.

How do you feel when someone is generous towards you, or someone you love?

Does joy inspire you to be generous?

Action Step

You have used the spiritual practice of Lectio Divina, and considered how generosity inspires a grateful heart, and a grateful heart inspires generosity. Out of your time together, and with what you have shared with one another, consider one action step that you can take this week to put your faith into action. Take a moment to share your one step with your group.

Prayer

Lift up the requests of the group members, as well as prayers that will assist you as you put your faith into action.

Crossroads Events

Sunday Evenings at the Labyrinth

Each Sunday between November 1 – December 20, from 6–7pm, Crossroads is offering a time to walk the labyrinth. This is a time of deep reflection, of honoring our personal losses, (jobs, relationships, security), as well as our precious friends and family who have passed away. The labyrinth will be lighted with blue lights and hosts will be present to direct you as you step onto the path. The labyrinth is located on Crossroads property behind the fenced play area.

Register <https://www.crossroadsnova.org/labyrinth-on-sunday-evenings>

Annual Thanksgiving Day Run is Virtual!

Keep your tradition streak alive and run with us on Thanksgiving Day or sometime throughout the holiday weekend! You can do so from wherever you will be spending Thanksgiving!

Choose to join us at the traditional time and day - Thanksgiving Day, November 26 at 8:15 AM from your own front door and use our RaceJoy technology to "run together" with friends, and family! Or take advantage of the ability to sleep in on Thanksgiving, and choose to run anytime through the holiday weekend.

November 26 - November 29!

We know you struggle every year deciding if you should do the 10k, the 5k or the 2k, well this year, you can do them all! Choose to run our virtual Thanksgiving Feast challenge which offers ALL the distances! This challenge will have you working off your second (and third) helping in no time!

Register [here](#).

To live as Jesus lived is to understand that Jesus modeled the character of God. Generosity is at the core of our spiritual inheritance.

Remember - You are loved far beyond your wildest imagination!