

## Sunday School at Trinity UMC

10 am in the Sanctuary

When: This Sunday, November 1

Where: Trinity UMC Sanctuary and Robert's Facebook Live Page

Time: 10 am- 10:50 am

Text for Sunday: Matthew 9:18-23

Class Focus: Original Blessing

We have vast experience and knowledge of Original Sin. Our conversations, beliefs, experiences, and actions are dominated by our Knowledge of Good and Evil. Have you ever heard of Original Blessing? Do you follow the Way, Truth, and Life of Original Blessing?

United Methodist espouse four structures that lead to our need for Original Blessing: Scripture, Experience, Reason, Tradition. These disciplines exercise our body, spirit, and soul. They strengthen, heal, and connect us to God and one another. They have nothing to do with punishment, division, or exile. The disciplines equip us to hear, see, and experience God's Original Blessing.

In the first Creation Story God's last word is Jesus' first Beatitude: Genesis 1: **31** God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. Jesus echoes Original Blessing saying, "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven." The Kingdom is now. Now is the time to repent and live the blessed life in Christ.

You are invited to join me for Sunday school. We will practice our Christian Disciplines. They offer us three lessons. 1. Awareness of our body, spirit, and soul. 2. Our need for God's Mercy. 3. Our hunger to Follow Christ to experience our soul being saved from our heart and mind. (The word saved means to be delivered and healed!)

Every message I share from the pulpit flows from the practice of our Christian Disciplines. Each Sunday we will focus on next Sunday's text. The devotions I share on Monday, Wednesday, and Friday flow from the structures of Scripture, Experience, and Reason. My hope is for class members to write and maybe share their devotions via Dial My Calls.

We will meet in the Sanctuary for a few reasons. Social Distancing, the availability of the sound system, and to bless the space with our presence while seeking God's Original Blessing.

## **The Structure that Flow with our need of Original Blessing**

### **Scripture**

- Scripture reading
- Scripture meditation
- Scripture application

### **Experience**

- fasting (deny the Body Physical things)
- silence and solitude (deny the heart and mind their constant chatter and judgement)
- stewardship of time and money (deny selfishness and greed)
- Commune with our neighbor, the person with different beliefs and opinions.

### **Reason: Connecting the Heart-Soul-Mind. Repentance!**

- journaling
- prayer
- evangelism/witness
- serving

### **Tradition: History repeats itself.**

- worship (all the above are acts of worship.)
- Creeds
- Councils
- Desert Fathers and Mothers
- Original Blessing (Genesis 1: God says it is all very good.)

Our time in Sunday school will focus on the structures of Scripture and Experience. Transformation of the heart and mind comes from the Flow derived from the Disciplines within Experience and Reason. My hope is that our time together on Sunday creates a hunger and thirst to spend time with God, the Father; God, the Son; God, the Holy Spirit.

One in Christ,  
Robert