

# Spiritual MOT



# 2022

[www.smso.org.uk](http://www.smso.org.uk)

The start of a New Year is a good time to take some time out and reflect on your spiritual growth and your plans for the coming year. This email is designed to help you do that.

## God's Story

For the first 22 weeks of 2022 our teaching programme aims to help us all get a better picture of the whole of God's Story as told in the Bible.

### It has three formal components:

- Five 'Essential' Bible passages per week (100 from the Scripture Union Book plus two extra weeks around Easter) for you to read on your own.
- Related Sermons each Sunday preaching from Genesis to Revelation.
- Connect Group questions to relate to your daily readings.

### Resources:

- You can collect the full list of readings from church.
- There are a small number of copies of the Essential 100 book still available at £5. Contact the office. (Tel: 01788 330440)

### Connect Groups:

Join a Connect Group or get together with two or three friends and form a Micro Connect Group to discuss the passages and sermons.

- For the questions to use each week see separate sheet.
- For an explanation of what to do in a micro Connect Group see leaflets in church foyer.
- To join a Connect Group either contact [alanhulme@smso.org.uk](mailto:alanhulme@smso.org.uk) (01788330442) or use the ChurchSuite App to apply to join a group directly.

### Extra Bits:

In addition to those three components, we can recommend the following resources.

- The Bible Project Videos – explore at [www.bibleproject.com](http://www.bibleproject.com)
- For those wanting to explore the entire Bible this year, as well as the Essential 100 readings, the Bible Project have launched a new app to help you. It links readings, explanatory videos etc.
- The Bible Book: A Users Guide – by Nick Page. ISBN 978-0007119677. Accurate, often funny and a great 'dip-in' book to help you understand different parts of the scriptures.
- How to Read the Bible for all it's Worth – by Fee & Stuart. ISBN 0 86201 974 5. If you want to be a serious student of the Bible, you can do no better than read this scholarly, sensible, practical guide.

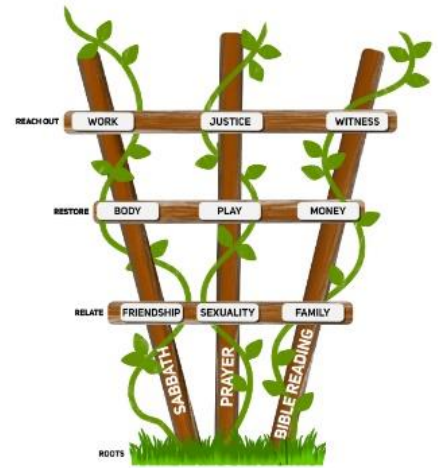
How would you feel about getting to December 2022 and being able to say, "*I understand the Bible better than I did a year ago*"? The preaching team and Connect Group Leaders will play their part, but it will only really become true if you decide to invest your time in it.

## Rule of Life:

We spent much of last year exploring the kind of things that can go in a "**Rule of Life**" to help us follow Jesus in the normal rhythm of our days. Have you started one yet? If not, what is holding you back?

Start simply with these questions:

1. What will my patterns of Bible reading/study be? Both personal and with others.
2. What personal and corporate prayer times am I committed to be part of regularly?
3. How will I keep a Sabbath?
4. Of the other nine areas we explored last year:
  - a. Which are already part of my rhythms so I can write them down?
  - b. Which one should I do something to address next?  
*Work, Justice, Witness, Body, Play, Money, Friendship, Sexuality, Family.*



## S.H.A.P.E.

Is it time to think again about how God is calling you to serve Him? The SHAPE course helps you explore

- what your Spiritual gifts are
- what God has given you a Heart for
- what Abilities you have
- what role your personality will play
- what Experiences you have had

so that you can discern more clearly what He is calling you to in this phase of your life.

Phone the office (Tel: 01788 330440) to sign up for a full Saturday or four Thursday evenings.

This is absolutely NOT about finding what jobs in the church need doing - it is about discovering what God has called you to do in all parts of your life. It could be life changing for you!

## Covenant Prayer:

This is the prayer used in this morning's service. It is well worth some time to meditate over during the next week.

I am no longer my own, but yours;  
Put me to what you will,  
Rank me with whom you will;  
Put me to doing, put me to suffering;  
Let me be employed for you,  
Or laid aside for you;  
Exalted for you or brought low for you;  
Let me be full, let me be empty;  
Let me have all things, let me have nothing;  
I freely and wholeheartedly yield all things to your pleasure and disposal.  
Amen.

**Just as you received Christ Jesus as Lord,  
continue to live your lives in him,  
rooted and built up in him,  
strengthened in the faith.**

***Colossians 2:6-7***