

# Discipleship Formation Studies for 2021

*Central United Methodist Church (CUMC) has maintained a tradition of keeping before our congregation opportunities to expand and grow our faith, and deepen our knowledge of the Christian journey.*

*We have many exciting and fulfilling ways to accomplish the purpose to “Equip the Saints” with standard and regular offerings for learning and growth. Many are found on the communications mediums we offer weekly at CUMC examples are found in the section titled:*

## EQUIP THE SAINTS

### CONFIRMATION CLASS

All families with children who are in the 6th - 10th grades and have not been confirmed are asked to register for Confirmation Class.

**Confirmation will begin January 31, 2021.** Cascade and Ben Hill United Methodist Churches will partner with us. Classes will be on the first, second and fourth Sundays of the month. Register at [tinyurl.com/2021ConfirmUMC](http://tinyurl.com/2021ConfirmUMC)

### JOIN A PRAYER GROUP

#### THE POWER OF PRAYER

Central's Prayer Team invites you to join a prayer circle for intercessory prayer. These virtual prayer circles are hosted by members of Central's Prayer Team. They will gather to pray for individuals, our church, the government, our nation and the world. Day, time, and conference call numbers are listed here:

- **Wendy Murphy** - Mondays, 6:45 pm, 605-313-5608 access code 725038#
- **Scarlette Dukes** - Monday, 7:00 pm, 602-580-9453 access code 2082348#
- **Couties Hollis** - Every other Wednesday, 8:00 pm 978-990-5404 access code 7685875#
- **Diane Wyatt** - Thursdays, 8:00 pm 712-775-7031 access code 413883#

### WELLNESS WEDNESDAY

Take a mid-week break from your schedule for a word of encouragement, prayer, and inspirational music. Wellness Wednesday is a 30- minute virtual service led by Pastor Ross and members of our ministerial staff. Join us at 6:30 pm on **Facebook@centralumcatl** or by **Conference Call 605-313-4460 Access Code 650574#**

## **SUNDAY SCHOOL & BIBLE STUDY CLASSES**

### **The WBC Adult Sunday School Class Conference Call**

**Sundays 8:45-9:45 am**

**Call in number 515-604-9307 Access code 341177#**

### **VIRTUAL YOUTH SUNDAY SCHOOL CLASS**

**Sundays 9:00 am**

Contact Kimberly Oliver, Sunday School Superintendent at  
[oliverk2482@gmail.com](mailto:oliverk2482@gmail.com) to get the Zoom link.

### **THE CLASS MEETING GROUP**

**"Friends With Benefits: Sharing the Love of Christ"**

**Tuesdays, 12:00 – 1:00 pm**

Conference Call Number 720-830-9745

(No Access Code Needed)

Rev. Mildred Gunn, Class Facilitator

### **JOURNEY THROUGH THE BIBLE STUDY CLASS**

**Tuesdays, 7:00 pm**

Conference Phone Call

Facilitator: Rev. Frederick Gray

### **SENIOR PASTOR'S BIBLE STUDY**

**Wednesdays 7:15 pm | Via Zoom**

Facilitator: Rev. Vance Ross

### **MIDDLE SCHOOL SMALL GROUP STUDY**

**GRADES 6-8**

**Thursdays, 5:30 pm**

**Tavis Tinsley, Facilitator**

### **HIGH SCHOOL SMALL GROUP STUDY**

**GRADES 9-12**

**Tuesdays, 7:00 pm**

**Rev. Angela Johnson, Facilitator**

For questions, contact Rev. Angie at [angela.johnson@centralumcatl.org](mailto:angela.johnson@centralumcatl.org)

## Discerning Disciples Deep Dive Sessions

Discerning Disciples Deep Dive is a title we are using for the next series of short-term studies that will permit us to dive deeper into the waters of Discipleship Formation. These sessions are intended to explore more depth and add to the basic dimensions of spiritual growth that are foundational in our core studies through the Sunday School, Bible Study and Core group series. The following list of classes/sessions will use books by various authors, Bible Studies by knowledgeable theologians/pastors, and other resources and discourse materials as required.

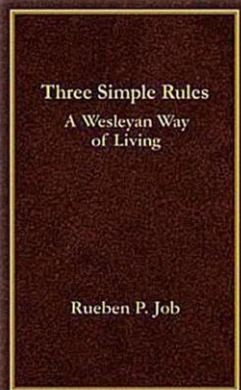
The 2021 short term sessions/classes will begin during the week of January 18<sup>th</sup> 2021. We encourage you to review these offerings, select those sessions you are interested in, and sign up/register with the Facilitator/Teacher of the session.

Due to COVID-19 restraints, you must purchase your resource(s) as necessary before the sessions begin. Some of the various options for securing the materials will be listed for each course as appropriate.

## Recurring/Foundation Short-Term Studies

### Foundation Study

This first group of courses/classes represents Discipleship Formation sessions that we believe should be offered on a continuous schedule throughout the calendar year. The offering of these sessions will depend on interested participants and available facilitators and resources.



### ***Three Simple Rules: A Wesleyan Way of Living***

by Rueben P. Job

**Facilitator: Rev. Dr. Maxine Hunt**

**Thursday ZOOM begins January 21, 2021 at 7:00 p.m.**

Email: [huntmaxine@att.net](mailto:huntmaxine@att.net).

In *Three Simple Rules*, Rueben Job offers an interpretation of John Wesley's General Rules for today's readers. For individual reading or group study, this insightful work calls us to mutual respect, unity and a deeper daily relationship with God. This simple but challenging look at three commands, "do no harm, do good, stay in love with God."

Resources Available at:

**Cokesbury** - <https://www.cokesbury.com/Three-Simple-Rules-1>

**Amazon Kindle**

**\$3.79 hardcopy**

**\$4.79 large print**

**\$4.29 study (6-weeks)**

**\$5.38 eBook/Kindle**

## **I'm Black I'm Christian I'm Methodist**

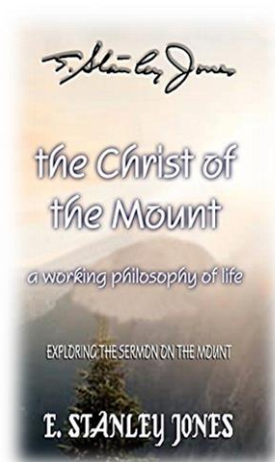
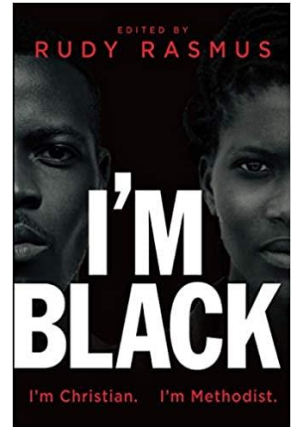
**Paperback – November 3, 2020 by [Rasmus](#) (Editor/Author)  
and The Lectionary New Testament Texts**

**Facilitator: Pastor Vance Ross**

**Wednesdays, Senior Pastor's Bible Study 7:15 pm via Zoom**

**Ten personal narratives reveal the shared and distinct struggles of being Black in the Church, facing historic and modern racism.**

Ten Black women and men explore life through the lens of compelling personal religious narratives. They are people and leaders whose lives are tangible demonstrations of the power of a divine purpose and evidence of what grace really means in face of hardship, disappointment, and determination. Each of the journeys intersect because of three central elements that are the focus of this book. We're Black. We're Christians. We're Methodists. Each starts with the fact, "I'm Black," but to resolve the conflict of being Christian and Methodist means confronting aspects of White theology, White supremacy, and White racism in order to ground an oppositional experience toward domination over four centuries in America.



## **The Christ of the Mount: A Working Philosophy of Life; and The Way: 364 Daily Devotions**

**Rev. George A. Davis, Jr. – Facilitator**

**Sessions will begin Monday, January 18, 2021. ZOOM Meeting 7:00-8:30 pm**

**Email: [shepherdgad@gmail.com](mailto:shepherdgad@gmail.com)**

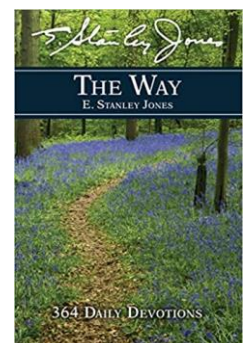
This book is for every person who suspects and hopes there is a better way to live responsibly and compassionately in the complex world we share. It is the first of many thought-provoking, spiritually enriching books newly republished by the E. Stanley Jones Foundation.

Dr. E. Stanley Jones had a Divine gift for expressing the unpretentious truth and clarity of Jesus' teachings and their timeless relevance. In this book, Jones challenges us to go deeper, question and ultimately discover the effect of Jesus' principles on humanity, regardless one's background or predisposed religious views.

## **The Way: 364 Daily Devotions Paperback – March 3, 2015**

by [E Stanley Jones](#) (Author)

If we are to get "a sparkle, a buoyancy . . . back into life, we can get it only as we are sure we are on the Way," says E. Stanley Jones. The Way—God's Way—is revealed in the life and teachings of Jesus Christ as well as in the structure of reality. This practical volume leads step-by-step through the implications of the Way in every aspect of life. It progresses through 52 topics with daily readings, Scripture references, and prayer. A sequel to *Victorious Living* and *Abundant Living*, *The*



Way offers a positive solution for mental and spiritual confusion, and guidance for a life filled with meaning.

Please secure the books before class begins and start your study on pages 122 and 197-214 before the first class.

Amazon Books:

The Christ of The Mount

\$15.99 paperback

\$ 9.99 Kindle/eBook

The Way: Daily Devotions

\$14.28 paperback

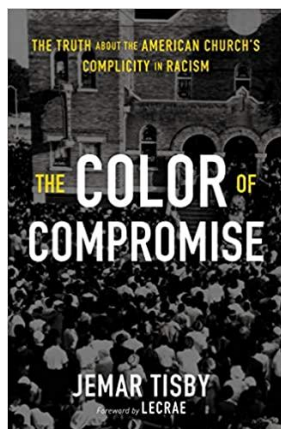
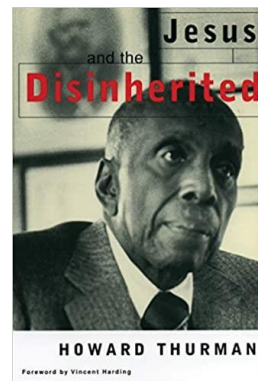
\$ 9.99 Kindle/eBook

## Discipleship Formation Studies for Future Sessions

### Jesus and the Disinherited,

By Howard Thurman

In this classic theological treatise, the acclaimed theologian and religious leader Howard Thurman (1900-1981) demonstrates how the gospel may be read as a manual of resistance for the poor and disenfranchised. Jesus is a partner in the pain of the oppressed and the example of His life offers a solution to ending the descent into moral nihilism. Hatred does not empower--it decays. Only through self-love and love of one another can God's justice prevail.



### The Color of Compromise:

The Truth about the American Church's Complicity in Racism

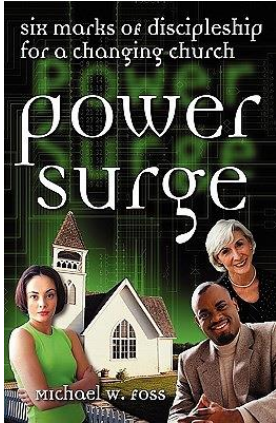
Hardcover – January 22, 2019

by [Jemar Tisby](#) (Author), [Lecrae Moore](#) (Foreword)

An acclaimed, timely narrative of how people of faith have historically--up to the present day--worked against racial justice. And a call for urgent action by all Christians today in response.

*The Color of Compromise* is both enlightening and compelling, telling a history we either ignore or just do not know. Equal parts painful and inspirational, it details how the American church has helped create and maintain racist ideas and practices. You will be guided in thinking through concrete solutions for improved race relations and a racially inclusive church.



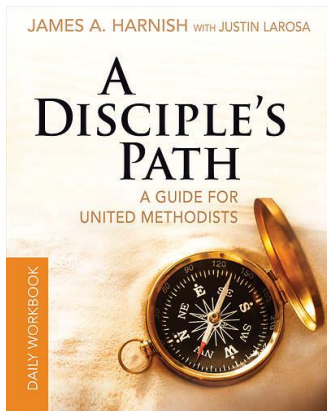


## **Power Surge – Six Marks of discipleship for a Changing Church**

Rev. Dr. Michael W. Foss

Power Surge makes the case for a dynamic, functional model of church affiliation that moves away from a membership model centered on prerogatives of membership to a discipleship model centered on the notion of Christian vocation/calling. This book utilizes assessment tools and practical helps so that congregations can make the transition between membership and discipleship paradigms...

- Pray Daily • Worship weekly • Read the Bible • Serve at and beyond our local church • Develop Spiritual Friendships/Relationships • Give of your time, talents, and resources.



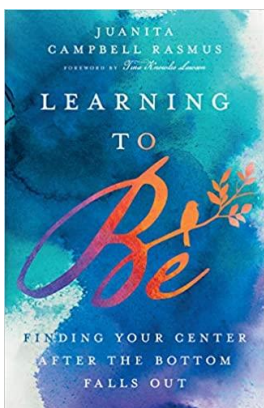
## **A Disciple's Path: A Guide for United Methodist**

Deepening Your Relationship with Christ and the Church

By James A. Harnish / By Justin LaRosa

Discipleship within the context of the United Methodist heritage and tradition. Prayers, presence, gifts, service, and witness ...this is what we commit to when we become members of The United Methodist Church, and it is a big step. But A Disciple's Path helps us look beyond membership, presenting an engaging approach to discipleship from a distinctly Wesleyan perspective. A Companion Reader provides invaluable insights that enable both participants and leaders to dig deeper into the spiritual practices essential to the life of discipleship.

If you have any questions or interest in these listed sessions, please contact our church office. If you would like to serve as a facilitate or co-facilitate any of these sessions, please contact Wendell C. Love at [wendell.love@gmail.com](mailto:wendell.love@gmail.com)



## **Learning to Be:**

### **Finding Your Center After the Bottom Falls Out Hardcover – September 15, 2020**

by [Juanita Campbell Rasmus](#) (Author),  
[Tina Knowles Lawson](#) (Foreword)

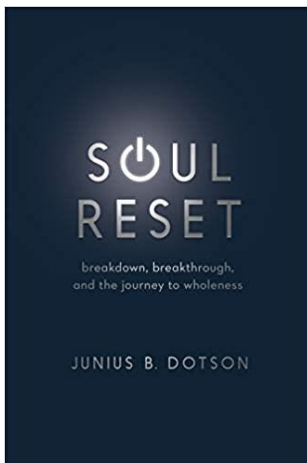
*It felt as though every nerve in my body was popping.*

*Imagine large strong hands slowly applying pressure while breaking a family-size package of uncooked, dry spaghetti. I was the spaghetti. Breaking down one piece at a time.*

This is how Juanita Rasmus begins the wise, frank, and witty account of what she later called "The Crash" and what her counselor labeled "a major depressive episode."

This experience landed Juanita, a busy pastor, mother, and community leader, in bed. In addition to exhaustion and depression, on the spiritual front she experienced a dark night of the soul. When everything in her life finally came to a stop, she found that she had to learn to be—with herself and with God—all over again. Pastor Juanita writes from her life with kind attention to the life of the reader. She offers both practical and spiritual insights but never pat answers. If you are longing for a trustworthy companion through dark days, this book is here for you. Each chapter includes life-giving spiritual practices to help you discover your own new ways of being.

## Proposed Church Wide Study



### **Soul Reset**

### **Breakdown, Breakthrough, and the Journey to Wholeness**

By **Junius D. Dotson**

#### **Everything was going fine . . . until it wasn't.**

For Reverend Junius B. Dotson it took an actual breakdown during a funeral for him to realize he needed a reset. As he recalls his own journey through grief, depression, burnout, and emotional breakdown, Dotson is passionate about calling for a Soul Reset for pastors, church leaders, and all disciples of Jesus Christ.

This is a 6-week churchwide study for everyone who moves at breakneck speed through their daily lives, often relying only on their own strength to bring God's kingdom on earth. Jesus shows us a different way, an easier, unforced rhythm of what kingdom work looks like. It's a balance of work, rest, play, worship, exercise, and eating well—spiritual practices that keep our souls hydrated and healthy as we do the work of the church in the world.

Soul Reset is a call for the church and all of Jesus' disciples to reset and reorder their lives around spiritual practices, to learn to walk through our difficult seasons with our souls connected to the source of Living Water so that we don't burn out or break down. And if we do burn out or break down, we learn to lift one another up and point one another back to Jesus.