

# **DISCIPLESHIP FORMATION 2020 AND SUNDAY SCHOOL CLASSES**

## **2<sup>nd</sup> Quarter 2020 –Spiritual Formation Course Offerings**

Central United Methodist Church

501 Mitchell Street SW., Atlanta, Georgia 30314 Office 404 524 4263

[www.centralumcatl.org](http://www.centralumcatl.org)



Methodism began as a movement of spiritual renewal within a national church marked by nominal commitment and spiritual lethargy.

Early Methodists adopted a Way of living in covenant with Christ and one another that yielded rich spiritual fruit in their lives and in their engagement with the world.” Today in the United Methodist Church, we continue in the spirit of the movement begun over 200 years ago.

In fact, John Wesley might argue we are continuing in the spirit of the movement Jesus began 2,000 years ago! Spiritual formation is at the very heart of the Methodist movement.

The methods which made Methodism such an amazing vehicle of transformation were bound up in the covenant relationship we make with Jesus Christ and in the covenant relationships we make as the people of Christ’s body.

At Central United Methodist Church, we are working toward

### **MATURATION IN CHRISTIAN DISCIPLESHIP THROUGH OUR PURPOSE STATEMENT:**

- **Exalt – The Lord**
- **Equip – The Saints**
- **Embrace – The Community**

**Please consider how you can join us as we continue on this Journey!**

Rev. Dr. Vance P. Ross, Senior Pastor

Rev. Angela M. Johnson, Assistant Pastor

Bishop Sue Haupert-Johnson, Resident Bishop

Rev. Dr. Bernice W. Kirkland, District Superintendent

# RESOLVE TO EVOLVE IN 2020

**Three Simple Rules 24/7 Leader Guide**  
Josh Tinley

***"No Harm, Do Good, Stay in Love With God"***

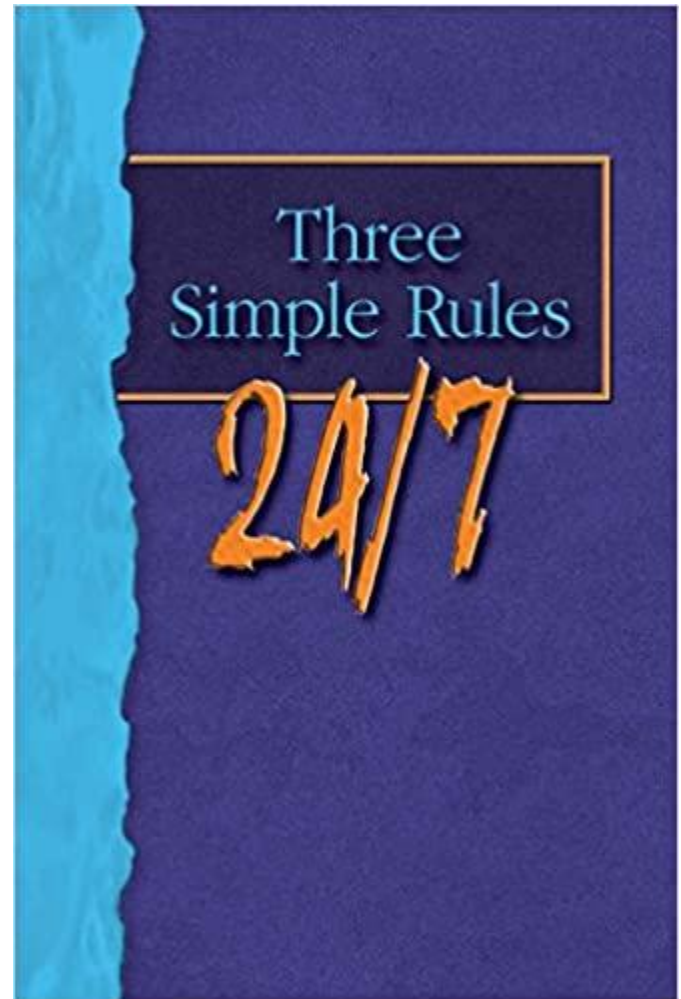
A wide variety of activities, discussion starters, and worship experiences are provided to help teens find ways to apply these rules to their daily lives.

**Each participant will need a copy of the Three Simple Rules 24/7 student book**, which includes: excerpts from Rueben Job's book, a youth-friendly treatment of the rules, and space for journaling and reflection.

Target Audience: Youth 6th-12th grade.  
Start date: Tuesdays @ 7pm - ZOOM

Duration: 1.5 hours for six consecutive weeks  
Facilitator/Teacher:

Pastor Angie (Rev. Angela Johnson),  
Assistant Pastor, Youth & Young Adults at Central UMC  
**Contact Pastor Angie for materials and links**



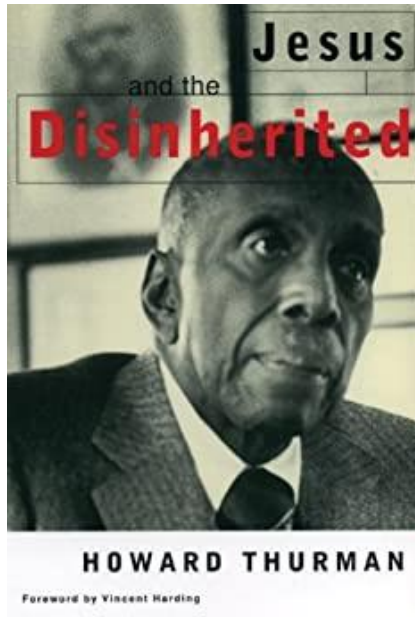
## **Pastor's Bible Study - Weekly Lectionary Texts**

Senior Pastor

Wednesday Night Bible Study Addresses the Common Lectionary Texts as provided for each Sunday. Always discussing the gospel texts, this class looks at possible links between the passages for what happens sermonically and for worship, relating all this to our corporate and individual lives.

Topics are refreshed weekly based on the Common Lectionary resources.

**Contact Pastor Ross for access and information about this Study.**

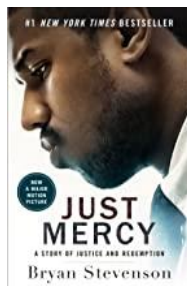
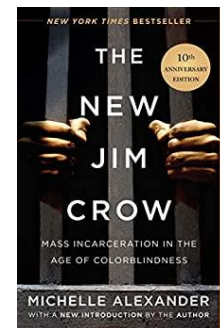


**Jesus and the Disinherited:**  
**Fear, Deception, Hate, Love by a spiritual giant**  
Facilitator: Judge Herman Sloan  
**Wednesdays @ 7:00 pm – FreeConferenceCall –**  
**Contact Herman Sloan for access**

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 primary text will be supplemented by excerpts from:  
**The New Jim Crow: Mass Incarceration in the Age of Colorblindness**

by Michelle Alexander and Cornel West

“It is in no small part thanks to Alexander’s account that civil rights organizations such as Black Lives Matter have focused so much of their energy on the criminal justice system.”

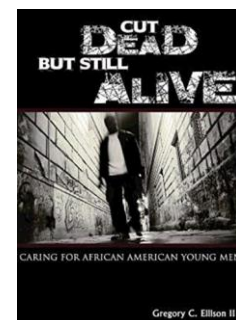
—Adam Shatz, *London Review of Books*

**Just Mercy: A Story of Justice and Redemption**  
by Bryan Stevenson

A powerful true story about the potential for mercy to redeem us, and a clarion call to fix our broken system of justice—from one of the most brilliant and influential lawyers of our time.

**Cut Dead But Still Alive: Caring for African American Young Men**  
by Gregory C. Ellison, II.

To cut dead means to refuse to acknowledge another with the intent to punish. Gregory Ellison says that this is the plight of African American young men. They are stigmatized with limited opportunity for education and disproportionate



incarceration. At the same time, they are often resistant to help from social institutions including the church. They are mute and invisible to society but also in their inward being. Their voice and physical selves are not acknowledged, leaving them ripe for hopelessness and volatility. So if the need is so great yet the desire for help wanes, where is the remedy?

**Walking with Nehemiah: Your Community is Your Congregation**  
**Joseph W. Daniels, Jr**

**Facilitator: Carol Tucker-Burden – BAND Sessions with occasion ZOOM Meetings**

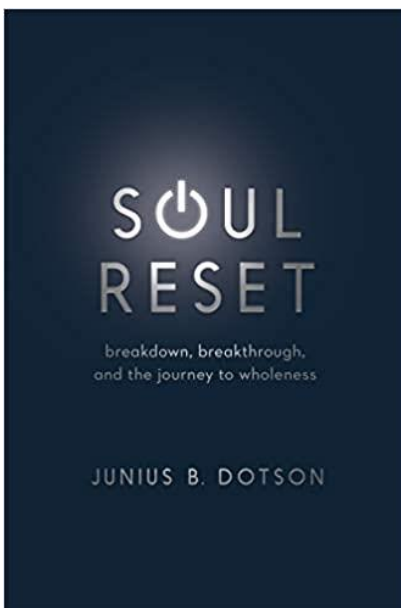
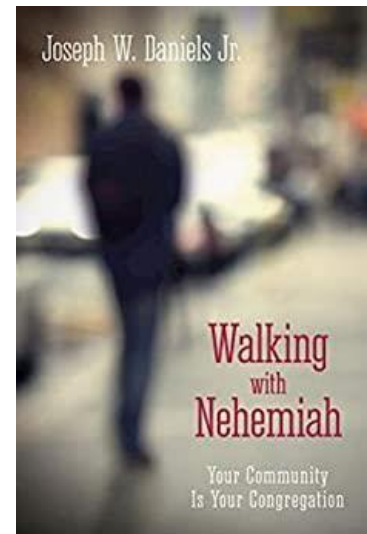
**BAND Link: <https://band.us/n/adaa38w4Eel5m>**

So much of our attention in congregational development is spent dealing with internal issues and opportunities that we turn more and more inward. Even our “outward” work smacks of our “inward” bias as we invite people to our events and ponder how to make our events more compelling for those who aren’t part of our congregations. John Wesley, the founder of Methodism, is known for saying “the world is our parish.”

Simply stated, the streets are our sanctuary.

Our communities are our congregations.

Yet too often congregations ignore their neighborhoods. They don’t consider the vast resource of people surrounding their church and seem to forget that Pentecost, the very event that gave birth to the church, happened in the streets. It’s time for churches and congregations to engage with the people around them—most of whom have not yet made a faith decision but are hungering for the grace that only God can provide.



**Soul Reset: Breakdown, Breakthrough, and the Journey to Wholeness**

**Junius B. Dotson**

**Facilitator Scherrie Simon– Saturday @ 3:00 pm – ZOOM (Contact Scherrie Simon)**

Everything was going fine . . . until it wasn't. For Reverend Junius B. Dotson it took an actual breakdown during a funeral 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 all disciples of Jesus Christ.

This 6-week study is for everyone who moves at breakneck speed through daily life, often relying only on their own strength to bring about 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, eating well, and participating in spiritual practices that keep our souls hydrated and healthy.

*Soul Reset* calls the church and all of Jesus' disciples to reset and reorder their lives around spiritual practices, to learn to walk through 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 up and point one another back to Jesus.

### **THE CLASS MEETING: Reclaiming a Forgotten (and essential) Small Group Experience**

By Dr. Kevin M. Watson,

**Facilitator: Rev. Mildred Gunn – Tuesdays @ Noon**

**FreeConferenceCall – (Contact Rev. Gunn)**

The Class Meeting is a historic Wesleyan discipleship practice organized by John Wesley and designed to deepen the spiritual life of participants by encouraging members to develop very deep, loving, spiritual, accountability relationships with God through Jesus Christ, and with one another that will continue long after the eight-week class ends.

Dr. Kevin Watson has written a fresh new guide to the theory and practice of the Wesley class meeting, an essential element of truly Wesleyan spirituality. This book is for clergy and congregations who are looking for ways to develop deeper discipleship. The class meeting is made workable without losing its essential dynamic as a gospel-based accountable community. Watson has resurrected the class meeting and given it new meaning, showing its relevance for the church today and how it may be a perfect means for church renewal.



### **Spiritual Gifts: Discover; Discern; Develop; and Deploy YOUR Special Gifts from the Holy Spirit**



Compiled Compendium of Resources on the Spiritual Gifts –**Facilitator: Wendell C. Love**

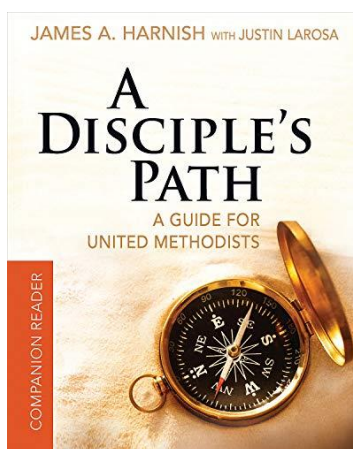
This study of Spiritual Gifts will examine and dissect several resources that will explore the presence, practices, and principles that relate to Spiritual Gifts. The study will discuss the major scripture texts on Spiritual Gifts: 1 Corinthians 12-14; Romans 12; Ephesians 4; and 1 Peter 4.



The sessions will also endeavor to describe, define and distinguish the various controversial and confusing terms related to the **gift** of the Holy Spirit and the **gifts** of the Holy Spirit; differences and similarities in **spiritual fruit** and the **Fruit of the Spirit** (i.e., Galatians 5:22-23) and other related terms concerning the Holy Spirit.

Participants will be offered the opportunity to take a Spiritual Gifts Assessment, and will be urged to continue to study about their spiritual gift with a view to how they can use their gifts in the body of Christ (i.e., the catholic (universal) church). The session is expected to be delivered over a six-week period and will begin in Mid- May.

**Texts will be provided by CUMC online for interested participants based on interest in this session. Online Day and Time TBD. Contact Wendell C. Love – 404 444-2175**



**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's a big step.

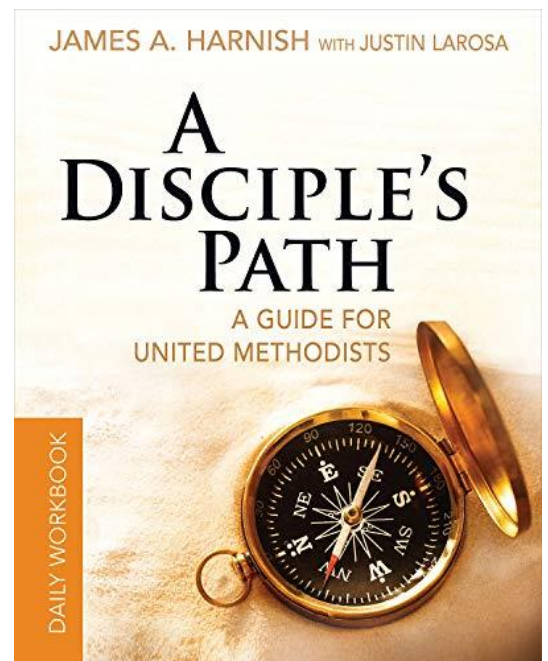
But A Disciple's Path helps us  
look beyond membership,

presenting an engaging approach to discipleship from a distinctly Wesleyan perspective.

This Companion Reader provides invaluable insights that enable both participants and leaders to dig deeper into the spiritual practices essential to the life of discipleship. Each chapter corresponds to a week in the Daily Workbook, providing biblical and theological background on the week's theme from a distinctively United Methodist perspective.

Perfect for enhancing personal or group study and reflection, answering questions, and providing material for worship planning during a congregation-wide emphasis.

Discipleship is ongoing, so the 6-week study is perfect for new-member groups, but also works well in small groups of long-time members. It helps you develop spiritual practices, discover your unique gifts, and engage in ministry that brings transformation to your own life and to the lives of others and the world.



The Daily Workbook offers six weeks of daily readings (five per week), Scripture, a message for the day, and prompts for personal reflection.

The study combines a Wesleyan understanding of our growth in God's love and grace with the time-tested practices of spiritual discipline expressed in the membership vows to uphold the church with our prayers, presence, gifts, service, and witness. Participants will develop spiritual practices, discover their unique gifts, and become engaged in ministry that brings transformation in their own lives, the lives of others, and the world.

***Dates, Times and Facilitators will be provided based on interest in this session.***

**Journey Through the Bible:**  
**FreeConferenceCall Sessions – Day/Time - TBD**  
**Sessions will begin Mid – May**

***Facilitator: Rev. Frederick R. Gray – Tuesday Evening –***  
***FreeConferenceCall line –***  
**See Rev. Gray for access.**

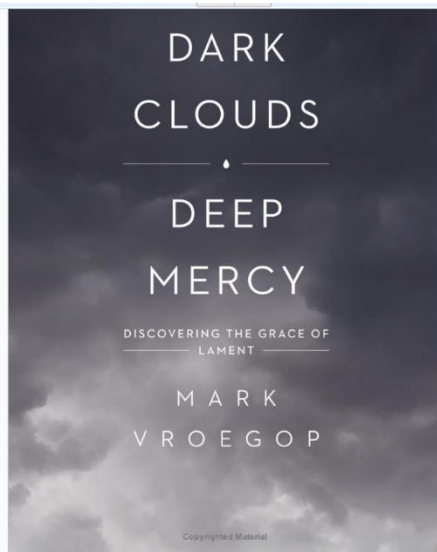
**Dark Clouds, Deep Mercy: Discovering the Grace of**  
**Lament Paperback – March 21, 2019**

by [Mark Vroegop](#) (Author), [Joni Eareckson Tada](#) (Foreword)  
**Lament is how you live between the poles of a hard life and trusting**  
**God's goodness.**

Lament is how we bring our sorrow to God—but it is a neglected dimension of the Christian life for many Christians today. We need to

recover the practice of honest spiritual struggle that gives us permission to vocalize our pain and wrestle with our sorrow. Lament avoids trite answers and quick solutions, progressively moving us toward deeper worship and trust.

Exploring how the Bible—through the psalms of lament and the book of Lamentations—gives voice to our pain, this book invites us to grieve, struggle, and tap into the rich reservoir of grace and mercy God offers in the darkest moments of our lives.



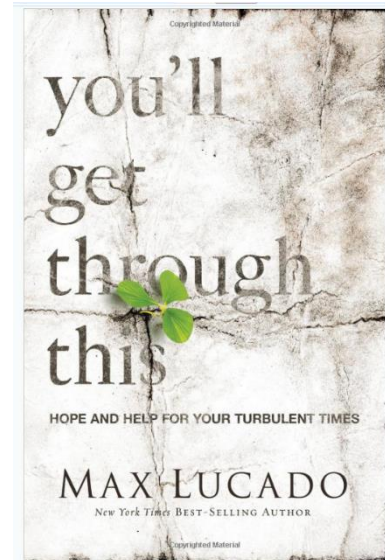
**You'll Get Through This: Hope and Help for Your Turbulent Times Paperback – March 10, 2015**

by [Max Lucado](#) (Author)

Though these unprecedented and challenging times may bring a load of uncertainty and fear that feels too heavy to bear, God gives us this promise: You'll get through this.

In *You'll Get Through This*, pastor and *New York Times* best-selling author, Max Lucado offers sweet assurance, "Deliverance is to the Bible what jazz music is to Mardi Gras: bold, brassy, and everywhere." Whether you find yourself in the pit of financial downturn, job loss, health crisis, or relationship stresses, God has a plan and a pathway forward for you.

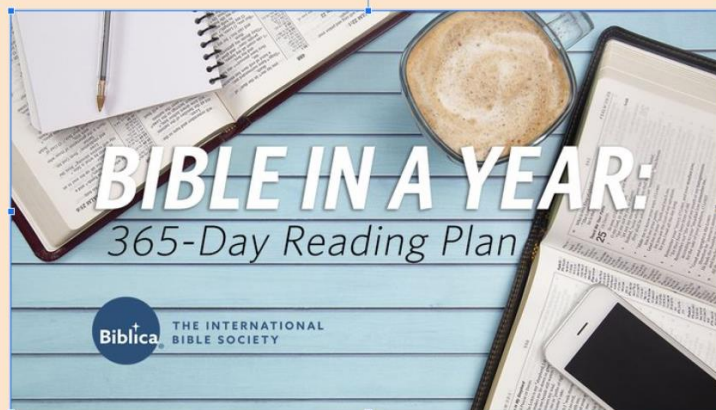
Max reminds participants God doesn't promise that getting through trials will be quick or painless. That certainly wasn't the case for Joseph who was tossed in a pit by his brothers, sold into slavery, wrongfully imprisoned, forgotten and dismissed, but God ultimately used the intended evil against Joseph for a greater purpose. Find comfort that you are God's child and God cares deeply for you.



**LIFE Group is Thursdays at 7:30 pm via ZOOM "Bible in a Year: 365-day reading plan"**

**Facilitators: L.I.F.E. Group Leaders**

**Contact Pastor Angie for ZOOM meeting access**



**The LIFE Group Bible Study  
Thursdays @7:30pm**