

THY KINGDOM COME
BRINGING UP THERE
DOWN HERE



Guide for Study and Reflection Lent and Easter Sunday 2024

Name

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Dear LCPC Family,

The Gospel of Mark tells us that Jesus began His ministry by proclaiming the good news of God. “The time is fulfilled,” Jesus said, “and the Kingdom of God has come near; repent and believe in the good news!” (Mark 1:14-15). The term “kingdom” can seem archaic to us and it can often hold negative connotations about power and control. But the way that Jesus used it reveals a vastly different meaning than what most understand. It is a movement leading toward God’s reign in our lives and in the world. It is a kingdom of peace and wholeness; a reality where things are made right and relationships are restored. Ultimately, the fullness of God’s Kingdom is in the future when all things perfectly line up with God’s will.

Over the next several weeks in Lent, we will be looking at the concept of the “Kingdom of God” to discover what Jesus meant by using this term. As we journey with Jesus in His ministry toward the cross and the Resurrection, we’ll examine different aspects of the Kingdom. Along the way, the prayer that He taught His first disciples, and us, will be our guide: “Thy Kingdom come, Thy will be done on earth as it is in heaven.” As we pray these words, we are asking God to bring into our lives and into this world the realities of what is “up there, down here”.

Join me as we look at the Kingdom of God this season of Lent! May the Lord bless us as we walk this journey with Jesus.

Blessings,

A handwritten signature in blue ink that reads "Ross". The letters are stylized and cursive.

Ross Purdy
Senior Pastor

Dear Friends,

In the holy season of Lent, we will examine how our relationships reflect the Kingdom of God. What does it mean for us to be Christ's ambassadors in all of our interactions? How do we work towards mutual flourishing? How is God ministering to us and refining us through others? To help us reflect on these questions with the guidance of the Holy Spirit, we suggest a regular practice of the Prayer of Examen with a focus on relationships. This ancient practice from Ignatius is a simple technique of prayerful reflection on the events of the day (or the week, month, etc.) in order to detect God's presence and discern his direction for us. You will find a daily Examen on page 4 of this guide. A weekly Examen is included each week. Although the framework of the prayer will be repeated, you may have different insights each time you practice it, since your interactions with others will vary from day to day. And it's the regular repetition which can make it a powerful way to help you notice the Spirit's prompting in your life.

If you are going through this study guide on your own, we encourage you to practice the Examen at least once a week and journal on what comes up. You might want to see if a friend or family member would like to do this with you on a weekly basis for additional accountability and support.

This focus on relationships will be the topic of our Wednesday night Merge for Adults program. Pastor Chuck Osburn and Assistant Director of Children's Ministry, Katie Phillips-Rector, both Marriage and Family Therapists, will share their wisdom and lead discussions on "Relationships that Reflect God's Kingdom," providing practical tools for building healthy relationships. We hope you can join us!

Blessings on this Lenten Journey!



Cindy Frost
Associate Pastor of Outreach and
Spiritual Formation
cindy@lacadapc.org
(818) 790-6708 x 628



Marian Lamb
Assistant Director of Spiritual
Formation
marian@lacadapc.org
(818) 790-6708 x 611

Life Group Covenant

A covenant is a shared agreement established for mutual respect that helps set common expectations and boundaries. Such an agreement promotes a safe environment and group unity. We recommend that a conversation about the covenant take place during the first meeting of the group. Any new members should enter into the covenant as they join.

Participation

We commit to attend consistently and to come prepared for each meeting.
We will notify the facilitator(s)/leader(s) prior to an absence.
We will strive to start and end on time and make all attempts to minimize distractions.
We will support one another by listening, sharing, and praying.
We will aim to share speaking time equally so that everyone who wishes may contribute.

Mutual Respect

We will encourage openness and authenticity.
We will respect different opinions and honor each person's love for God.
We will seek to reconcile offenses quickly, directly, prayerfully, and lovingly.
We will not attempt to fix, advise, or rescue one another.
We will treat one another with dignity and kindness.

Confidentiality

We will commit to confidentiality for the information and experiences that members share.

Servanthood

We will encourage one another to exercise faith and grow as disciples through practical application of our study materials and through service opportunities.

Spiritual Growth

Our goal is that Life Group activities including prayer, study and discussion of Scripture, spiritual practices, service to the community, and investment in Christian friendships will promote and foster spiritual growth and discipleship.

Daily Prayer of Examen

(adapted from *Sleeping with Bread*

by Dennis Linn, Sheila Fabricant Linn, and Matthew Linn)

Background

Ignatius expected that God would speak through our deepest feelings and yearnings, which he called “consolation” and “desolation.” For us, consolation is whatever helps us connect with ourselves, others, God and God’s creation. Desolation is whatever disconnects us. Ignatius saw the Examen as the cornerstone to spiritual life.

Ignatius wrote, “It is wisely said, ‘Experience is the best teacher.’... the primary and most obvious reason for this is that revelation is not over; God is constantly revealing himself to us in our experiences... Of course, the Bible is divine revelation—no one denies that. *But so is life!* It is precisely because God is present to life and available to human experience that we have a divinely inspired story to tell.”

Practice

Set aside 5-10 minutes. To create more of a ritual around it, you might want to light a candle to symbolize Christ’s presence. Get in a comfortable position. Take a few deep breaths focusing on God’s presence and unconditional love.

Ask Jesus to be with you as you reflect on your day. What is the moment today for which you are *most grateful?* (*Consolation.*) If you could relive one moment from the day, which one would it be? When were you the most able to give and receive love today? What was said or done in that moment that made it so special? Breathe in the gratitude you felt and receive life again from that moment.

What is the moment today for which you are *least grateful?* (*Desolation.*) When were you least able to give and receive love? What was said or done in that moment that made it so difficult? Be with whatever you feel without trying to change or fix it in any way. Take deep breaths and let God’s love fill you just as you are.

Give thanks for whatever you have experienced. Then share as much as you wish of these two moments with a family member or a friend, or journal your thoughts. Parents: try practicing the Examen with your kids!

Week 1 (2/18)
“The Good Road from Above”

Mark 1:1-15 (NRSV)

¹The beginning of the good news of Jesus Christ, the Son of God.

²As it is written in the prophet Isaiah,

“See, I am sending my messenger ahead of you,
who will prepare your way;

³the voice of one crying out in the wilderness:

‘Prepare the way of the Lord,
make his paths straight,’”

⁴John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. ⁵And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. ⁶Now John was clothed with camel’s hair, with a leather belt around his waist, and he ate locusts and wild honey. ⁷He proclaimed, “The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. ⁸I have baptized you with water; but he will baptize you with the Holy Spirit.”

⁹In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. ¹¹And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.” ¹²And the Spirit immediately drove him out into the wilderness. ¹³He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

¹⁴Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

Introduction

Both John the Baptist and Jesus called people to repent, because the Kingdom of God was near. Repentance means a change of mind, but it is more than that. The actual word often described a Roman soldier who made a 180-degree turn (an about face). To repent is to turn around and begin walking on the opposite path. When translating the term “the

Kingdom of God”, the First Nations version of the New Testament uses the phrase, “The Good Road from Above”. In order to get on that good road, we, like Jesus’ audience in our passage, need an “about face”.

Sermon notes

[illegible]

Discussion questions, part 1

1. If you heard the sermon, what stood out or spoke to you?
2. Why do you suppose Jesus called people to repent? In what ways do we need to repent?
3. What do you think Jesus' hearers thought he meant by "the Kingdom of God is at hand"?
4. How would you define the term "Kingdom of God"? What do you think it means? How does it seem like good news? How does "kingdom" language work or not work for you?

5. The First Nations version translates “Kingdom of God” with “the Good Road from Above.” What additional insights into God’s Kingdom might that provide?
6. Where do you experience “The Good Road from Above” in your life? In what ways have you seen it?
7. Whenever we pray the Lord’s Prayer, we ask for God’s Kingdom to come upon earth just as it is in Heaven. What does this mean to you?
8. What do you think it means for us to seek to “bring up there down here”? What might it look like? What might we do? How might it impact how we relate?
9. What is something you might do this week to “bring up there down here”?

Group practice: *Weekly Prayer of Examen*

Please set aside at least 15 minutes in your meeting for this practice and discussion.

The leader reads the following:

Ruth Haley Barton writes, “Self-examination is a practice that facilitates spiritual awakening—an awakening to the presence of God as God really is and an awakening to ourselves as we really are. When practiced rightly, it leads us into a greater sense of God’s constant loving presence in our life, it fosters a celebration in our created self, it offers us a safe place to see and name those places where we are not like Christ, and it opens us up to deeper levels of spiritual transformation. Self-examination is the Christian practice that opens us to the love we seek.”

Please join me in practicing the Prayer of Examen.

Settle into a comfortable position in your body...

Close your eyes...

Sit quietly for a few moments...

Breathe deeply...

Become aware of God's presence with you...

Become aware of your desire to be present with God...

Holy Spirit, we invite you to speak to us as we examine our relationships.

In silence, please reflect on your interactions with others over the past week.

Consider **family**.

Which interactions encouraged or enlivened me?

Which interactions discouraged me?

Consider **friends**.

Which interactions encouraged or enlivened me?

Which interactions discouraged me?

Consider **neighbors**.

(These people could be those who live in your neighborhood, those with whom you work or volunteer, or simply those who cross your path.)

Which interactions encouraged or enlivened me?

Which interactions discouraged me?

Consider **opponents**.

With whom did I disagree this week?

Which interactions encouraged or enlivened me?

Which interactions discouraged me?

In which relationships this week was it most challenging for me to "bring up there down here?"

Lord, we thank you for our relationships. We're grateful for the ways in which you speak and minister to us through others. We're grateful for the ways in which you speak and minister to others through us. In silence, we confess the ways we have failed to act lovingly with others this week... We thank you for your forgiveness. In our interactions this week, may we be ambassadors of your Kingdom. In Jesus' name we pray, Amen.

Discussion questions, part 2

1. What was this practice like for you?
2. Is there anything God may have been saying to you about your relationships?
3. How do you see that this could be helpful for you as a continuing practice?

Practice on your own

On at least several evenings this week, take time to practice the Daily Prayer of Examen found on page 4 of this guide. You may wish to make note of what came up for you.

Praises and prayer requests

Additional thoughts for reflection

“Jesus never told anybody—neither his disciples nor us— to pray, ‘Get me out of here so I can go up there.’ His prayer was, ‘Make up there come down here.’ Make things down here run the way they do up there.’ Jesus told us to pray, ‘Bring heaven down here.’ We begin with our body, our mind, our appetites. Then it spreads to the office, our family, our neighborhood, our church, our country... Start by asking yourself this question: ‘Where do I want to see God’s presence and power break into my world? Where would I especially like God to use me to make things down here run the way they do up there?’”

—John Ortberg, *God is Closer Than You Think*

“From that time forward Creator Sets Free (Jesus) began to speak out, ‘Creator’s good road from above is close. It is time to change your thinking and begin your great journey.’”

—Matthew 4:17, *First Nations Version: An Indigenous Translation of the New Testament*

“The consummated kingdom is characterized by shalom in the four fundamental relationships of life: peace with God, peace with self, peace with others, and peace with the creation.”

—Amy Sherman, *Kingdom Calling: Vocational Stewardship for the Common Good*

“In Matthew’s account of Jesus’ deeds and words, the formulation repeatedly used is the well-known ‘Repent, for the kingdom of the heavens is at hand.’ (3:2, 4:17, 10:17). This is a call for us to reconsider how we have been approaching our life, in light of the fact that we now, in the presence of Jesus, have the option of living within the surrounding movements of God’s eternal purposes, of taking our life into his life.

“God did not start to bring his kingdom, ‘the kingdom of the heavens’ as Jesus often called it, into existence through Jesus’ presence on earth... His gospel concerned only the new accessibility of the kingdom to humanity to himself... So when Jesus directs us to pray, ‘Thy kingdom come,’ he does not mean we should pray for it to come into existence. Rather, we pray for it to take over at all points in the personal, social, and political order where it is now excluded: ‘On earth as it is in heaven.’ With this prayer we are invoking it, as in faith we are acting it, into the real world of our daily existence.”

—Dallas Willard, *The Divine Conspiracy*

Week 2 (2/25)

“Putting Things in Order”

Matthew 12:22-32 (NRSV)

²²Then they brought to him a demoniac who was blind and mute; and he cured him, so that the one who had been mute could speak and see. ²³All the crowds were amazed and said, “Can this be the Son of David?” ²⁴But when the Pharisees heard it, they said, “It is only by Beelzebul, the ruler of the demons, that this fellow casts out the demons.” ²⁵He knew what they were thinking and said to them, “Every kingdom divided against itself is laid waste, and no city or house divided against itself will stand. ²⁶If Satan casts out Satan, he is divided against himself; how then will his kingdom stand? ²⁷If I cast out demons by Beelzebul, by whom do your own exorcists cast them out? Therefore they will be your judges. ²⁸But if it is by the Spirit of God that I cast out demons, then the kingdom of God has come to you. ²⁹Or how can one enter a strong man’s house and plunder his property, without first tying up the strong man? Then indeed the house can be plundered. ³⁰Whoever is not with me is against me, and whoever does not gather with me scatters. ³¹Therefore I tell you, people will be forgiven for every sin and blasphemy, but blasphemy against the Spirit will not be forgiven. ³²Whoever speaks a word against the Son of Man will be forgiven, but whoever speaks against the Holy Spirit will not be forgiven, either in this age or in the age to come.

Introduction

Jesus cast out demons, an act that seems foreign to us in the 21st-century. In doing so, He revolutionized the world. Jesus restored things to their proper place, the way that God had intended. In our world where things seem to get out of place often, (thrones, powers, authorities, and positions) Jesus will make all things right again. We pray for this every time we utter the Lord’s Prayer (Thy will be done on earth as it is in Heaven).

Sermon notes

[illegible]

Discussion questions, part 1

1. If you heard the sermon, what stood out or spoke to you?
2. Why did Jesus “cast out demons”? How would you describe what that meant?
3. When Jesus was accused of casting out demons by Beelzebul, how did he respond? What do we learn about the “Kingdom of God” from this interaction?
4. Where do you see things that need God’s upheaval and restoration?
5. Are there “demons” that have power over people today? As a follower of Jesus, filled with his Spirit, how do you “cast out” demons?
6. What did you do in the last week to try to “bring up there down here”? What is something you might do this week?
7. If you practiced the Daily Prayer of Examen during the week, how was the experience for you? What did you find valuable about the practice?

Group practice: *Weekly Prayer of Examen*

The leader reads:

“A filmmaking technique teaches us a way to see God in the ordinary... By delaying production temporarily to review the previous days’ work, filmmakers can spot little mistakes while they can still be corrected and can celebrate what is going right... In a similar way, it’s a very helpful thing for us to take a few moments to ‘review the dailies’ with God... As I review what happened when I greeted my family, ate breakfast, and went through meetings at work, I see patterns emerging—the ongoing presence of anxiety or anger—that I miss when I don’t take time to review the dailies. Most of all, I look and listen to see how God is speaking to me through these scenes. I realize he was talking to me through the words of another person or the lines of a book or the therapy of laughter. The more often I review, the better I get at recognizing him in ‘real time.’”

—John Ortberg, *God is Closer Than You Think*, p. 36

Please join me in practicing the Prayer of Examen.

Settle into a comfortable position in your body...

Close your eyes...

Sit quietly for a few moments...

Breathe deeply...

Become aware of God’s presence with you...

Become aware of your desire to be present with God...

Holy Spirit, we invite you to speak to us as we examine our relationships.

In silence, please reflect on your interactions with others over the past week.

Consider **family**.

When was I the most able to give and receive love?

When was I the least able to give and receive love?

Consider **friends**.

When was I the most able to give and receive love?

When was I the least able to give and receive love?

Consider **neighbors**.

When was I the most able to give and receive love?

When was I the least able to give and receive love?

Consider **opponents**.

When was I the most able to give and receive love?

When was I the least able to give and receive love?

In which interactions was it most challenging for me to “bring up there down here?”

Lord, we thank you for our relationships. We’re grateful for the ways in which you speak and minister to us through others. We’re grateful for the ways in which you speak and minister to others through us. In silence, we confess the ways we have failed to act lovingly with others this week... We thank you for your forgiveness. In our interactions this week, may we be ambassadors of your Kingdom. In Jesus’ name we pray, Amen.

Discussion Questions, part 2

1. What came to mind during this practice?
2. What may God have been saying to you about your relationships?

Practice on your own

On at least several evenings this week, take time to practice the Daily Prayer of Examen found on page 4 of this guide. You may wish to make note of what came up for you.

Praises and prayer requests

Additional thoughts for reflection

“Jesus made his kingdom mission abundantly clear. He announced it in his inaugural address in Luke 4:16-21. Reading that prophetic passage about the time to come when the good news will be preached to the poor, the blind healed and the oppressed set free, he announced that in him, this text was ‘fulfilled.’ Jesus’ central teaching theme was the kingdom. His Sermon on the Mount was about the ethics of the kingdom. He offered parables to give people windows into the kingdom’s ways and virtues.

“Jesus’ evangelistic invitation was, ‘Come, enter my kingdom.’ And he interpreted his miracles in kingdom language. For example, he cast out a demon in a suffering man, and the Pharisees were critical of it. They accused him of being in sync with Beelzebub. But Jesus responded, ‘If I drive out demons by the finger of God, then the kingdom of God has come upon you.’ (Lk 11:20). When he healed the lepers, it is as though he was reaching into the new heavens and the new earth, where there will be no disease, and yanking a foretaste of that back into the present.

“Our King wants us to realize that the kingdom of God has begun to break into our time and space. His work was about offering foretastes of kingdom realities—and this is the life and mission he calls us, his followers into.”

—Amy Sherman, *Kingdom Calling: Vocational Stewardship for the Common Good*

Week 3 (3/2)

“The Bride of Christ”

Mark 2:18-20 (NRSV)

¹⁸Now John’s disciples and the Pharisees were fasting; and people came and said to him, “Why do John’s disciples and the disciples of the Pharisees fast, but your disciples do not fast?” ¹⁹Jesus said to them, “The wedding guests cannot fast while the bridegroom is with them, can they? As long as they have the bridegroom with them, they cannot fast. ²⁰The days will come when the bridegroom is taken away from them, and then they will fast on that day.

Introduction

The image of a Groom and a Bride is one of the most tender images for the relationship that God has with us. This image is found in both the Old and New Testaments. To Jesus, the Church is the “Bride of Christ” and he is the Groom. There is something special about understanding the Kingdom of God in these terms. There is a closeness, a special relationship, that describes the love that Jesus has for His Bride. There is also a closeness, a special relationship, that describes the love that the Church is supposed to have for Jesus. The presence of God in our lives is a beautiful relationship where we find love and wholeness. It is a relationship in which we can flourish.

Sermon Notes

Discussion questions, part 1

1. If you heard the sermon, what stood out or spoke to you?
2. In this passage, Jesus calls himself the “bridegroom”. What did this mean for the disciples and what does it mean for you?
3. Why are relationships important in light of the Kingdom of God?
4. If you were to think about another type of relationship that portrayed a special closeness to God, what would it be?
5. In what ways can this image help us grow closer to God?
6. What did you do in the last week to try to “bring up there down here”? What is something you might do this week?
7. If you practiced the Daily Prayer of Examen during the week, what came up for you?

Group Practice: *Weekly Prayer of Examen*

The leader reads:

“Each night I first get in touch with what I am grateful for from the day, and I give thanks. When I discover something I am not grateful for, I name it, feel it, and appreciate that I am not denying it and God is with me in it. Healing occurs to the degree I welcome all my feelings and let myself be loved in them. In this way I honestly acknowledge pain and I take in love. Then I can usually fall asleep with a grateful heart... Whatever I sleep on enters my unconscious... If I go to bed grateful and expect to awaken saying ‘thank you,’ the gratitude bathes my unconscious and I awaken more grateful.”

—*Sleeping with Bread*

Please join me in practicing the Prayer of Examen.

Settle into a comfortable position in your body...

Close your eyes...

Sit quietly for a few moments...

Breathe deeply...

Become aware of God's presence with you...

Become aware of your desire to be present with God...

Holy Spirit, we invite you to speak to us as we examine our relationships over the past week.

Consider **family**.

For which interaction am I most grateful?

For which interaction am I least grateful?

Consider **friends**.

For which interaction am I most grateful?

For which interaction am I least grateful?

Consider **neighbors**.

For which interaction am I most grateful?

For which interaction am I least grateful?

Consider **opponents**.

For which interaction am I most grateful?

For which interaction am I least grateful?

In which relationships this week was it most challenging for me to "bring up there down here?"

Lord, we thank you for our relationships. We're grateful for the ways in which you speak and minister to us through others. We're grateful for the ways in which you speak and minister to others through us. In silence, we confess the ways we have failed to act lovingly with others this week... We thank you for your forgiveness. In our interactions this week, may we be ambassadors of your Kingdom. In Jesus' name we pray, Amen.

Discussion questions, part 2

1. What stirred in you during this practice?
2. Is there anything God may have been saying to you about your relationships?

Note: If you are noticing any difficult patterns in your relationships, do you think you might benefit from outside help? You'll find LCPC resources for additional support on page 43 of this guide.

Practice on your own

On at least several evenings this week, take time to practice the Daily Prayer of Examen found on page 4 of this guide. You may wish to make note of what came up for you.

Praises and prayer requests

Additional thoughts for reflection

“The central promise in the Bible is not, ‘I will forgive you,’ although of course that promise is there. It is not the promise of life after death, although we are offered that as well. The most frequent promise in the Bible is, ‘I will be *with* you.’... God is determined that you should be in every respect his friend, his companion, his dwelling place.”

—John Ortberg, *God is Closer Than You Think*

“The most holy and necessary practice in our spiritual life is the presence of God. That means finding constant pleasure in His divine company, speaking humbly and lovingly with him in all seasons, at every moment, without limiting the conversation in any way.”

—Brother Lawrence, *Practicing the Presence of God*

Week 4 (3/10)

“The Real Authority”

Mark 8:31-9:1 (NRSV)

³¹Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. ³²He said all this quite openly. And Peter took him aside and began to rebuke him. ³³But turning and looking at his disciples, he rebuked Peter and said, “Get behind me, Satan! For you are setting your mind not on divine things but on human things.”

³⁴He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. ³⁵For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. ³⁶For what will it profit them to gain the whole world and forfeit their life? ³⁷Indeed, what can they give in return for their life? ³⁸Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.” ⁹And he said to them, “Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power.”

Introduction

In our passage, Jesus made it clear that in order to follow Him, we must pick up our own cross. Until we submit to Him, we will never find complete freedom. With Jesus as our Lord, there is a mysterious principle (a paradox, if you will) that exists between Christ and His followers: the more we become committed to Him, the freer we become. In our passage, Peter didn’t quite understand what Jesus was saying about the cross and the purpose it served in bringing us to God. The good road leading to God is one of sacrifice and suffering. It is in following Jesus, whole-heartedly, that we remain on the path to glory.

Sermon Notes

[illegible]

Discussion questions, part 1

1. If you heard the sermon, what stood out or spoke to you?
2. Why do you think Peter rebuked Jesus? And then why did Jesus rebuke Peter? Why is Jesus' suffering and death essential?
3. What do we learn about life in the Kingdom of God?
4. In what ways is this passage difficult to understand or to accept? Why did Jesus demand such allegiance to Him and His work?
5. What is the way of the cross? In what aspects do you find yourself carrying Christ's cross?
6. How might you have experienced the principle/paradox that the more we become committed to Jesus, the freer we become?
7. The promise to some of those who heard Jesus was that they would experience His glory before they died (which they did on the Mountain of Transfiguration). In what ways do you experience Christ's glory and the presence of God?
8. What did you do in the last week to try to "bring up there down here"?

9. What is something you can do this week to “bring up there down here”?
10. If you practiced the Daily Prayer of Examen during the week, what came up for you?

Group practice: *Weekly Prayer of Examen*

The leader reads:

Ignatius described the Examen with these five steps:

1. Become aware of God’s presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

Please join me in practicing the Prayer of Examen.

Settle into a comfortable position in your body...

Close your eyes...

Sit quietly for a few moments...

Breathe deeply...

Become aware of God’s presence with you...

Become aware of your desire to be present with God...

Holy Spirit, we invite you to speak to us as we examine our relationships.

In silence, please reflect on your interactions with others over the past week.

Consider **family**.

When did I feel joy?

When did I feel sorrow?

Consider **friends**.

When did I feel joy?

When did I feel sorrow?

Consider **neighbors**.

When did I feel joy?

When did I feel sorrow?

Consider your **opponents**.

When did I feel joy?

When did I feel sorrow?

In which relationships this week was it most challenging for me to “bring up there down here?”

Lord, we thank you for our relationships. We’re grateful for the ways in which you speak and minister to us through others. We’re grateful for the ways in which you speak and minister to others through us. In silence, we confess the ways we have failed to act lovingly with others this week... We thank you for your forgiveness. In our interactions this week, may we be ambassadors of your Kingdom. In Jesus’ name we pray, Amen.

Discussion questions, part 2

1. What stirred in you during this practice?
2. Is there anything God may have been saying to you about your relationships?

Practice on your own

On at least several evenings this week, take time to practice the Daily Prayer of Examen found on page 4 of this guide. You may wish to make note of what came up for you.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

“Now God’s own ‘kingdom,’ or ‘rule,’ is the range of his effective will, where what he wants done is done. The person of God himself and the action of his will are the organizing principles of his kingdom, but everything that obeys those principles, whether by nature or by choice, is within his kingdom...

—Dallas Willard, *The Divine Conspiracy*

“The righteous in the book of Proverbs are by definition those who are willing to disadvantage themselves for the community while the wicked are those who put their own economic, social, and personal needs ahead of the needs of the community.”

—Timothy J. Keller, “Creation Care and Justice”

“Where do you experience an authentic level of passion about things down here not running the way they do up there? Maybe it happens when you look at people who suffer from poverty or illiteracy or abuse in families. Maybe you find your heart stirred when you come into contact with people who have deep emotional hurts or children who have no homes or marriages that are falling apart. Internally, most of us want to experience the *feelings* of God’s presence; a deeper sense of peace and assurance, a stronger surge of joy, a clearer word of guidance. Is it even possible for the practice of the presence of God to become a thinly veiled pursuit of emotional comfort? But ironically, none of these feelings are strictly necessary for us to become agents of God’s presence for other people. All that is necessary is a single intent: ‘Lord, where do you want to use me to help things down here run the way they do up there?’...Every time you are in a conflict with someone, want to hurt them, gossip about them, or avoid them, but instead go to them and seek reconciliation and forgiveness—The kingdom is breaking into the world. Every time you have a chunk of money and decide to give sacrificially to somebody who is hungry or homeless or poor— The kingdom is breaking into the world. Anytime someone has an addiction and wants to partner with God so much that they’re willing to stop hiding, acknowledge the truth, and get help from a loving community— The kingdom is breaking into the world. Every time a workaholic parent decides to stop idolizing their job, rearranges their life to begin to love and care for the little children entrusted to them— The kingdom is breaking into the world. Every time you encourage someone who’s lonely, every time you encourage someone who’s defeated, every time you challenge somebody who’s wandering off the path, every time you serve the under-resourced—It is a *sign* that the kingdom is once more breaking into the world.”

—John Ortberg, *God is Closer Than You Think*

Week 5 (3/17)
“Belonging to Heaven”

Mark 10:13-16 (NRSV)

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, “Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.” And he took them up in his arms, laid his hands on them, and blessed them.

Introduction

As people crowded around Jesus one day, the disciples kept the children from getting close to the Lord. In a remarkable statement, Jesus told the disciples that the Kingdom of God is for children and that unless we become like them, we cannot see it. “Truly I tell you,” Jesus said, “whoever does not receive the kingdom of God as a little child will never enter it.” What does the image of children reveal to us about our position along the path to God’s presence and reality?

Sermon Notes

Discussion questions, part 1

1. If you heard the sermon, what stood out or spoke to you?
2. What strikes you as you read this story from the Gospel of Mark?
3. What do you think it means to “receive the kingdom of God as a little child”?
4. How does the Lord’s statement and acceptance of children challenge the way of the world? How does it challenge us?
5. Besides the ideas of “innocence” and “playfulness” what other characteristics of children show us that we are on the right path to God?
6. How does one become childlike again? How might you apply this to your life?
7. What did you do in the last week to try to “bring up there down here”? What is something you might do this week?
8. If you practiced the Daily Prayer of Examen, what came up for you?

Group practice: *Weekly Prayer of Examen*

The leader reads:

Father Dennis Hamm, a scripture professor at Creighton University, calls the Daily Examen “rummaging for God.” He likens it to “going through a drawer full of stuff, feeling around, looking for something that you are sure must be there.” That’s an accurate description of what it’s like to pray the Daily Examen. We look back on the previous day, rummaging through the “stuff,” and finding God in it. We know He is there.

Please join me in practicing the Prayer of Examen.

Settle into a comfortable position in your body...

Close your eyes...

Sit quietly for a few moments...

Breathe deeply...

Become aware of God's presence with you...

Become aware of your desire to be present with God...

Holy Spirit, we invite you to speak to us as we examine our relationships over the past week.

Consider **family**.

When did I experience the greatest sense of belonging?

When did I experience the least sense of belonging?

Consider **friends**.

When did I experience the greatest sense of belonging?

When did I experience the least sense of belonging?

Consider **neighbors**.

When did I experience the greatest sense of belonging?

When did I experience the least sense of belonging?

Consider **opponents**.

When did I experience the greatest sense of belonging?

When did I experience the least sense of belonging?

In which relationships this week was it most challenging for me to "bring up there down here?"

Lord, we thank you for our relationships. We're grateful for the ways in which you speak and minister to us through others. We're grateful for the ways in which you speak and minister to others through us. In silence, we confess the ways we have failed to act lovingly with others this week... We thank you for your forgiveness. In our interactions this week, may we be ambassadors of your Kingdom. In Jesus' name we pray, Amen.

Discussion questions, part 2

1. What stirred in you during this practice?

2. Is there anything God may have been saying to you about your relationships?

Practice on your own

On at least several evenings this week, take time to practice the Daily Prayer of Examen found on page 4 of this guide. You may wish to make note of what came up for you.

Praises and prayer requests

Additional thoughts for reflection

“We are drawn to children and saints and poets because they notice things that the rest of us have forgotten to see.”

—John Ortberg, *God is Closer Than You Think*

“By saying that the kingdom belongs ‘to such as these’ children, Jesus indicates that God’s kingdom is not only for those who are cultural ‘somebodies.’ Children in the time of the Roman Empire were basically cultural ‘nobodies,’ people without influence, power, or honor. If the kingdom of God were to reflect the values of the kingdom of Rome, then it would privilege the cultural elites. But, as Jesus explains, the reign of God turns things upside down. It includes those who would usually have been excluded: children, widows, immigrants, slaves, and the poor...”

“By saying that God’s kingdom belongs ‘to such as these’ children, Jesus is also showing that actual children belong to the kingdom. You don’t have to be an adult in order to live under God’s reign. In fact... too much ‘adulthood’ can be a liability when it comes to the kingdom of God.

“Though the church is not identical to the kingdom of God, it is certainly meant to reflect and embody the values and the reality of God’s reign. Thus, in light of what Jesus said about children and the kingdom, including children in significant ways should be a high priority for our churches. There are many different ways of putting this priority into practice, of course. But all of us should ask ourselves if we are truly and intentionally including children, making sure our corporate life communicates the inclusiveness of the kingdom of God.”

—Mark D. Roberts, “The Kingdom of God Belongs to Children”

Week 6 (3/24)
“Already, but Not Yet”

Mark 14:22-25 (NRSV)

²²While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, “Take; this is my body.” ²³Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. ²⁴He said to them, “This is my blood of the covenant, which is poured out for many. ²⁵Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God.”

Introduction

At the Last Supper, Jesus said that after He had finished eating and drinking with them in that upper room, He would not drink the fruit of the vine until the end of time, when the Kingdom of God had fully assumed all things. Referring to the wine as His blood that would be poured out upon the cross, He then referred to a future time when the cup was to be joyful, as in a celebration. As we have been looking at our series on “Thy Kingdom Come: Bringing the Up There Down Here”, we acknowledge that by praying this way, we are in the middle of the “Already, but Not Yet”. In this world where we have tribulation, we can be of good cheer, knowing that Christ has overcome all things and that there is a time coming which will seal it all forever. Until that glorious day, we are God’s ambassadors on earth so that others can see what the Kingdom of Heaven looks like.

Sermon Notes

Discussion questions, part 1

1. If you heard the sermon this week, what stood out or spoke to you?
2. What was so special about the Last Supper?
3. Why did Jesus say that He would not drink of the cup until the fullness of time? What does this imply?
4. In the Lord's Prayer we say, "Thy Kingdom come" and immediately follow it with "Thy will be done". What part of God's will is still to be done? What is our role in this?
5. In what ways are you an ambassador of Heaven as you await the approaching day of God's Kingdom in its full reality?
6. What did you do in the last week to try to "bring up there down here"? What is something you might do this week?
7. If you practiced the Daily Prayer of Examen during the week, what came up for you?

Group practice: *Weekly Prayer of Examen*

The leader reads:

"The Examen can help you embrace who you are, not try to be who you think you should be. The practice can help you learn to trust your needs and desires as you watch the pattern of what brings you consolation and desolation.

"The Examen makes us aware of moments that at first we might easily pass by as insignificant, moments that ultimately can give direction for our lives... God's will for us is, whenever possible, to do more of whatever gives us most life or gratitude."

—*Sleeping with Bread*

Please join me in practicing the Prayer of Examen.

Settle into a comfortable position in your body...

Close your eyes...

Sit quietly for a few moments...

Breathe deeply...

Become aware of God's presence with you...

Become aware of your desire to be present with God...

Holy Spirit, we invite you to speak to us as we examine our relationships over the past week.

Consider **family**.

When did I feel the most alive today?

When did I feel life draining out of me?

Consider **friends**.

When did I feel the most alive today?

When did I feel life draining out of me?

Consider **neighbors**.

When did I feel the most alive today?

When did I feel life draining out of me?

Consider **opponents**.

When did I feel the most alive today?

When did I feel life draining out of me?

In which relationships this week was it most challenging for me to "bring up there down here?"

Lord, we thank you for our relationships. We're grateful for the ways in which you speak and minister to us through others. We're grateful for the ways in which you speak and minister to others through us. In silence, we

confess the ways we have failed to act lovingly with others today... We thank you for your forgiveness. In our interactions this week, may we be ambassadors of your Kingdom. In Jesus' name we pray, Amen.

Discussion questions, part 2

1. What stirred in you during this practice?
2. Is there anything God may have been saying to you about your relationships over the past six weeks?

Practice on your own

On at least several evenings this week, take time to practice the Daily Prayer of Examen found on page 4 of this guide. You may wish to make note of what came up for you.

Praises and prayer requests

Additional thoughts for reflection

“One thing that may mislead us about the meaning of ‘at hand’ in Jesus’ basic message is the fact that *other* ‘kingdoms’ are still present on earth along with the kingdom of the heavens. They too are ‘at hand.’ That is the human condition. Persons other than God, such as you or I, are still allowed on earth to have a ‘say’ that is contrary to his will. A kingdom of darkness is here, certainly, and the kingdoms of many individuals who are still ‘trying to run their own show.’

“All of this God still permits. And the lack of human unity in intelligent love under God not only leaves us at the mercy of man-made disasters, such as wars, famine, and oppression, but also prevents our dealing successfully with many so-called natural evils, such as disease, scarcity, and weather-related disasters. So, along with the ‘already here’ there obviously remains a ‘not yet’ aspect with regard to God’s present rule on earth.”

—Dallas Willard, *The Divine Conspiracy*

Week 7 (3/31)
Easter Sunday
“He Has Risen!”

Luke 24:1-12 (NRSV)

24But on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. 2They found the stone rolled away from the tomb, 3but when they went in, they did not find the body. 4While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. 5The women were terrified and bowed their faces to the ground, but the men said to them, “Why do you look for the living among the dead? He is not here, but has risen. 6Remember how he told you, while he was still in Galilee, 7that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again.” 8Then they remembered his words, 9and returning from the tomb, they told all this to the eleven and to all the rest. 10Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. 11But these words seemed to them an idle tale, and they did not believe them. 12But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

Introduction

As we celebrate the Resurrection of Jesus, we are reminded that this is the greatest event in history and, in many ways, it is hard to believe. When the women returned from the tomb, the men considered their words to be an “idle tale”. What they found out was that Jesus had indeed risen, just as He had told them He would do so. Because the same Holy Spirit who raised Christ from the dead lives within us now, we are witnesses of this great event. The evidence of God’s “will being done” and the assurance of the coming Kingdom of God is the Resurrection of Jesus.

Sermon Notes

Discussion questions, part 1

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Group practice: *Weekly Prayer of Examen*

The leader reads:

“Throughout our lives each of us discovers more and more deeply our unique ‘sealed orders’ [from God], a way that only we are gifted to give and receive love.

“When I am... carrying out my sealed orders, I have a profound feeling of consolation or rightness and my whole body relaxes... Because the purpose of our lives is built into every cell of our bodies, we don’t need to look far to find it. We can find it by looking near, in the little everyday things that give us consolation and desolation.”

—*Sleeping with Bread*

Please join me in practicing the Prayer of Examen.

Settle into a comfortable position in your body...

Close your eyes...

Sit quietly for a few moments...

Breathe deeply...

Become aware of God’s presence with you...

Become aware of your desire to be present with God...

Holy Spirit, I invite you to speak to me as I examine my relationships over the past week.

Consider **family**.

Which moments seemed in line with the Kingdom of God?

Which did not?

Consider **friends**.

Which moments seemed in line with the Kingdom of God?

Which did not?

Consider **neighbors**.

Which moments seemed in line with the Kingdom of God?

Which did not?

Consider **opponents**.

Which moments seemed in line with the Kingdom of God?

Which did not?

In which relationships this week was it most challenging for me to “bring up there down here?”

Lord, we thank you for our relationships. We’re grateful for the ways in which you speak and minister to us through others. We’re grateful for the ways in which you speak and minister to others through us. In silence, we confess the ways we have failed to act lovingly with others this week... We thank you for your forgiveness. As we go out into the world with our Risen Christ, may we be ambassadors of your Kingdom. In Jesus’ name we pray, Amen.

Discussion questions, part 2

1. What stirred in you during this practice?
2. What have you noticed as you practiced the Prayer of Examen over the course of this study? Do you have greater awareness of how you are relating to others? What might have changed?

Practice on your own

On at least several evenings this week, take time to practice the Daily Prayer of Examen found on page 4 of this guide. You may wish to make note of what came up for you.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

“New Testament passages make plain that this kingdom is not something to be ‘accepted’ now and enjoyed later, but something to be entered now (Matt. 5:20; 18:3; John 3:3, 5). It is something that already has flesh-and-blood citizens (John 18:36, Phil 3:20) who have been transformed into it (Col 1:13) and are fellow workers in it (Col 4:11)...

—Dallas Willard, *The Divine Conspiracy*

LCPC Resources for Additional Support

Lay Counseling

This is a ministry of para-professional counseling offered to our church congregation and local community. The Lay Counselors are supervised by Christian mental health professionals. They provide no-cost, intermediate level counseling. INFO/APPT: (818) 790-6708 x430.

Stephen Ministry

Stephen Ministry provides lay-pastoral care ministry in life-challenging situations such as: hospitalization, bereavement, new life stages, illness, disability, unemployment, separation, divorce, going overseas in wartime, or imprisonment. INFO: (818) 790-6708 x231.

Spiritual Direction

Spiritual Direction is a classical Christian practice in which a trained spiritual mentor walks with an individual on (generally) a monthly basis to help them look for signs of the presence, guidance, and call of God in their lives.

For help in finding a director, contact Marian Lamb:
marian@lacadapc.org

Additional Mental Health Resources

Marian also has a list of mental health professionals recommended by Lay Counselors and Parent Ed staff. Email her if you would like a copy.

Pastors

Rev. Dr. Ross Purdy, Senior Pastor: ross@lacadapc.org

Rev. Dr. Chuck Osburn, Associate Pastor of Congregational Care:
chuck@lacadapc.org

Rev. Dr. Cindy Frost, Associate Pastor of Outreach and Spiritual Formation: cindy@lacadapc.org

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Opportunities for Groups to Serve

Beacon Housing

Charity Pickleball Tournament | Beacon Housing needs volunteers to help with running their Charity Pickleball Tournament. Volunteers would do basic tasks like signing in players, handing out equipment. We will also need childcare volunteers during the event.

When | Sunday, March 17, 11am - 3pm

Where | YMCA of the Foothills: 1930 Foothill Blvd., LCF 91011

Additional Details | Parking is free, and drinks and food will be provided.

How to Sign Up | Please contact Sarah Brown at sarahb@beaconhousing.org.

Children's Hunger Fund

This is an opportunity for families to serve together!

When | Saturday, February 24, 12:15 pm - 3pm

Where | Children's Hunger Fund, 13931 Balboa Blvd, Sylmar 91342

Additional Details | Children as young as 7 years old can participate in this Serve event. We will experience together their immersive Poverty Encounter exhibit and assemble boxes of food for children in need locally and abroad. Also, we'll have ice cream. The Poverty Encounter experience is incredibly inspiring as it helps us see poverty through a child's eyes. Adults and children will discover how churches are making a difference in the world and then join in to do just that! To learn more about it, visit their website. The cost for the event is \$7 per person.

How to Sign Up | Visit the Registrations page on LCPC's website

Door of Hope

Meal Donors | DOH is inviting LCPC to partner with families facing homelessness through volunteering as meal donors! Volunteers provide and drop off dinners at one or both locations in Pasadena. Volunteers may pick a recurring day, cover one or both locations--the need is a flexible opportunity. Depending on location, volunteers are providing a meal for 7 to 12 adults. People can volunteer individually, as a group (family, LifeGroup, etc.)

When | Ongoing need Monday-Thursday evenings with delivery between 5:30-5:45 PM.

Where | Pasadena locations (669 N. Los Robles and the second location a few blocks from there)

Additional Details | When you sign up, you will be emailed the current totals (# of adults, teens, and children). When you email Alli Burnison, please indicate whether you would like to drop off a meal, or if you would like to sit and eat with families.

How to Sign Up | Send an email to Alli Burnison, Door of Hope Volunteer Coordinator, alli@doorofhope.us or call 626-304-9130 ext. 113.

Exercise Life Skills Instructor | Life skills is a vital component of Door of Hope's programming for families. We will be having an Exercise life skills class and are looking for interested volunteers who have a passion for exercise, teaching, and overall health.

When | Mondays, Wednesdays, Thursdays from 7 pm - 8 pm. Volunteers teach one class/one night a week at one of our shelters for a period of six weeks.

Where | Three of Door of Hope's shelters in Pasadena and Los Angeles.

Childcare | At Door of Hope, there are many needs for on-site childcare. DOH is currently seeking volunteers who can provide childcare in the evenings while parents are attending the life skills courses. (Must be 16 years or older to volunteer.)

When | Either Tuesdays, Wednesdays, or Thursdays from 7-9 PM.

Where | DOH Homes in Pasadena

Additional Details | It is not necessary that volunteers commit 1x/week, although it is preferred to have as much consistency as possible, as this helps the volunteer build trust and relationships with the kids.

How to Sign Up | Send an email to volunteer@doorofhope.us or contact Alli Burnison (626) 304-9130 ext. 113.

Elizabeth House

Meals for Elizabeth House Residents | Volunteers can help provide dinner to the residents of Elizabeth House. You can sign up to serve one meal or make an ongoing commitment. Volunteers can serve as individuals or volunteer as a group (family, LifeGroup, etc).

When | Any evening, Monday-Thursday at 5 PM

Where | Elizabeth House, 760 Santa Barbara St. in Pasadena

Additional Details | Dinners should be provided by 4:45PM. Individuals are welcome to drop off the meal or stay and eat together. Please adhere to a maternity diet.

How to Sign Up | Email Shawna Diehl, outreach@elizabethhouse.net to get involved.

Attend a Baby Shower for an EH Resident | Volunteers can attend and provide refreshments for a baby shower for an Elizabeth House resident (s).

When | Dates TBD as needed, usually held quarterly on a weeknight.

Where | Elizabeth House, 760 Santa Barbara St. in Pasadena

Additional Details | Generally we ask gifts are covered by the group providing the shower, as well as light food and decorations.

How to Sign Up | Email Shawna Diehl, outreach@elizabethhouse.net to get involved.

Hope Gardens

Hope Gardens Meal Serve | Volunteers can help serve meals to the residents and families of Hope Garden. You can sign up to serve one meal or make an ongoing commitment. Volunteers can serve as individuals or volunteer as a group (family, Life Group, etc). Volunteers must be 14 and older. (Under 16 years old is required to have a parent present.)

When | Everyday – Breakfast (6-9am), Lunch (10:30am-2pm), Dinner (3:30-7pm)

Where | Hope Gardens Family Center, 12249 Lopez Canyon Rd. in Sylmar 91342

How to Sign Up | breakfast: **Private Registration Code:** 244Ngj; lunch: **Private Registration Code:** jp84rB; dinner: **Private Registration Code:** KyCJrC

Hope Gardens Childcare (Peeps) | Volunteers are needed to help provide childcare for infants and toddlers. This greatly helps the moms as they work on their education or work. Volunteers must be 18 and older. A background check is required.

When | Monday - Thursday 8-4:30PM, partial shifts are welcome

Where | Hope Gardens Family Center, 12249 Lopez Canyon Rd. in Sylmar 91342

Additional Details | A background check is required.

How to Sign Up | URM Volunteer Portal (**Private Registration Code:** 557PKX) or email volunteer@urm.org

Hoving Home

Meals for Hoving Home | Volunteers to provide a meal to the residents and families of Hoving Home and joining them for fellowship. You can sign up to serve one meal or make an ongoing commitment. Volunteers can serve as individuals or volunteer as a group (family, Life Group, etc).

When | Monday-Friday dinner is at 5pm and you are welcome to fellowship until 6:15pm. If you wish to utilize our kitchen and cook onsite, you may arrive at 3-3:30pm to prepare the meal.

Where | Hoving Home, 127 S. El Molino Ave. in Pasadena 91101

Additional Details | Children must be accompanied by an adult.

How to Sign Up | Call Eneida Borrego (626) 405-0950 or email at eborrego@hovinghome.org

Oasis of Hollywood

Kidz Klub | Join us at our Kidz Klub Outreach Program! At-risk, under-served children living in the inner-city of East Hollywood come to Kidz Klub to learn all about Jesus and how to live for Him through fun games, exciting lessons, and more. All children receive a free hot meal, free transportation, free groceries, and free clothes. Join us to help with worship, games, serving food, lesson teachings, and more! The opportunity is available for adults who pass a background check and families who are looking for opportunities to serve together.

When | Every Wednesday, from 2:30PM-5:00PM

Where | 4150 Monroe St. LA, CA. 90026. Free parking available!

How to Sign Up | Email our Kidz Klub Director, Sidney, at sidney@oasisofhollywood.org. Or call our office at 323.469.3027.

Oasis Youth | Students from all over Hollywood/LA to hang out with their friends, play sports, video games, listen to music, and enjoy a free, hot meal in a safe, inspiring, faith-filled environment. Join us to help cook & serve food, or just come to be a positive influence in a young person's life! Adult volunteers will need to pass a background check.

When | Every Friday from 7PM-10PM.

Where | 4150 Monroe St. LA, CA. 90026. Free parking available!

How to sign up | Email Kadee Rosales at kadee@oasisofhollywood.org. Or call our office at 323.469.3027.

Stars

Stars Food Distribution Center | Stars is looking for volunteers to prepare food packages for Stars families. Starting age for volunteering is 14+ (an exception when younger kids if they volunteer with a chaperone). Teens & families can volunteer together! Proof of vaccination is required for all our in-person volunteers.

When | Tuesday, 2 hours between 9 AM – 1 PM

Where | Villa 500, In Person Only

How to sign up | Email Miriam Tellez, Stars Volunteer Coordinator, at: volunteer@gostars.org

Stars Snack/M Meal Prep | Stars is looking for volunteers to prepare snacks and meals to nourish K-12 students at the afterschool program. Starting age for volunteering is 14+ (an exception when younger kids, if they volunteer with a chaperone). Teens & families can volunteer together! Stars would love to have a dish that is particular to your culture/family. More parameters will be communicated once the volunteer is onboarded. Proof of vaccination is required for all our in-person volunteers. We have virtual opportunities as well.

When | Tuesday-Thursday, 2 hours, dropped off between 3 PM – 5 PM at destination

Where | Villa 500

How to sign up | Email Miriam Tellez, Stars Volunteer Coordinator, at: volunteer@gostars.org

Gardening Volunteer | Stars is looking for volunteers who enjoy gardening (or want to learn) and could revitalize their green spaces. Equipment will be provided. Proof of vaccination is required for all our in-person volunteers.

When | Flexible schedule, 2 hours/week

Where | Villa 500

How to sign up | Email Miriam Tellez, Stars Volunteer Coordinator, at: volunteer@gostars.org

Union Station Homeless Services

Sack Lunch Program | Looking for a flexible volunteer opportunity for your family or friends or Life Group? USHS needs volunteer groups to provide sack lunches for the shelter residents and community members in need.

When | Monday through Sunday from 8:30am – 2:30pm

Where | Adult Center, 412 S. Raymond Ave. in Pasadena

How to Sign Up | Please email us first at volunteer@unionstationhs.org to schedule a drop off date.

Kitchen Service Shifts at our Adult Center | Join us and volunteer in our kitchen by assisting our staff with preparing, cooking, serving, and cleaning up. Volunteers must be at least 13 years old to volunteer with a chaperone and 16 years old to volunteer without one.

When | Monday through Sunday, 7:00am - 9:30am and 10:30am - 1:30pm

Where | Adult Center, 412 S. Raymond Ave. in Pasadena

Additional Details | All volunteers must provide proof of vaccination against COVID-19 and acknowledge our COVID liability waiver.

How to Sign Up | Sign up for our online orientation on our website (unionstationhs.org)

Adopt-a-Meal | Provide a home cooked meal for our residents! As a part of our Adopt-a-Meal program, volunteers have the opportunity to plan a menu of their choice, shop for the ingredients, cook the meal, and serve to our residents. Volunteers must be at least 13 years old to volunteer with a chaperone and 16 years old to volunteer without one.

When | Everyday

Where | Adult Center, 412 S. Raymond Ave. in Pasadena or Family Center, 825 E. Orange Grove Blvd. in Pasadena.

Additional Details | All volunteers must provide proof of vaccination against COVID-19 and acknowledge our COVID liability waiver.

How to Sign Up | Sign up for our online orientation on our website (unionstationhs.org)

Young Life Capernaum

Club Meal | Join us reaching out to kids with disabilities right in our local community by providing and serving dinner to kids and leaders at club.

When | Select Friday nights, Volunteers arrive at 5:15pm and serve until 6:45/7:30p as available

Where | Fellowship Hall at LCPC

How to Sign Up | Contact Amy Nielsen, 818-216-8682, amy.younglife@gmail.com

LCPC's Lenten Opportunities

Join a Life Group for Lent!



B E L O N G S E R V E G R O W

www.lacanadapc.org/lifegroups

THY KINGDOM COME
RELATIONSHIPS THAT REFLECT
GOD'S KINGDOM



Wednesday evenings | Feb 21 - Mar 20
with Pastor Chuck and Katie Phillips-Rector, MFTs



**FAMILIES
SERVE
TOGETHER**

Sat., Feb. 24, 12:15 - 3:00pm
Children's Hunger Fund, Sylmar
Cost: \$7 per person





Jazz Vespers

Jazz with a twist of faith!

Sunday February 25 at 5:00 PM
In-person in the Sanctuary & online

Livestream link: live.lacanadapc.org Jack Lantz Sextet



Lenten

Morning Apart

Monday, Feb 26, 9AM - 12:30PM
RSVP to marian@lacanadapc.org



Practicing God's Presence

*Connecting with God through
Scripture, Prayer, and One Another*

Next gathering March 12
(Join us for Ash Wednesday in February)