

# Encountering God

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Keeping a healthy Spiritual diet throughout 2024

Learning to eat correctly can make all the difference in the quality of a person's life. The same is true in spirituality.

- Discuss what you think are the essentials for sustaining a strong Christian spirituality?
- What helps you stay connected with God and fruitful in his service?

In this new series we will explore the vision and values of St James. We have three principles (daily pursuit) that govern our collective and individual lives and eight values or practices (how we do things). These principles and values are there to help us being more focused and intentional in our collective life of faith.

You can find them on our Website (<http://stjamestaunton.org/vision-and-values>) and they will appear on our displays during the month of January to March.

This week we are looking at the principle of "Encountering God." There are many accounts of God encountering individuals and groups of people throughout the Old and New Testament

- Is there an encounter in Scripture that speaks to you personally (eg. Abraham, Jacob, Moses, one of the prophets, Jesus' encounter with a specific individual, Post Pentecost Encountering of Jesus or the Holy Spirit, etc.)
- How do you experience God's presence in your life?
- Has there been a more pronounced encountering (where you have felt God very close, very present or very clear in his guidance) with God? Describe.

## Read Psalm 84

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*Better is one day in your courts than a thousand elsewhere, verse 10.*

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The Psalm speaks of a place, the temple, where God resides and where the Psalmist loves to spend time. Today, God can be experienced everywhere through his Spirit, but there are often special places where we feel God closer.

- Do you have a place at home (or outside your home) where you like to pray, read the Bible, be with God? Describe.

The Psalm also speaks of blessings for those who dwell in the presence of God.

- What are the blessings you are experiencing when spending regular time with God?

On Sunday, Fabian pointed out some resources that can help us stay connected with God.

- What have you found helpful in the past?
- Is there something you might suggest to others?
- Is there something you might want to try this year?

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## Commitment Prayer for 2024

Lord Jesus, You are the vine and I am your branch. I cannot bear fruit unless I abide in You. I commit myself to practice daily prayer, reading and reflection as way of remaining in You, trusting in You, and allowing You to work in me and through me as You will.

Amen.

## Among possible resources

- Bible gateway <https://www.biblegateway.com>
- Our Daily Bread <https://odb.org>
- Lectio 365 <https://www.24-7prayer.com/resource/lectio-365/>
- Bible in one Year <https://bibleinoneyear.org/en/>
- The bible Project <https://thebibleproject.com>

