

CENTRAL CHRISTIAN CHURCH

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Moniqua Suits – Event Coordinator

Unbinding Your heart

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TO DEVELOP A CLOSER RELATIONSHIP WITH GOD THROUGH PRAYER, STUDY AND SCRIPTURE, AND THEN SHARE THIS RELATIONSHIP WITH OTHERS.

When we answer your call, it is spiritual-business and it cannot be done well without effective communication with the Spirit of God through prayer...and it is why leaders pray so fervently. Richard Kriegbaum – “Leadership Prayers”.

A Spiritual “Stop, Drop, and Roll”

EXTERNAL OR INTERNAL FLAME

Until the slogan “Stop, Drop and Roll” became an iconic phrase, it was not unusual to watch television clips of people on fire trying to put out the flames by frantically running through the streets. Not only was this a wasted effort, their reaction fueled the fire to destroy not only the individual but everything in its path.

Today’s church faces a similar peril with its reaction to answering the call of the Great Commission. Instead of being on fire for God (internal flame), we find ourselves engulfed with fear, hatred, distrust, power trips and hurt; causing us to speak and act in ways that destroy not only ourselves, but relationships (present and future) (God and people) and community – stunting our spiritual growth. How do you know if you are on fire for God or a pyromaniac? If you have a tendency to think or say the following, it might be a sign an external flame is fanning your spiritual fuel instead of an internal flame.

- Someone should...
- We use to...
- No one listens to me.
- What about my feelings?
- I’ve been telling them that for years.
- If we focused on increasing attendance and offering, everything would be okay.
- We tried that before...
- That will never work here.
- How much will that cost?
- Refer to church leadership as ‘they’ and not us.

Ow, sound familiar? Although meant to serve as helpful guidelines, these words and actions are actually conversation stoppers and prevent groups from digging deeper to address the challenge with scripture, prayer and discussion. Since changing our approach takes time and effort, we developed a Spiritual Stop, Drop and Roll® to make wording our responses easier and more effective. Individually and as a church, it is important to develop the habit of prayerfully considering ideas before responding yet not use prayer as a blackmail tactic. Our Spiritual Stop, Drop and Roll® approach will help us to use building words versus destructive phrases and to heal our past hurts so we can open our hearts for the future God has planned.

SPIRITUAL STOP, DROP AND ROLL®

1. STOP

Stop your negative thinking patterns. Before speaking or taking action, ask yourself if your words or actions will hurt or heal the situation.

2. DROP

Drop destructive behaviors: gossip (saying, listening or spreading), sowing dissension, closed listening, positioning for power, jumping to conclusions, etc.

3. ROLL

Roll with God. Roll with the Gospel. Roll with Prayer. Let it roll off your back.


Use these steps to transform words and actions from a plan of attack to a plan of action and lay a positive foundation for productive conversation and planning. Try shifting from the negative – “we’ve never done it that way before” to the positive - “sounds interesting, can you tell me more?” or, “can you provide us with a written outline of your idea for the committee to consider?”. The positive benefits will result in our ability to:

- Build God’s kingdom;
- Speak and act in God’s name;
- Attract others to God;
- Discern without destroying or being passive; and
- Deflect sinful attitudes.

Oh, Lord, give me faith for this leap to the future. And make this a leap of leadership (us, not they – parenthesis mine) not a solo jump.

“Why can’t you give me a bridge to the future, Lord? Instead, you make me jump for it. You make me let go and leap by faith. You did it when I wanted a new relationship with you. You have done it repeatedly in my career and in my personal life. The new future you show me is beautiful, and the jump is reasonable, but it is always a leap of faith. So here I am again, asking for faith to make another leap.

Getting to this new future will change things for all of us. I cannot foresee all the changes, but I know there will be outcomes we did not intend. Don’t let people worry unnecessarily about the unknowns, for if they hold back too much, we will not succeed.

You put us where we are, and it is so good and comfortable. How you got us to this place is part of our tradition. Where we need to go looks uncertain. Give us pilgrim’s hearts, God. Do not let us clutch the present comfort and safety because it will not stay that way forever. We must leave this good place and move on, by faith –the same kind of faith that got us here.” 

Richard Kriegbaum – “Leadership Prayers”

Unbinding Your Heart – A Segue.

I love waterfalls and find them quite amazing feats of nature. Their ability to serve as segue from the water behind to the water in front is a tremendous learning lesson for individuals or churches answering God’s call to serve. Waterfalls know how to accommodate calm or fury, silence or a deafening roar, refreshing rain or drying heat. They give energy to the salmon swimming upstream or the rafter paddling down. Their movement carves out harbors of safe haven in the shorelines or scoops out ponds for fish to rest and people to swim. If it is located in Idaho it does not reject people from Texas and it has the ability to adapt to the different sizes, shapes, personalities, and levels of experience of its regular and visiting people, fish and plants.

For the past 40 days, our church family and friends have been reading and discussing “Unbinding Your Heart” to help us to develop our ability to segue from where we are to where God is calling us. Also during this time, the UYH Leadership Team has met weekly to pray, talk and to plan *Next Steps* that incorporate your feedback and prayers.

Please review and pray about the following questions, then provide your reply on the bulletin insert this Sunday or email to Moniqua Suits – signatureidea@yahoo.com. It will help us to better understand your experience with this study and the desires God has placed on your heart as a result. (Only comments and not names will be shared with the team unless otherwise specified.)

1. What kind of church do we need to be to help existing and future Christians successfully navigate their spiritual journey?
 - _____

2. Do you believe Central is that kind of church, why or why not? Please share specific comments.
 - _____

3. What specific ministries, activities and events do you participate as part of your spiritual journey?
 - _____

4. What ministries, activities, and events would you like Central to offer?
 - _____

5. I need help with
 - _____

Unlike the waterfall we have the gift of living water and do not have to worry about running dry. And, we can share this living water to help those around us experience a life with God that is everlasting.

The UYH Newsletter is brought to you by Central Christian Church, Kettering, OH – www.ccc-ket.org.