



First Covenant Church
of River Falls Wisconsin

On the Journey: Sharing Christ, Growing Together

Website: rfcov.org
Email: office@rfcov.org
Facebook:
facebook.com/firstcovenantchurch
Instagram: @FirstCovRF
Phone: 715-425-2640
Address:
1374 North Main St.
River Falls, WI 54022

5 G's: Trailmarkers for Your Journey

With being "on the journey," these are "trailmarkers" on the logo's path that one looks for in their life, turning to and returning to these throughout a life of following Jesus.

- Grace: Surrendering Yourself to God's Grace
- Gathering in Worship
- Growing Toward Maturity (in the likeness of Christ)
- Giving of Ourselves (Time, Talent, Treasure)
- Going & B.L.E.S.S.-ing Our Neighbors and World



A Sermon Series Resource for Listening and Following God

Directions: This goes along with our 2-week sermon series. Reflect on the verse and prayerfully invite God into it...and then listen. This is a good resource for a personal retreat or just use one daily.

Delight yourself in the Lord and He will give you the desires of your heart. - Psalm 37:4

Refresh Your...View of God

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. -John 17:3

Reflection:

Over this time, some things that I have learned about God or how

He works are: (His love, sovereignty, role of the cross/suffering, His ways, etc.)

Any Bible verses with special meaning during this time?

I would describe my prayer life and engaging the Bible during this time as...

What does your prayer/Bible experience express about your view of God? This could be positive or reveal something missing.

Refresh: This resource concludes with an opportunity to tie together what God has worked in your life. **So, from this reflection, what are one or two things from above or in general that stood out to you?**

Refresh Your...View of Being the Church

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. -Ephesians 4:15 [[note the "we"]]

I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. -Ephesians 4:1b-3

Reflection:

In a time of online meetings and live streaming, one thing I have learned about my view of being the body of Christ (church) is...

One way I would like to think and live differently about church is...

One of the big topics in modern times is "Christian consumerism" (choosing things in church life from our preferences or likes). **Has God brought this topic up for you in your time "away"?** If so, how? **OR write a prayer of what God would remind us as the church?**

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Refresh Your...View of Yourself

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. -Ephesians 2:8-10

Reflection:

What did you find yourself thankful about? Or how did you flourish in this time?

How did you seek comfort? Or what were you drawn to do when tired, lonely, bored, or hungry? (may have been healthy or not)

Over this time, some things that I have learned about myself are:

(interests, how you refresh, a sin or bad habit, etc.) Try one positive & one negative.

Take some time to pray or repent on what God brings.

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Refresh Your...Relationship with God

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. -Galatians 2:20

Reflection:

As you think about BEFORE COVID-19 compared to now, what is different in how close you live in God’s presence? Is He near or far?

During these days, I would describe my heart or relationship with God as...

Which of the 5G’s (on the back) are strengths for you knowing and following Jesus? Which are harder?

What spiritual practices have helped your relationship with God be meaningful in this time? Or what do you think would have been helpful or meaningful for you?

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Refresh Your...Relationship With Others

And the second is like it: 'Love your neighbor as yourself.'

-Matthew 22:39; Leviticus 19:18

Therefore go and make disciples of all nations... -Matthew 28:19

...let us do good to all people, especially to those who belong to the family of believers. - Philippians 6:10

Reflection:

Ask a spouse, friend, or even your kids:

What's been strong in my relationship with you?

What could I do to connect better?

Over these last few months, what ways of relating have been most meaningful for you? What fresh ideas are helpful for the future?

How did you spiritually encourage people from a distance? Could this be helpful in the future? (Or is there something you wish you had done?)

What neighbor did God seem to bring to mind over this time? Or is bringing to mind for the next season of life?

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Refresh Your...Use of Time

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is.

-Ephesians 5:15-17

Reflection:

Over recent months, what's one or two uses of time shaped by the world's culture? In that time, what's one/two shaped by Christ?

Hindsight is 20/20. Is there anything you would do differently or want to repent? (His forgiveness is there for you.) What do you want to thank Him that you did do?

What did you learn about your pace of life? Is God inviting you into living differently (whether more active or restful)?

What is the role of rest and sabbath? (Intentionally turning to God in setting aside work (workplace, home, etc.)

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Refresh Your...Rhythm or Plan for Your Days

But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me. - 1 Corinthians 15:10

Reflection:

Are there ways you have been seeking to **earn** God's love?
(Putting **effort** into following Him is not bad but He loves you already!)

What does your current personal or family schedule look like?

What parts of your daily schedule seem the most far away from God? How about in your weekly?

How can your personal or family rhythms put Christ at the center in one more way?

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Refresh for God's Next Calls

I have come that they might have life, life to the full. -John 10:10

I am making all things new. -Revelation 21:5

This section is to summarize your seeking of the Lord over this time. You are **not earning** His love in making a renewed **effort** in following Him into the next season: His love is already for you. **Try to give yourself a bit more time for this one as you reflect on all of it.** Staff and pastors are glad to meet with you to pray and help you in next steps!

Reflection:

Take some time to pray looking over previous themes and "Refresh" sections (bottom each page).

What 1-3 themes stand out to you?

What do you want to remember about who God is?

Any of the 5G's (on back) need a refresh in your following Jesus?

How can BLESS, outreach, and evangelism be part of your everyday life? One person? One way to start (talk, serve, etc.)? (**IF THIS WAS AT ALL NEW TO YOU** and you want to learn about being at peace with God and following him, contact Pr. Brian.)

Is there a verse or prayer as you enter this next season of life?

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