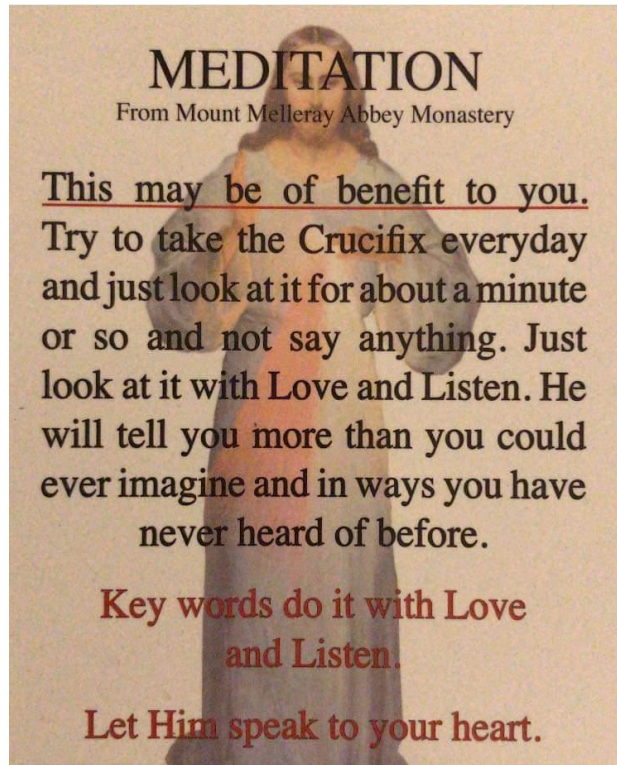


# CONNECT

Sensory activity for the week leading to Kampungku BEC Reflection  
(May)

Home activity: **MEDITATION**



**MEDITATION**  
From Mount Melleray Abbey Monastery

This may be of benefit to you.  
Try to take the Crucifix everyday  
and just look at it for about a minute  
or so and not say anything. Just  
look at it with Love and Listen. He  
will tell you more than you could  
ever imagine and in ways you have  
never heard of before.

**Key words do it with Love  
and Listen.**

**Let Him speak to your heart.**



# CDM Kampung-ku Connection

Theme: Living in Hope

May 2021

Living out the word in family

**O** **pening prayer:** Mighty God, thank you that you hear and answer our prayers. Hear our prayer and be in the midst of our meeting today. Thank you for your presence that calms the troubled sea of life and speaks peace to our souls. Give us clear minds and peaceful hearts as we gather together. In your mercy, you have caused us to be born again into a living hope by the resurrection of Jesus Christ from the dead. May we live in the light of your salvation, experiencing the freedom that is ours in you. We pray for the powerful intercession of Our Blessed Virgin Mary to be with us always and guide us towards her son, Jesus.

This we pray in the name of Our Lord Jesus Christ. Amen

<https://youtu.be/dWpG7qHtB8g>

(opening hymn- Be not afraid)

## A short recap of the past few months

Our theme for the year was focussing on God's word and this was broken down into three segments- Believing in Hope(January to April), Living in Hope (May to August) and lastly Giving in Hope. (September to December)

In the last four months we have placed emphasis on "Believing in Hope"...moving from listening, to pondering then dwelling and embracing ... a slow immersion into making God's word the focus of our lives . We began on self...working on the individual level; to become truly aware, present and drawn into God's word. Now we are making that movement in the next four months into Living the Word...in family, community and then recognising the great call to serve- thus living out the word of God in our families, community and daily lives.

## **Living in hope - Living out the word in family**

Eden was the first home: a place of reverence for God, of responsibility for creation and respect for each other. It was created to be a place of harmony and peace, of tranquility and plenty, of blessing and bliss, but it was eventually marred by disobedience, disrespect, dishonour, and distrust.

The family is the first church we are taught to pray as Jesus did; to learn how to listen for God's voice like Samuel and where we learn to face and overcome challenges as David did with Goliath.

In coming to know who we are in the family, no matter how imperfect, we are better able to give ourselves in loving service to others and to fulfill God's plan and purpose for each of us.

## God's Word Teaches Us How to Live Righteously

Raise your hand if you like DIY home projects.

You see a space in your home that could be better organized if it only had a few shelves or some other trendy furniture. So, off you go to Ikea or buy something amazing online from Lazada. Then your stuff arrives and you find yourself with confusing assembly instructions which causes more chaos than when you began.

Isn't life like that sometimes? You start something with good intentions, but later feel overwhelmed and discouraged. God knows our limitations and our tendencies, and He gave us something in His kindness to help us know Him and the way He says is best to follow.

His Word is a gift that teaches us how to live whether we are in a circumstance of our own making or just navigating the broken world around us.



**Maybe you're struggling.** Maybe you have no idea how to “live out your faith” — maybe you have no idea how to actually live for Jesus. Maybe you read your Bible and go to church but you just have NO CLUE how your life is supposed to look like a follower of Christ.

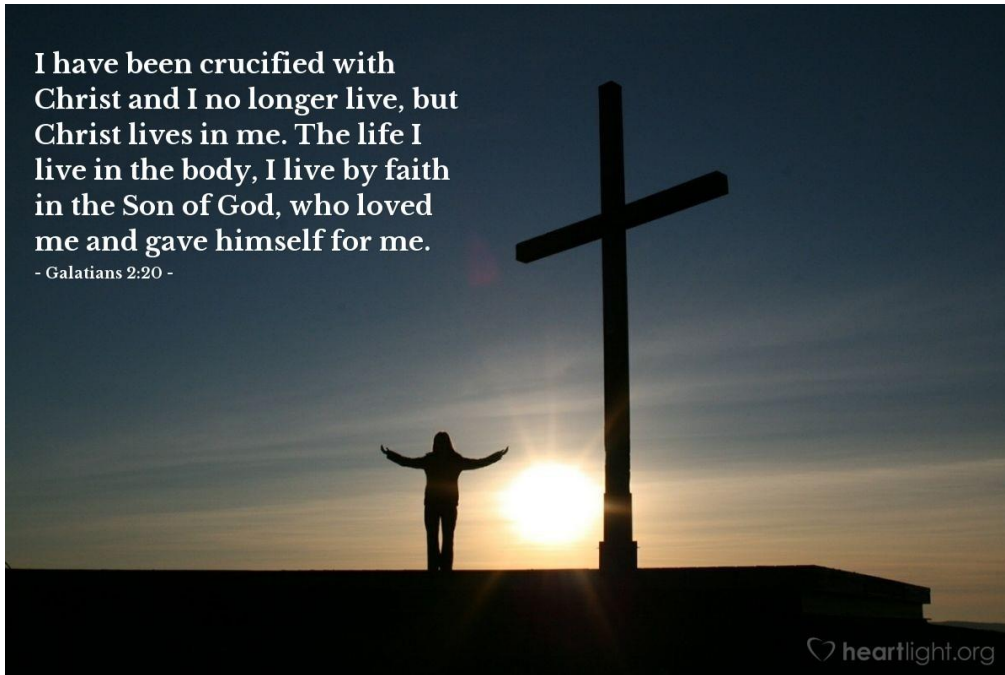
## You're not the only one feeling this way!

It can be hard to live for Jesus. It can be hard to know HOW our lives are supposed to look. It can be hard to know how to do our jobs, see our friends or scroll social media for Jesus.

**But living out your faith isn't impossible. It's actually doable and the reason we can do it is because of GOD'S WORD.**

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

- Galatians 2:20 -



**Living out our faith is possible because of what Christ did for us on the cross.**

When He died, He made a way for us to no longer live for ourselves but to live for something greater — SOMEONE greater! The lives we live after accepting Jesus Christ is one of **faith** — bold surrender & obedience.

## **Living Out Your Faith**

***(PONDER AND SHARE ANY PERSONAL EXPERIENCES YOU MAY HAVE)***

### **1. Be a loving & humble friend (Philippians 2:3)**

Paul encourages us in Philippians to do nothing selfishly but to always consider others better than ourselves. This means that a mark of a Christian (someone who lives out their faith) is **humility & honour** — always lifting others up! Living out your faith means being a friend who strives for humility and love over selfishness.

### **2. Use your gifts (1 Peter 4:10)**

God has gifted us uniquely. We each have abilities and talents that serve and propel the body of Christ differently! Living faith means using what God has given us — not forgetting it but using it for His glory and the world's benefit. The driving force behind using our gifts is that God's name would be lifted high. THAT is living out your faith!

### **3. Speak life, not death (James 3)**

When we decide to love and serve Jesus, we're committing to carry His Spirit around with us and that can be seen by others. It's easy to speak "death" (gossip,

hatred, filthy language). But God's children are called to speak life and that is anything that is true and loving! One of the simplest ways to live out our faith is to hold our tongues from any negative speech and replace it with LIFE GIVING WORDS.

#### **4.Overflow with joy (Proverbs 17:22)**

Joy is happiness that isn't based on circumstances — rather, it's set on the confidence that is found in Jesus! The world can be a sad place, with people consumed by their circumstances. But another way to live out our faith and show the world light is to simply be joyful. Especially when life gets hard and things don't go our way, we have an opportunity to demonstrate it. Do it by simply choosing to look beyond the circumstances and serve someone else.

#### **5.Represent the kingdom (Romans 12:2)**

The world is watching. Especially if they know that you're a "Christian" / "Jesus follower." Think about this for a moment: As Christians, we carry around the HOLY SPIRIT. We are walking image-bearers of the Creator of the World. So, we have an obligation (more like an honour) to represent Jesus and show up for Him. We can do this by waking up every morning and asking God that we become more like Him throughout our day! It all comes down to renewing our minds and dwelling on something higher — SOMEONE higher.

Other simple ways of invoking God in our daily lives.

Sign yourself with the sign of the cross:

- When passing a church - we acknowledge Jesus in the Tabernacle
- Before taking your medicine - invoking the name of Christ the healer
- When you switch on the lights at home - reaffirming Jesus Our Light
- Before travelling - asking for God's protection
- Before meals - in thanksgiving for sustenance

*These habits used to be instilled by Catholic parents on their children many years ago, habits which perhaps need reviving. Anyone remember them? Do you have your own Godly-quirks in your family?*

## **C**losing Prayer:

Thank you for your amazing power and work in our lives, for your goodness and for your blessings over us. Thank you for bringing hope even during the toughest of times and strengthening us for your purposes.

Lord your word is a lamp at our feet and a light to our path. Help us to live in your light and walk in your truth. May the things that you have revealed to us today and the thoughts that we have shared dwell in our hearts and stir us to action.

Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. In Jesus' Name, Amen.

## Closing Hymn:

# Christ, Be Our Light

**Bernadette Farrell**

1. Longing for light, we wait in darkness  
Longing for truth, we turn to You.  
Make us Your own, Your holy people  
Light for the world to see.

**(Chorus) Christ, be our light!**  
**Shine in our hearts.**  
**Shine through the darkness.**  
**Christ, be our light!**  
**Shine in Your church gathered today.**

2. Longing for peace, our world is troubled  
Longing for hope, many despair.  
Your word alone has pow'r to save us.  
Make us your living voice. (Chorus)

3. Longing for food, many are hungry  
Longing for water, many still thirsts.  
Make us Your bread, broken for others  
Shared until all are fed. (Chorus)

[https://youtu.be/\\_8FUPltZ5Xs](https://youtu.be/_8FUPltZ5Xs)