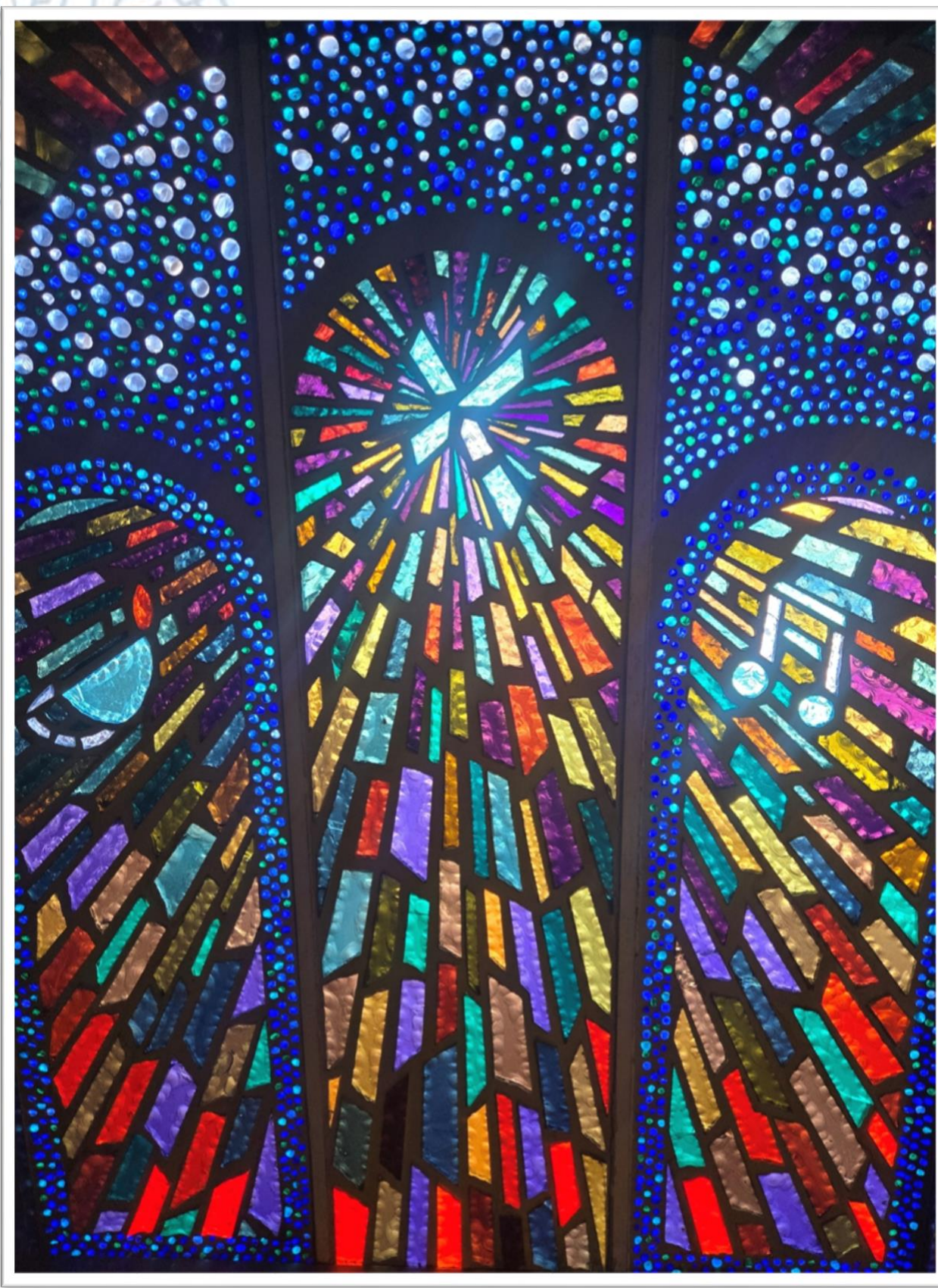


**Method and Meditation Guide August-September 2025**  
**“110 YEARS...WITH CHRIST AT THE CENTER”**



## As First United Methodist Church of Gilbert celebrates 110

**years of faith, service, and community**, we invite you to join us in a special 110-day journey of spiritual growth and intentional action. This “Faith Stretch” encourages each of us to give just a little more—of our time, our talents, our resources, and our love—so that Christ truly remains at the center of all we do. It is like giving the “extra 10%” for something we want to put at the center of our life.

*“...Little, consistent actions compound into big things.”*

Inspired by the wisdom and methods of John Wesley and the faithful legacy of our congregation, these daily challenges are designed to help us deepen our faith, serve our neighbors, and leave a lasting impact on our church and community. For the first weeks of our celebration and meditation, we invite you to do a little something extra each day. Maybe you want to follow the ideas below and check them off. Maybe you have other ideas of how you can make a 10% difference in your faith, life, and community?

Whatever it is, get started on this journey because **little, consistent actions compound into big things**. You will also find the scripture for each week’s sermons with a prayer and thought for the week. So now, it is up to you. What will your 110 days be like?

Rev. Dr. Kristin D. Hansen

## Getting Ready and Learning the Method

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***Aug 24 (Sun): WRITE DOWN ONE WAY YOU WILL GIVE “AN EXTRA 10%” THIS SEASON.***

*“And can it be that I should gain an int'rest in the Savior's blood?  
Died He for me, who caused His pain? For me, who Him to death  
pursued? Amazing love! how can it be that Thou, my God, should die  
for me?” **Charles Wesley***

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## Hebrews 12:1–2 (NRSVue)

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

## Philippians 1:3–6 (NRSVue)

I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now. I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ.

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*Prayer:*

***Gracious God, we thank you for the saints who have gone before us, for their faith, courage, and love. Inspire us to follow their example, running the race set before us with perseverance and hope. Strengthen us to encourage one another, to lift each other up, and to continue your work in this church and in our community. Amen.***

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*Journaling space:*



## August 25-31, 2025

### Faith Through the Storms

- AUG 25 (MON): READ JOHN WESLEY'S COVENANT PRAYER. (YOU MIGHT REMEMBER THIS FROM WORSHIP THE FIRST WEEK OF JANUARY.)
- AUG 26 (TUE): ADD 10 MINUTES OF QUIET TIME WITH GOD.
- AUG 27 (WED): ATTEND THE NEW CLASS, "BEFORE AMEN" ABOUT PRAYER LED BY RANDY AND MELISSA VAN DER POL AT 5:30 PM IN ROOM 136.
- AUG 28 (THU): SING A HYMN AT HOME (BONUS: CHARLES WESLEY HYMN).
- AUG 29 (FRI): READ PSALM 23 SLOWLY & THANK GOD FOR EACH PHRASE.
- AUG 30 (SAT): WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR.

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***Aug 31 (Sun): Reflect on how God has been faithful to the First United Methodist Church of Gilbert over 110 years.***

***"The best of it is, God is with us." John Wesley, repeated variations of this phrase as he was in the final stages of dying. His final act was lifting his dying arms in a gesture of victory and repeating the phrase once more.***

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#### Psalm 46:1-3, 10-11 (NRSVue)

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult. ... Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth. The LORD of hosts is with us; the God of Jacob is our refuge.

#### Wesley Covenant Prayer

"I am no longer my own, but thine. Put me to what thou wilt, rank me with whom thou wilt. Put me to doing, put me to suffering. Let me be employed by thee or laid aside for thee, exalted for thee or brought low for thee. Let me be full, let me be empty. Let me have all things, let me have nothing.

I freely and heartily yield all things to thy pleasure and disposal. And now, O glorious and blessed God, Father, Son, and Holy Spirit, thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen."

## Mark 4:35–41 (NRSVue)

On that day, when evening had come, he said to them, “Let us go across to the other side.” And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him and said to him, “Teacher, do you not care that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

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*Prayer:*

***Loving God, in times of fear and uncertainty, remind us that you are our refuge and strength. When the storms of life overwhelm us, calm our hearts with your peace. Give us faith to trust in your presence, courage to act in love, and hope that you are always with us, guiding and protecting us.  
Amen.***

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*Journaling space*



# September 1-7, 2025

## Growing Together

- SEP 1 (MON): LOOK AT THE NEW CLASSES YOU CAN JOIN AND PUT IT IN YOUR CALENDAR TO REMEMBER WHEN IT WILL HAPPEN.
- SEP 2 (TUE): PRAY FOR YOUR CHURCH'S MINISTRY LEADERS BY NAME. (SEE THE LIST TO THE LEFT OR FOR THE FULL LIST OF LEADERS, SEE THE CHURCH CONFERENCE BOOKLET, AVAILABLE IN THE NARTHEX.)
- SEP 3 (WED): PICK UP LITTER IN YOUR NEIGHBORHOOD.
- SEP 4 (THU): OFFER TO BABYSIT OR GIVE SOMEONE A BREAK.
- SEP 5 (FRI): HOLD THE DOOR FOR 10 PEOPLE TODAY.
- SEP 6 (SAT): COMPLIMENT 3 PEOPLE SINCERELY.

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***Sep 7 (Sun): Worship & learn one person's name that you did not know before.***

*"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."*

***Ascribed to John Wesley based on his sermons and writings.***

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## Ministry Leadership

Michelle Butler, Ad Council Chair  
Sharon Kotsonas, Church Lay Leader  
Victoria Paap, Youth Representative  
Lydia Ramirez, Children's Ministry Chair  
Linda Hartmann, Community Engagement Chair  
George Dailey, Congregational Care Chair  
Brian O'Brien, Finance and Endowment Chair  
Ed Stressman, Lay Representative to Annual Conference 2025  
Joyce Steiner, Missions Chair  
Laurel Redman, Staff Parrish Relations (SPRC) Chair and Lay Representative to Annual Conference 2025  
Therese Pineda, Trustees Chair  
Eric Butler, Welcome and Connections  
Meghan Rule, Worship Chair

### Staff

Rev. Dr. Kristin Hansen, Senior Pastor  
Adriana Hernandez, Associate Pastor for Spiritual Formation and Interim Working  
Preschool Director  
Randy Van Der Plog, Worship  
Janelle Chiricuzio, Children and Nursery  
Shayla Paap, Youth  
Casey DeWitt, Operations  
Penny Legge, Financial Secretary (Operations)  
Susan Libbert, Membership Secretary (Operations)  
Maia Chiricuzio, Nursery  
Angela Mittner, Nursery  
Cindy Sparenga, Nursery  
Joyce Steiner, Nursery  
Ellie Koenig, Preschool Assistant to the Director  
Jennifer Armstrong (Teacher), Preschool  
Amanda Becker, Preschool  
Carolyn Broughton, Preschool  
Connie Brackin, Preschool  
Tiffany Brimhall (Teacher), Preschool  
Jeanette Danforth, Preschool  
Kimberly Dare (Teacher), Preschool  
Kristen Masci, Preschool  
Lisa Schell (Teacher), Preschool

## 1 Corinthians 3:6–9 (NRSVue)

I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labor of each. For we are God's servants, working together; you are God's field, God's building.

## Ephesians 4:15–16 (NRSVue)

Instead, speaking the truth in love, we must grow up in every way into him who is the head, into Christ. From him the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

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*Prayer:*

***Creator God, we thank you for the gift of growth—spiritual, relational, and communal. Unite us in love, that we may work together as your servants, planting, watering, and building your church. Help us to use our gifts faithfully, trusting that you alone give the increase, and may our community flourish in Christ. Amen.***

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*Journaling space...*



# September 8-14, 2025

## A Church for Gilbert

- SEP 8 (MON): ADD 10% TO YOUR REGULAR CHURCH OFFERING.
- SEP 9 (TUE): GIVE AWAY A COAT, BLANKET, OR CLOTHING ITEM.
- SEP 10 (WED): ATTEND THE INTERGENERATIONAL GRATITUDE TABLE FROM 5:30-7:30PM IN ROOM 142. SHARE A HEALTHY MEAL, GAMES AND PLAYTIME, DEVOTION, AND MILESTONE CELEBRATIONS. THEN JOIN CHOIR OR SHARE IN A DEVOTIONAL TIME.
- SEP 11 (THU): BRING EXTRA SUPPLIES TO A LOCAL SCHOOL.
- SEP 12 (FRI): TIP A SERVER MORE THAN USUAL.
- SEP 13 (SAT): BRING SNACKS TO SHARE AT WORK.

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***Sep 14 (Sun): Pray over your giving as an act of worship.***

***"Earn all you can, save all you can, give all you can." John Wesley***

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**First Church Building  
1918-1946**





## Jeremiah 29:4–7 (NRSVue)

Thus says the LORD of hosts, the God of Israel, to all the exiles whom I have sent into exile from Jerusalem to Babylon: Build houses and live in them; plant gardens and eat what they produce. Take wives and have sons and daughters; take wives for your sons, and give your daughters in marriage, that they may bear sons and daughters; multiply there, and do not decrease. Also, seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare.

## Matthew 28:18–20 (NRSVue)

And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

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*Prayer:*

***God of our town and our lives, send us into Gilbert as your hands and feet. Teach us to seek the welfare of our neighbors, to serve with humility, and to share the good news of Christ’s love. Empower us to make disciples, to teach your ways, and to live as a church committed to blessing the community you have placed us in. Amen.***

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*Journaling space...*

## September 15-20, 2025

- ☐ SEP 15 (MON): INVITE SOMEONE TO CHURCH.
- ☐ SEP 16 (TUE): SHARE A FAVORITE CHURCH MEMORY WITH A FRIEND.
- ☐ SEP 17 (WED): READ THE SCRIPTURES FOR THIS WEEK IN THE MEDITATION SECTION, IF YOU HAVE NOT STARTED THAT YET. EACH WEEK THERE ARE NEW SCRIPTURES THAT GO ALONG WITH THE SERMON THEMES.
- ☐ SEP 18 (THU): VOLUNTEER FOR A MINISTRY YOU'VE NEVER TRIED.
- ☐ SEP 19 (FRI): SHARE A CHURCH SOCIAL MEDIA POST.
- ☐ SEP 20 (SAT): TELL SOMEONE HOW THEY'VE INSPIRED YOUR FAITH.

*Journaling space...*

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You have completed  
the first 35 days of  
the 110 day “Faith Stretch!”

Remember to pick up the new journal for the second part of our **“110 Years...with Christ at the Center!”**  
**September-October 2025** or find it on our website at  
**Gilbertumc.org**