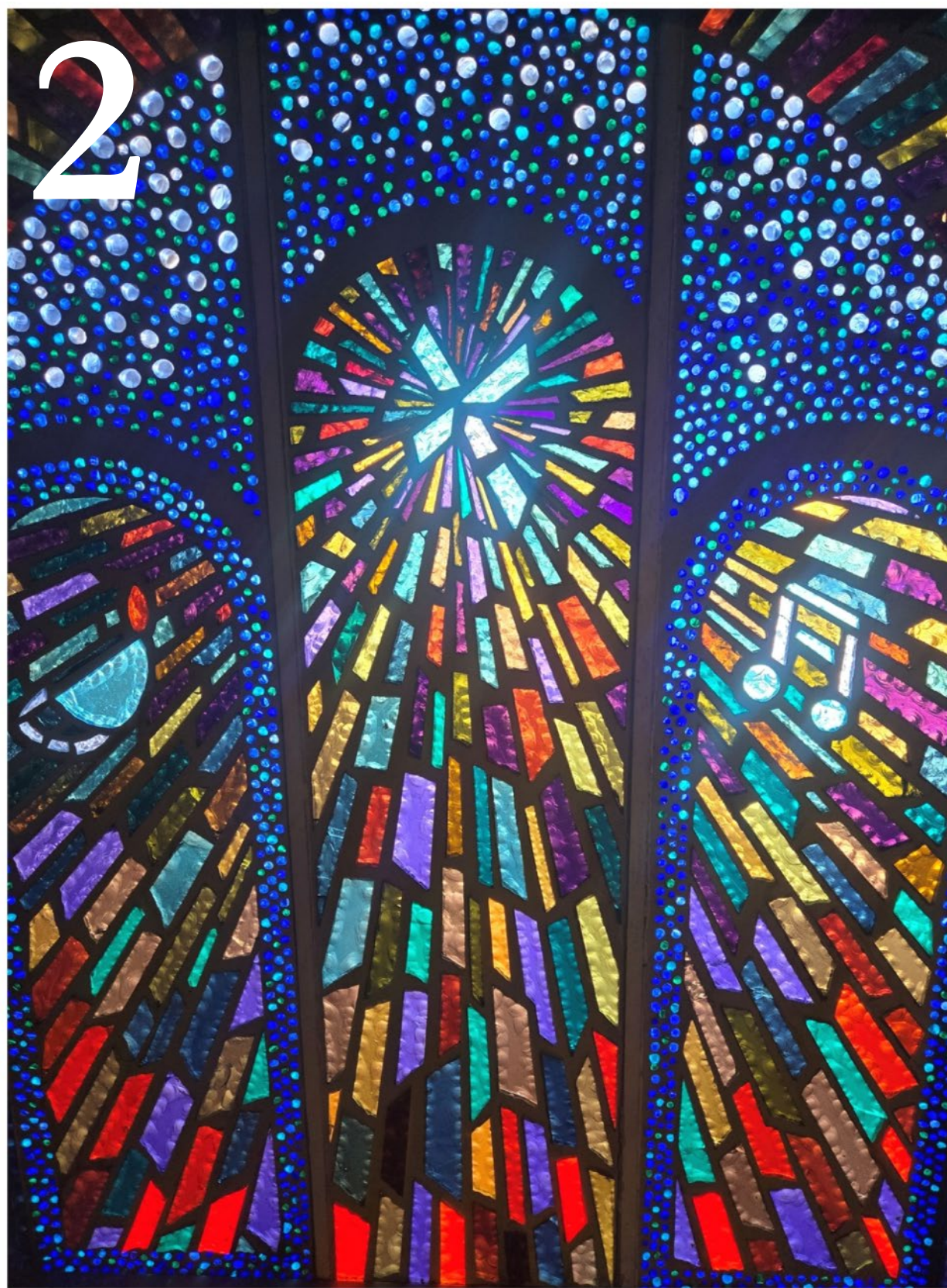


Method and Meditation Guide 2: September-October 2025  
“110 YEARS...WITH CHRIST AT THE CENTER”

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**As we enter the second movement of our 110-day celebration, we turn our hearts toward Living the Faith.** For 110 years, First United Methodist Church of Gilbert has been a beacon of Christ's light, and now we are called to shine even more brightly in the present moment.

***"...each choice to shine  
God's light—no  
matter how small—  
multiplies hope and  
transforms lives."***

This series invites each of us to practice active discipleship—living out the love of Jesus in visible, tangible ways. Guided by Jesus' words in Matthew 5:16, "Let your light shine before others, so that they may see your good works and give glory to your Father in heaven," we will explore how our daily actions become a witness to God's grace.

Over the coming weeks, you will find simple opportunities to embody Christ's mission: serving neighbors, sharing your faith story, and stepping boldly into acts of mercy and justice. Whether you follow the suggested challenges or create your own, ***each choice to shine God's light—no matter how small—multiplies hope and transforms lives.***

Our history reminds us that faith is not static; it is alive and active. As you engage with the scriptures, prayers, and reflections for this series, ask yourself: Where is God calling me to be light today? Together, let us live the faith that has carried this church for 110 years and will carry us forward into a bright future.

[\*\*Rev. Dr. Kristin D. Hansen\*\*](#)



# Getting Ready and Learning the Method

Sep 21 (Sun) SERVING TOGETHER

*"There is no holiness but social holiness." John Wesley, This phrase highlights Wesley's belief that faith is not meant to be practiced in isolation but within a community. Meeting and connecting with others, both within and outside the church, is essential for spiritual growth and experiencing God's love.*

## Galatians 5:13–14 (NRSVue)

"For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another. For the whole law is summed up in a single commandment, 'You shall love your neighbor as yourself.'"

## Philippians 2:3–4 (NRSVue)

"Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others."

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*Prayer:*

*God of all people, teach us to serve in humility and love. May our actions build community, lift the oppressed, and reflect Your mercy. Unite us as we labor together for Your kingdom. Amen.*

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*Journaling space...*

**September 22-28, 2025**

## **Praying People**

- SEP 22 (MON): MEMORIZE ONE BIBLE VERSE.
- SEP 23 (TUE): READ ABOUT JOHN WESLEY'S LIFE.
- SEP 24 (WED): FAST FROM ONE MEAL & SPEND THAT TIME IN PRAYER.
- SEP 25 (THU): JOURNAL ABOUT A TIME GOD PROVIDED FOR YOU.
- SEP 26 (FRI): PRAY THE LORD'S PRAYER SLOWLY.
- SEP 27 (SAT): READ MATTHEW 5:1-12 (THE BEATITUDES).

*Use your favorite version or go online and find a version to read it with fresh eyes. The Message Bible or the New International Bible (NIV) are often paraphrase favorites that are more readable. Sometimes we also learn new things reading the New King James (NKJV) since they had sources that were lost in wars and floods along the way. Our "Pew" bible is the New Revised standard Version, updated edition (NRSVue).*

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***September 28 (Sun): Pray for people serving behind the scenes.***

*"Do not waste any part of so precious a talent as time, in mere harmless doings." John Wesley*

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### **1 Thessalonians 5:16-18 (NRSVue)**

*"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*

### **James 5:16 (NRSVue)**

*"The prayer of the righteous is powerful and effective."*

## **The Beatitudes (aka the BE-attitudes)**

### **Matthew 5:1-12 NRSVue**

When Jesus saw the crowds, he went up the mountain, and after he sat down, his disciples came to him. And he began to speak and taught them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they will be comforted.

5"Blessed are the meek, for they will inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they will be filled.

"Blessed are the merciful, for they will receive mercy.

"Blessed are the pure in heart, for they will see God.

"Blessed are the peacemakers, for they will be called children of God.

"Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

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Prayer:

***Eternal God, grant us hearts that pray continually, eyes that see the needs around us, and hands that act in Your service. May our prayers inspire justice, mercy, and love in all we do. Amen.***

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*Journaling space...*



## September 29-October 5, 2025 Christ in the Everyday

- ☐ SEP 29 (MON): HELP SOMEONE CARRY GROCERIES.
- ☐ SEP 30 (TUE): WRITE A THANK-YOU NOTE TO A TEACHER OR MENTOR.
- ☐ OCT 1 (WED): VISIT SOMEONE WHO IS HOMEBOUND.
- ☐ OCT 2 (THU): SHARE A RIDE WITH SOMEONE WHO NEEDS TRANSPORTATION.
- ☐ OCT 3 (FRI): COOK A MEAL FOR A NEIGHBOR OR FRIEND.
- ☐ OCT 4 (SAT): OFFER TO HELP AT A COMMUNITY EVENT.

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***Oct 5 (Sun): Thank God for 110 years of blessings.***

*"Give me one hundred preachers who fear nothing but sin and desire nothing but God, and I care not a straw whether they be clergymen or laymen; such alone will shake the gates of hell and set up the kingdom of heaven on earth." **John Wesley***

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**This is World Communion Sunday....** World Communion Sunday celebrates the unity and diversity of the universal Christian community. As we gather around the Lord's table, we recognize our unity in Christ, joining with others worldwide in Holy Communion.

**The Best Supper © Jan L. Richardson**





## Luke 10:25–37 (NRSVue)

An expert in the law stood up to test Jesus. “Teacher,” he said, “what must I do to inherit eternal life?” 26 He said to him, “What is written in the law? What do you read there?” 27 He answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind and your neighbor as yourself.” 28 And he said to him, “You have given the right answer; do this, and you will live.”

29 But wanting to vindicate himself, he asked Jesus, “And who is my neighbor?” 30 Jesus replied, “A man was going down from Jerusalem to Jericho and fell into the hands of robbers, who stripped him, beat him, and took off, leaving him half dead. 31 Now by chance a priest was going down that road, and when he saw him he passed by on the other side. 32 So likewise a Levite, when he came to the place and saw him, passed by on the other side. 33 But a Samaritan while traveling came upon him, and when he saw him he was moved with compassion. 34 He went to him and bandaged his wounds, treating them with oil and wine. Then he put him on his own animal, brought him to an inn, and took care of him. 35 The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him, and when I come back I will repay you whatever more you spend.’ 36 Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?” 37 He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

## Matthew 25:35–40 (NRSVue)

...for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, 36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’ 37 Then the righteous will answer him, ‘Lord, when was it that we saw you hungry and gave you food or thirsty and gave you something to drink? 38 And when was it that we saw you a stranger and welcomed you or naked and gave you clothing? 39 And when was it that we saw you sick or in prison and visited you?’ 40 And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these brothers and sisters of mine, you did it to me.’

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### *Prayer*

***Jesus, open our eyes to see You in every neighbor and stranger. Help us to act with love, compassion, and courage, knowing that even small deeds glorify You.  
Amen.***

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*Journaling space...*



## October 6-12 2025 Justice and Joy

- ☐ OCT 6 (MON): SPONSOR A CHILD OR MISSION FOR A MONTH.
- ☐ OCT 7 (TUE): BRING SUPPLIES TO AN ANIMAL SHELTER.
- ☐ OCT 8 (WED): DONATE TO A CAUSE THAT IS NOT YOUR USUAL.
- ☐ OCT 9 (THU): BAKE COOKIES FOR A PUBLIC SERVANT (POLICE, FIRE, EMTs, ETC...).
- ☐ OCT 10 (FRI): SHARE A RESOURCE THAT'S BEEN HELPFUL TO YOU.
- ☐ OCT 11 (SAT): GIVE A SMALL "JUST BECAUSE" GIFT.

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***October 12 (Sun): Pray for cheerful giving.***

*"Get all you can without hurting your soul, your body, or your neighbor. Save all you can, cutting off every needless expense. Give all you can. Be glad to give, and ready to distribute; laying up in store for yourselves a good foundation against the time to come, that you may attain eternal life." **John Wesley***

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### Micah 6:8 (NRSVue)

He has told you, O mortal, what is good,  
and what does the LORD require of you  
but to do justice and to love kindness  
and to walk humbly with your God?

### Psalms 98:1-4 (NRSVue)

O sing to the LORD a new song,  
for he has done marvelous things.  
His right hand and his holy arm  
have gotten him victory.  
<sup>2</sup> The LORD has made known his victory;  
he has revealed his vindication in the sight of the nations.  
<sup>3</sup> He has remembered his steadfast love and faithfulness  
to the house of Israel.  
All the ends of the earth have seen  
the victory of our God.  
<sup>4</sup> Make a joyful noise to the LORD, all the earth;  
break forth into joyous song and sing

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*Prayer:*

***God of justice and joy, give us courage to stand for righteousness, hope to persevere in love, and joy in serving others. May our lives reflect Your kingdom where mercy, fairness, and delight abound. Amen.***

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*Journaling space...*



- ☐ OCT 13 (MON): SHARE A JOHN OR CHARLES WESLEY QUOTE ONLINE OR WITH A FRIEND.
- ☐ OCT 14 (TUE): THIS IS CLERGY APPRECIATION MONTH. TELL YOUR PASTORS AND STAFF “THANK YOU.”
- ☐ OCT 15 (WED): ATTEND A SMALL GROUP OR BIBLE STUDY.
- ☐ OCT 16 (THU): INTRODUCE TWO PEOPLE TO EACH OTHER.
- ☐ OCT 17 (FRI): HOST A SIMPLE GET-TOGETHER.
- ☐ OCT 18 (SAT): WEAR ONE OF OUR CHURCH SHIRTS OR A CROSS IN PUBLIC & BE READY TO TALK ABOUT IT.


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***Oct 19 (Sun): Bring someone with you to worship.***

*“God is able to free you from every sin that still lingers in your heart. God can cleanse you from the sin that clings to your words and actions. God can forgive the good you have left undone and provide everything you are lacking.” **John Wesley saying, rephrased in modern English***

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*Journaling space...*



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You have completed  
the second part of  
the 110 day “Faith Stretch!”

Remember to pick up the next journal of our **“110  
Years...with Christ at the Center!” October-  
November 2025** or find it on our website at  
**Gilbertumc.org** or **Facebook** page.

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