

HARRISONBURG FIRST CHURCH ^{OF} _{THE} NAZARENE

Greetings HFCN Family,

Thank you so much for checking out these resources to help you engage from home. We are excited to hear how these encourage you to stay connected in these challenging times.

Even with all the uncertainty of these days, we are also seeing moments where things seem familiar. We are starting to find that there can be a rhythm and that the things in our life that are ordinary and expected are still going on. It could be a temptation to trade one type of busy-ness for another, but I want to challenge you to make these days meaningful. Pray with your family. Study the Word. Dedicate your tasks to God. Put your urgency to action where God is already leading.

Don't forget some of the ways you can connect with your church family. Check out our [Facebook page](#). Follow us on [Instagram](#). Listen to [Front Porch Talks](#). Subscribe to our [YouTube page](#). Check our [website](#) for updates. Meet virtually with your life group or ministry group. And let's continue to pray. Pray for one another, for our community, for our leaders, for our nation and for the whole world.

Until we meet again,

Pastor Adrian Mills

Sunday Morning Message:

Video Link: [Drifting - Part 4 - The Hurried Life](#)

YouVersion Notes: <http://bible.com/events/7154608>

Additional Resource: Sunday Message Response Guide with Special Message from [Jared](#)

[Link](#)

HFCN Student Ministry "Culture Shock" *Living Counter Culturally: Identity*

Video Link: [Culture Shock: Identity](#)

Additional Resource: Response Guide, Family Response Guide

HFCN Children's Ministry: Sunday Message, Easter Challenge, Family Resources

Video Link: [Kid's City Virtual - Week 2](#)

Additional Resource: Kids and Social Distancing: Busy on Break? Family Resource Guide

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Sunday Message Response Guide Drifting, Part 3 - The Hurried Life Week of March 29, 2020

Core Scripture: Luke 10:38-42 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Secondary Scripture: Hebrews 2:1 We must pay the most careful attention, therefore, to what we have heard, **so that we do not drift away.**

Response Questions

Monday: Reflecting on Pastor Adrian's message on this topic on Sunday, what made the most impact on you personally?

"Worship won't grow in a garden of hurry." What is the connection between busy-ness and worship in your life?

Tuesday: As you read and think about the Core Scripture for this week, what stands out to you? What's something you may not have noticed or considered before?

We have addressed three symptoms of drifting over the course of this series, including misuse of technology, isolation, and now busy-ness. Which one hits closest to home for you and what could you do about it?

Wednesday: Read the following Scriptures: Luke 5:16, Matthew 6:33, Matthew 11:28-30

How might they shed light on your perspectives on the hurried life?

Mid-week challenge - We would like to balance this week's challenge between prayer and service. Will you commit to pray for our East Rock campus, the leadership, and location? Last week, Pastor Adrian announced "Need a Neighbor, Be A Neighbor." Visit <https://www.abeaconofhope.org/neighbor/> to register a need you know of or a help you are able to provide.

Thursday: As you read the Secondary Scripture, recognizing that you have read it before, what speaks fresh to you today?

What's something you do to make sure you maintain control over your schedule so that you can successfully avoid the hurried life?

Friday: Pastor Adrian spoke of the ways the discipline of Silence & Solitude, and the practice of Sabbath can be tangible ways to counteract busy-ness in our lives. Check out this short message from [Jared Link](#), Campus Minister of East Rock, speaking about his own experience practicing Sabbath and how it has challenged him.

What's one practical step for you in regards to these areas? For your family?

Optional Video Links

- Comfort Zone <https://www.youtube.com/watch?v=Acb7WcKCINs>
- Isolation Kills <https://www.youtube.com/watch?v=LMOB8XagRaw>

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HFCN Student Ministry Response Guide Culture Shock - Identity

Culture Shock - Identity: *Response Guide*

Thanks for giving this a try! We hope you like it and find it useful. You are encouraged to find a journal or a notebook, and answer these questions in your own time as you reflect on what it means to live counter culturally in the area of identity. You might also find it interesting to get online with your small group and talk through these together.

Scripture Texts: *Ephesians 2:10, 2 Corinthians 5:17*

(Don't have a Bible? Download the YouVersion Bible app or visit www.biblegateway.com)

Response

1. Read *Ephesians 2:10, 2 Corinthians 5:17* How do these verses help us understand how God identifies us?
2. Name some ways that the world identifies you and others around you? How do these compare to how God defines you?
3. Can you relate to Daniel in how you live your life? Are you willing to take a stand for your faith or do you find yourself making compromises to fit in with those around you?
4. How does finding your identity in Christ make you less dependent on others to define you and make relationships healthier?
5. Who have you allowed to influence your identity? Is that positive, negative or both?
6. Does how you identify yourself line up with how God identifies you?
7. Do you like how others identify you? Do you like how you identify yourself?

Reflection: "It is possible to be in a saving relationship with Christ and still struggle to identify yourself as God identifies you.. That is ok. Don't feel shame. Bring that confession to Jesus and let him speak into this area of your life. This is not a call to condemnation. This is an invitation to freedom. Talk to your small group leaders. Talk to Pastor Olivia. Be honest. Seek truth. Listen intently. Read the Bible. And believe God when He speaks about who he created you to be."

If we were in our usual space, doing our usual thing, we'd ask someone to play a certain song and invite you to respond through confession and prayer to this message. We want you to take a moment in your own space right now, listen to [this song](#), and ask God to help you identify where your identity is out of alignment with His view of you. If you need to speak with someone, please, reach out to one of your small group leaders or Pastor Olivia, to your parents or to a trusted friend who has a strong faith foundation. We are here for you. He is here for you.

CHALLENGE: In the next week. 1) Reach out to 3 of your friends and just encourage them by telling them things you like about them that are unique to how God created them; 2) Continue to reflect on what it means to find your identity in Christ and worship Him. Feel free to listen to the following: [We Are Royals, You Know Me Better](#), [Wonderfully Made, Masterpiece](#), [I Know Who I Am](#), [Different](#), [Who You Say I Am](#).

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HFCN Student Ministry Family Response Guide Culture Shock - Identity

Hey Parents!

This week at 3D, we are talking about identity. This is a subject matter that we believe is VERY applicable to our young people as they work through questions like "What does it mean to be me?" and "Who do I want to be?"

We would encourage you to take advantage of this opportunity to have a conversation with your student, and don't let it be the last! Keep talking and encouraging them as they work out who God says that they are and encourage them to live into that holy definition of self.

If there is anything you'd like to review in tonight's message, we will be uploading the message to the 3D YouTube page. Please, use the questions below to guide your conversation, but don't be afraid at all to let your conversation ebb and flow naturally with your student's interests. *A final note:* The questions will only be as effective as you are patient and open. Stay in it. We hope this is the first of many conversations like this. Your voice matters in their life.

- 1. Challenge:** On a piece of paper, each person should write 5 things they feel define the student. See how many on the list are the same. If there are list items that are different, take turns talking about why those things made the list.
- 2. For both:** Read *Ephesians 2:10*, *2 Corinthians 5:17* How do these verses help us understand how God identifies us?
- 3. For students:** Name some ways that the world identifies you and others around you? How do these compare to how God defines you?
- 4. For students:** Can you relate to Daniel in how you live your life? Are you willing to take a stand for your faith or do you find yourself making compromises to fit in with those around you?
For parents: Relying on God's definition of who you are will make you less dependent on others and make your relationships healthier. Speak into this idea, that finding satisfaction and identity in Christ, makes us begin to look to others for approval less.
- 5. For both:** Who have you let speak into your identity? Is this positive, negative or both?
- 6. For both:** God identifies us as ...loved (*John 3:16*), His (*1 John 3:1*), worthy (*Zephaniah 3:17*), created with a purpose (*Jeremiah 29:11*), His child (*John 1:12*), a friend (*John 15:15*), accepted (*Romans 15:7*), made new (*2 Corinthians 5:17*), washed clean (*Romans 3:24*), part of a community without borders (*Romans 3:28*), wanted (*Ephesians 1:4*), confident (*Ephesians 3:12*), complete (*Colossians 3:12*), and it bears mentioning again, loved (*1 Thessalonians 1:4*). Do you see yourself that way? Are any of those identifiers hard for you to think about yourself?
- 7. Reflection:** If we were in our usual space, doing our usual thing, we'd ask someone to play a certain song and invite you to respond through confession and prayer to this message. We want you to take a moment in your own space right now, listen to [this song](#), and ask yourself these questions: Do I like how others see me? Do I like how I see myself? Do I want to see myself the way that God sees me? Pray that you will stop looking around or within to define yourself, and that you will trust God for His definition of who you are.

CHALLENGE: In the next week. 1) Reach out to 3 of your friends and just encourage them by telling them things you like about them that are unique to how God created them; 2) Continue to reflect on what it means to find your identity in Christ and worship Him. Feel free to listen to the following: [We Are Royals, You Know Me Better](#), [Wonderfully Made](#), [Masterpiece](#), [I Know Who I Am](#), [Different](#), [Who You Say I Am](#).

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HFCN Children's Ministry Family Resource Guide Kids and Social Distancing: Busy on Break?

We are so glad that you are taking the time to join with us to help your child deal with all that they have experienced in the past few weeks, and in the weeks to come. It could be easy right now to disconnect from the church and the support that provides us as believers. We so deeply appreciate your commitment to helping keep your child connected to their faith and to the ministry which serves them.

We are excited to hear about how this time really impacted you and your child's faith and helped connect you both to the call of God for HFCN: the call to GO!

This Sunday's Message: Pastor Julie teaches about the lesson found in the Easter story that teaches us to be brave and stand up for Jesus in [Kid's City Virtual](#). Please, read [Mark 14:66-72](#) and watch [Jesus Forgives Peter](#).

3 Tips for Helping Your Kids Find Real Rest During This Break:

1. Create space for boredom - If necessity is the mother of invention, boredom is the mother of creativity. One of the greatest challenges facing our children today is that they are kept so busy that they do not learn to find creative ways to occupy their minds. We are made in the image of God, and as image-bearers of the Creator, we are acting very much in God's image when we create. Send them outside with nothing in hand. Shut off everything inside and give no direction for how they should occupy themselves. Bore your children!

2. Maintain a reasonable bedtime schedule - It is so easy to say, "Well, you don't have school in the morning. You can stay up til whenever!" Certainly, we have a bit of flexibility that we don't under normal circumstances, however, with such *extreme* disruption in their lives, the predictability of a nighttime routine will help your child feel that they have some sense of consistency.

3. Plan activities intentionally - Do NOT trade one life of busy-ness for another. We can be so focused on occupying our kids that we can easily fill their schedule back up with busy work. Think about your child's day today. How much longer did they spend engaged in activities designed just to keep them quiet, entertained, and out of making messes vs. time spent in activities designed with a plan? I do not mean that we need to have a pinterest worthy schedule posted that we follow religiously. But they should be doing things which develop them, whether it be teaching them in their faith, developing social and life skills, or activating their mind or body. If you can answer why your child is doing something, you can evaluate if it is something worth doing at all.

Challenge: As a church, we are being called to GO! So we are issuing you these challenges to encourage you to get out into the world, even digitally, so that you might be transformed by Jesus to bring hope to others through Christ. You are encouraged to help your child with the Flat Jesus's challenge. Don't forget to post those pictures of your child finding sharing Jesus's caring presence with others, upload them and tag them #hfcnflatjesus. We're excited to see how this activity helps your child feel and share the love of Christ this Easter.

Resources to prepare them for Easter: *(Please, engage these WITH your child.)*

The Gospel Project is a fantastic resource for anyone in the family. Check out this Gospel Project for Kids video [Jesus's Crucifixion and Resurrection](#) and check out more videos which clearly and concisely break down so much of the Bible.