

Follow Me

Sunday, October 15, 2017

Mark 1:16-18

DIT at Stanley Park

Teachings – Jesus and the Disciples

Practices – Taste / Sampler and Meal

Outreach – Outreach Sundays

Jesus and the Disciples

Follow

Learning, but Practical Learning

Things to Do

Follow Me

Relational Learning

Jesus is Amazing!

Make you ...

Jesus has an Agenda

Jesus has a Job for Us

Discipleship Practices

Relational Learning

A Disciple is a Learner – A Relational Learner

Practices are about

Nurturing Connection

Opening up to Learn

Obedience Follows!

Breath Prayer

Simple form of Prayer to ...

- Focus attention on God
- Clear Distractions
- Relax yourself into God's Presence

Instructions

- Repeat silently as you breathe
- Do this throughout this week ...

Breath Prayer

(Breath in) **“Abba Father”**

(Breath out) **“I am Yours”**