

More Than Hearing Worksheet

Episode: COrdinary13x2019

Texts: [1 Kings 19:15-16, 19-21](#) and [Psalm 16](#) • [Galatians 5:1, 13-25](#) • [Luke 9:51-62](#)

BODY Smart (MWD)

Body smart people need to move!! This might be a bit impractical for your worship space or for your time restrictions, so you may need to think outside the box. Rather than actually get up and run around the sanctuary, encourage your folks to breathe deeply or stretch their arms up to the ceiling. You might even have them stand up and do some stretching and twisting and rolling their joints around in their sockets. Give the people in your congregation who are regular exercisers some tips for hymns or praise music to listen to while they workout or give runners a verse from a Psalm they could use to pace themselves while out on the road.

Jesus used body smart all the time! Touching, praying over, healing, walking throughout Galilee - Jesus was on the move. I often imagine he had the physique of a distance runner. Connect your BODY smart people to Jesus' "on the go" ministry as a way to help them find him where they are.

Text: 1 Kings 19:15-16, 19-21

19:15 Then the LORD said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. 16 Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place.

19:19 So he set out from there, and found Elisha son of Shaphat, who was plowing. There were twelve yoke of oxen ahead of him, and he was with the twelfth. Elijah passed by him and **threw his mantle** over him. 20 He left the oxen, ran after Elijah, and said, "Let me kiss my father and my mother, and then I will follow you." Then Elijah said to him, "Go back again; for what have I done to you?"

19:21 He returned from following him, took the yoke of oxen, and slaughtered them; using the equipment from the oxen, he boiled their flesh, and gave it to the people, and they ate. Then he set out and followed Elijah, and became his servant.

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
BODY smart	Threw the mantle over Elisha = sign of succession	Wearing your parents' clothing: clomping around in oversized	← <i>Have a set of clothes and invite a kid forward and dress him/her up</i>

		<p>shoes, pants legs rolled up, hats falling down over eyes</p> <p>Or otherwise playing dress-up</p>	
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Text: Psalm 16

Song of Trust and Security in God

A Miktam of David.

1 Protect me, O God, for in you I take refuge.

2 I say to the Lord, "You are my Lord;
I have no good apart from you."

3 As for the holy ones in the land, they are the noble,
in whom is all my delight.

4 Those who choose another god multiply their sorrows;
their drink offerings of blood I will not pour out
or take their names upon my lips.

5 The Lord is my chosen portion and my cup;
you hold my lot.

6 The boundary lines have fallen for me in pleasant places;
I have a goodly heritage.

7 I bless the Lord who gives me counsel;
in the night also my heart instructs me.

8 I keep the Lord always before me;
because he is at my right hand, I shall not be moved.

9 Therefore my heart is glad, and my soul rejoices;
my body also rests secure.

10 For you do not give me up to Sheol,
or let your faithful one see the Pit.

11 You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures forevermore.

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
BODY smart	Body rests secure	Good night's sleep Supportive mattress Quiet room Secure against weather Cushions, blankets Climate control A safe space	Some tips for good nighttime rest

Text: Galatians 5:1, 13-25

5:1 For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.

13 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. 14 For the whole law is summed up in a single commandment, "You shall love your neighbor as yourself." 15 If, however, you bite and devour one another, take care that you are not consumed by one another.

16 Live by the Spirit, I say, and do not gratify the desires of the flesh. 17 For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. 18 But if you are led by the Spirit, you are not subject to the law. 19 Now the works of the flesh are obvious: fornication, impurity, licentiousness, 20 idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, 21 envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

22 By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, 23 gentleness, and self-control. There is no law against such things. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also be guided by the Spirit.

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
BODY smart		<p>The Mayo Clinic Integrative Medicine and Health Research Program has done studies on the connection between the mind and the body for reducing anxiety.</p> <p>The US National Library of Medicine has another article.</p> <p><i>The need to have lots of fruits (and veggies) in your diet. The works of the flesh are junk food.</i></p>	<p>As verses 19 - 21 are read, feel their presence in your body. What do each of these things <i>feel</i> like? And, how do the fruits of verse 22 - 23 feel?</p>

Text: Luke 9:51-62

A Samaritan Village Refuses to Receive Jesus

51 When the days drew near for him to be taken up, he set his face to go to Jerusalem. 52 And he sent messengers ahead of him. On their way they entered a village of the Samaritans to make ready for him; 53 but they did not receive him, because **his face was set** toward Jerusalem. 54 When his disciples James and John saw it, they said, "Lord, do you want us to command fire to come down from heaven and consume them?" 55 But he turned and rebuked them. 56 Then[b] they went on to another village.

Would-Be Followers of Jesus

57 As they were going along the road, someone said to him, "I will follow you wherever you go." 58 And Jesus said to him, "Foxes have holes, and birds of the air have nests; but the Son of Man has nowhere to lay his head." 59 To another he said, "Follow me." But he said, "Lord, first let me go and bury my father." 60 But Jesus said to him, "Let the dead bury their own dead; but as for you, go and proclaim the kingdom of God." 61 Another said, "I will follow you, Lord; but let me first say farewell to those at my home." 62 Jesus said to him, "No one who puts a hand to the plow **and looks back** is fit for the kingdom of God."

[b] Luke 9:56 Other ancient authorities read rebuked them, and said, "You do not know what spirit you are of, 56 for the Son of Man has not come to destroy the lives of human beings but to save them." Then

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
BODY smart		V 62 - I have heard it said that when you ride a horse, wherever you look the horse will go. I think this is true for most sports; if you look forward, that's the direction you'll go. Also that whole looking back while plowing and messing up your lines...	← <i>Demonstrate this by walking across the chancel, first looking forward, then looking backward. If you are walking on a raised platform have a spotter in case you really go off course.</i>