



Breakthrough Prayer

Dear God, fill us with Your wisdom and courage as we seek Your will for Oak Grove UMC. Empower us to follow You in serving our families, our church, our community, and our world. Help us be aware of what You are trying to do with us and through us so that we may grow Your kingdom. Amen.

Psalm 103:3-5 (CEB)

- ³ *how God forgives all your sins,
heals all your sickness,*
- ⁴ *saves your life from the pit,
crowns you with faithful love and
compassion,*
- ⁵ *and satisfies you with plenty of
good things
so that your youth is made fresh
like an eagle's*

Point of Release

“When I woke this morning, before I’d gotten out of bed, I was looking around to see what was going on in my room. Not much was going on, I’m happy to say. But there was a cricket on the glazed stone floor. He didn’t belong in my room. Crickets don’t belong in rooms. I looked at him and decided to give him a helping hand, so I picked him up as gently as I could so as not to either alarm him or hurt him, and I carried him out into the sunshine. And he hopped away to do whatever crickets do, where they belong. And I thought to myself, that’s what it’s all about: to be lifted up carefully and in a way not to frighten us, to be taken out of the confinement of the room where we’re locked up away from where we belong, and to be carried out into the fresh air.”

--Excerpt from Frederick Buechner’s A Crazy, Holy Grace

Reflection Questions

How does God extend a “helping hand” to us?

How is God calling us to *extend* a “helping hand” to others in our church and our surrounding community?