

The Path

Signal Crest United Methodist Church Christian Formation Series

What's in the Bible and How Do I Use It? – This course will include an overview of the Bible, how it came to be written, the time periods that are covered in Scripture, and how the Old and New Testaments came together as collections of writings. The class will study the types of literature in the books of the Bible and the nature of these books. How to choose a Bible, how to study it, famous people and places, and finding help for real-life issues will be covered.

Source: *What's in the Bible and How Do I Use It?* Abingdon Press

This We Believe – Because the Methodist church began as a movement within the Church of England instead of separating over theological issues, as did many churches, many persons are not sure what we believe. Our theology is developed and our beliefs are formed using Scripture, tradition, experience, and reason. This course will cover our approach to theology and will cover our basic beliefs, including those that set us apart from some other Christian denominations.

Source: *This We Believe* by William H. Willimon

Spiritual Practices – As we grow in our faith and seek to live a life modeled after the life of Christ, there are practices that help us grow very much like training for an athletic event. In this class, we will explore the practices of prayer, meditation, devotional reading, regular attendance of public worship, Bible study, fasting, retreat, and performing acts of kindness and will see how they can help us see and feel the presence of God in our lives. During the class, participants will be encouraged to try each of these disciplines and to establish regular patterns of practice.

Source: *Sacred Rhythms* by Ruth Haley Barton

Connect@Crest– Each of us is given spiritual gifts in our baptism. The Scriptures tell us that we are “fearfully and wonderfully made” and in this class, each participant will take an inventory to identify their individual gifts, passions, and styles. We will look at what is meant by everyone being a minister. Finally, we will link every person in the class through their unique spiritual gifts to ministry needs in Christ Church and the community around us.

Source: Adapted from *Network* by Bruce Bugbee and Don Cousins

Christian Living: Sacraments, Worship, and the Christian Year – Christians are called to live differently in the world. When we accept God's invitation to be in relationship there are implications for how we are to prioritize our lives. We will explore what it means to live influenced by the Christian Calendar, to have our lives ordered by the sacraments of the church: baptism and Holy Communion.

Sources: *United Methodists and the Sacraments* by Gayle C. Felton; *Remember Who You Are* by Will Willimon; *Sunday Dinner* by Will Willimon; *With Glad and Generous Hearts* by Will Willimon