



SHORELINE.CHURCH

FORWARD

SEPTEMBER 2021

WOMEN'S DISCIPLESHIP
COMMUNITY

A NOTE FROM OUR TEAM

Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Philippians 3:13-14 (ESV)

"I just want to go back to normal!" How many times have we said and heard that over the past year and a half? We longed for the days of spontaneous outings, family gatherings, birthday parties, visible smiles, and handshakes. We were forced into a "new normal" that was frustrating and inconvenient for some of us, and at times, we fought against it. We wanted things back to the way it was before; we wanted to be comfortable again. But then we got a little comfortable in the uncomfortable.

Now that things are returning to what "once was," it can be difficult to let go of the comfortable and move forward. We all experienced some type of loss during the pandemic - whether it was relational, personal, productivity, or community with other believers. We need space to process these losses and reflect on how we can move forward into the life we have been granted in the now. This month, you will walk through each area of your life answering three important questions: What was? What is? And what could be?

Philippians 3:13-14 is such a great reminder that forgetting the past and moving on is not easy. Paul uses the word "strain" to describe the work it takes to move forward in what lies ahead. Our hope is that these next few pages will help you to navigate through the past year, and be able to **move forward into the joy that lies ahead**.

CHECK OUT OUR PLAYLIST ON SPOTIFY

Search our profile, ShorelineMonterey or the name of the playlist: "[September 2021 Women's Discipleship Community](#)."

Spotify's search bar is case-sensitive. Be sure to include proper capitalization and spacing!

JOIN OUR PRAYER WALL

Post a prayer request and join us in praying for the women in our Women's Discipleship Community. This page will be private to just our group!

www.shoreline.church/prayer-wall

This month's resources are largely adapted from IF:Gathering's Life Inventory resources written by Jennie Allen.

MAKE A LIST

Use the boxes below to reflect on the last year. Jot down a few things to grieve and celebrate in the top two boxes. In the third box, write out a prayer asking God for hope, joy, and peace in the year to come.

GRIEVE

CELEBRATE

PRAYER

SPIRITUAL

Shout for joy to the Lord, all the earth. Worship the Lord with gladness come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Psalm 100:1-3

WHAT WAS? *Describe your relationship with God in the last year of COVID. How was your prayer life? Study of the Bible? Trust in Him?*

WHAT IS? *Describe your current reality. What words would you use to describe your relationship with the Lord? How does this compare to life pre-COVID?*

WHAT COULD BE? *Take the Spiritual Growth Self-Assessment online at www.shoreline.church/spiritual-growth-self-assessment. Use this tool to get a snapshot of where you are in regards to the seven spiritual growth markers: Bible Engagement, Passionate Prayer, Wholehearted Worship, Humble Service, Joyful Generosity, Consistent Community, and Organic Outreach. In the space below, note two areas where you would like to see growth.*

1

2

What is one thing you will start doing differently this week for one or both of the areas listed above? Think practically and start small. Who is one person who could keep you accountable in your spiritual growth goals?

RELATIONAL

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching. Hebrews 10:24-25

WHAT WAS? *Reflect on your relationships during COVID. Who were the most important people in your life? How would you describe the health of those relationships?*

WHAT IS? *Describe your current reality. What words would you use to describe your relationships now? How does this compare to your life pre-COVID?*

WHAT COULD BE? *Select one person from the questions above. What would it take to strengthen this relationship? What steps could you take to love, serve, sacrifice, pray, and connect with this person on a deeper level? Write at least one action below.*

PERSONAL

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6

WHAT WAS? *Consider your overall health in the last year. What were some areas in which you excelled? What areas needed extra attention or help?*

WHAT IS? *Describe your current reality. What words would you use to describe your physical and emotional health today?*

WHAT COULD BE? *Circle one of the icons below indicating the area you would like to focus your time and energy on growth. Write one or two practical goals in the space provided to help you achieve growth in that area of your personal life. Download an app on the Apple App Store or Android Google Play that tracks growth in your selected area. Examples - Sleep: Calm, Sleep Cycle, Rise. Fitness: Daily Burn, FitOn, Pacerline. Nutrition: MyFitness Pal, Nutrition Coach, Wavelength. Emotional Health: Tangerine, Reflectly, Abide.*



1

2

PRODUCTIVITY

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

WHAT WAS? *What did your work look like during COVID? What changed and/or what stayed the same? What are some projects you completed? What hobbies did you discover, if any? What books, podcasts, Bible studies, or sermons did you find interesting?*

WHAT IS? *Describe your current reality. What words would you use to describe your productivity today? What are some points of grief and/or points of celebration? What do you know to be true about yourself and your interests now compared to what was?*

WHAT COULD BE? *Reflect on what your productivity/work can look like moving forward. What hobbies or interests will you continue or grow? What might you need to let go of? In the space below, note one thing you hope to continue to do moving forward and one thing you would like to discontinue.*

1

2

STEPPING FORWARD IN FAITH

As we are coming out of a traumatic season of COVID, you might feel uncertain. You might be holding back and waiting for a sure sign that it is time to return back to church, connect with others, or achieve personal goals. As evidenced in Scripture, God can and will make things perfectly clear in some moments. But there are times when He is waiting for us to step forward in faith. We see examples of each in the story of the Israelites in the wilderness.

The Israelites spent forty years in the desert as God prepared them for entry into the Promised Land. At the beginning of the journey, they were tired, confused, and terrified. As a true Father would, God saw His people and He met them in their exhaustion. He knew their faith was small and undeveloped. Instead of asking the Israelites to trust Him, He showed them that they could.

Then Moses stretched out his hand over the sea, and all that night the Lord drove the sea back with a strong east wind and turned it into dry land. The waters were divided, and the Israelites went through the sea on dry ground
Exodus 14:21-22a

God did not expect much from His people at this moment. All the Israelites needed to do was step forward in faith. They walked on dry land out of the hands of their enemies into the care of their Creator.

Things changed toward the end of their journey. Years pass, and they had been given the Law, received manna and quail from Heaven, and fought against fierce enemies. Once again, they are called to cross over water, but this time, God puts it on them to step out first in faith.

When the feet of the priests who carry the ark of the Lord, the Lord of the whole earth, come to rest in the Jordan's water, its water will be cut off. The water flowing downstream will stand up in a mass.
Joshua 3:13

They dipped their toes in the water and they were not swept away. Instead, God stopped the flow and dried the land, protecting every single one that crossed. The astonishing thing is that their promise was bigger than any of them had imagined those past forty years and that's the same for you.

REFLECT Read Ephesians 3:20 and write in your own words what this verse means to you and one thing you can do to step forward in faith. God wants more for you than even you know is possible. If you believe this truth, then what are you waiting for?

10 WAYS TO KICK-START A ROUTINE

- 1** **Decide what is most important.** Do you want to get more exercise or spend more time with God? Make a list of your top priorities and make sure to include those on your routine.
- 2** **Be specific.** Think about certain behaviors you would like to change, rather than lofty goals you would like to achieve. General goals such as "be healthier" or "draw closer to God," though good goals, are not as tangible in the day to day.
- 3** **Start small.** Break each large task into smaller tasks. While a big goal is exciting to tackle, it is what often leads to failure as we take on too much. Start by changing one thing a day, every day, to build confidence. When you accomplish that, congratulate yourself!
- 4** **Write it out.** Putting pen to paper makes your plan feel more tangible and real. Write it on a scratch piece of paper or type it out. Put your routine somewhere where you (and your family!) can see it everyday.
- 5** **Create margin.** Scheduling too much in your routine can cause inflexibility and more stress in the end. Allow space to have a spontaneous coffee date or the freedom to serve your church/community.
- 6** **Be consistent.** Consistency forms habits; try completing your routine at the same time each day. It might be hard at first, but pretty soon, you will have trained your brain to complete the tasks without even thinking about it!
- 7** **Be prepared.** When deciding upon a new routine, make sure you have all the pieces before you start; this will make it easier to get started without any delay. For example, if a new resolution is to exercise after work, pack a bag the night before with everything that you will need.
- 8** **Find an accountability partner.** Studies have shown that pairing goals with a support system make us even more likely to succeed. Having a friend to meet for an early morning workout can make the difference between you pressing snooze and lacing up your sneakers!
- 9** **Track your progress.** Create a visual calendar that you can cross off each day that you complete the task. Most people don't want to "break the chain" and see a missing spot on their calendar.
- 10** **Make it fun!** Getting into a new routine and new goals are not always easy, but there are ways to make it fun. Find a workout buddy, get a good playlist for cleaning or try new cooking classes – anything to help you enjoy your new routine.

THE BODY OF CHRIST

But God has put the body together, giving greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

1 Corinthians 12:24b-26

We need the Church and the Church needs us. When we are disconnected or not using our gifts to edify our fellow believers, the whole body suffers. We invite you to reconnect with Shoreline Church this season by considering the opportunities below. Email info@shoreline.church with any questions or for more information.

STUDY

Women's Bible Study, beginning Tuesday, September 14th and Wednesday, September 15th. Meeting weekly in the Parkside Room.

Precept Bible Study, beginning Monday, September 20th. Meeting weekly in the Garden Room.

Wednesday Nights at Shoreline. New class beginning Wednesday, September 15th. Meeting weekly in the Parkside Room.

CONNECT

Attend a Sunday morning worship service. Service times are 9 am and 11 am in the Worship Center.

Attend a Night of Worship service. First Wednesday of each month at 6:15 pm in the Worship Center.

Join a small group. Find an open small group using our new Small Group Finder on our website at www.shoreline.church/small-groups.

SERVE

Join a service team! One of the best ways to connect with others is to serve alongside them. Visit our Service Opportunities page on our website at www.shoreline.church/service-opportunities to view open positions and service needs.

CONTACT

Main Line: (831) 655-0100
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SOCIAL

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