

The **SHAPE** of you

WEEK 3 JOURNAL

This week, we have been looking at experiences which have shaped us, and starting to look at abilities we may be using or wanting to use. Remember, your notes are private – just be honest with yourself and God. It's up to you to decide what to share when we next meet.

Thursday

3

October

How do you feel about being entrusted with resources and talents by God? Do you feel like the servant with five bags, two or one?

“To one he gave five bags of gold, to another two bags, and to another one bag, each according to his ability. Then he went on his journey.”

Matthew 25:15

Friday

4

October

What does it mean to you to put your resources and abilities to work? What do you expect to gain from this? Where have you seen that happen, and where are you waiting for it to happen?

“The man who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more.”

Matthew 25:16-17

Saturday

5

October

Where do you feel like you might be letting your resources or abilities stay hidden or remain unused? What would you like to change about this?

“But the man who had received one bag went off, dug a hole in the ground and hid his master's money.”

Matthew 25:18

Sunday

6

October

This can feel like a difficult verse to interpret fairly! What do you think it means? (One approach – imagine it’s not about money or God-given abilities, but about faith and a willingness to put talents and beliefs into practice. How much do you think you have? How much would you like, and how do you think you could get more?)

“For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them.”

Matthew 25:29

Monday

7

October

As you begin a new working week, who do you work for? Do you think it might make a difference if you consciously work for God in your everyday jobs?

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward.”

Colossians 3:23-24

Tuesday

8

October

When you think about working and using your abilities, how do you balance satisfying yourself and serving others? What are the best ways you can think of to do both at the same time? Could these be the best possible uses of the abilities God has given you?

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

1 Peter 4:10

Wednesday

9

October

Jesus sends his followers to give freely as they have received, not just of themselves and their abilities, but the full resources of heaven. Think about what you would like to give but don’t feel you have at the moment. (We’ll discuss spiritual gifts next week!)

“As you go, proclaim this message: ‘The kingdom of heaven has come near.’ Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.”

Matthew 10:7-8
