

**“Do not merely listen to the word, and so deceive yourselves.
Do what it says.”**

- James 1:22

Ideas for Putting This Sunday’s Learning Into Practice

1. **Daily Silence – “Whoever has ears for the truth, let him hear.”** - Matthew 11:15 (VOICE)
Start each day by intentionally sitting in a moment of silence as Derek Parenteau suggested. Allow this to symbolize and spur your desire to have ears to really, truly hear.
2. **Activity / Posture Prayer** – As Jenessa Galenkamp encouraged, whenever you go outside, acknowledge the land, those who have cared for it before you, and the Creator who has gifted it to us all. Revisit the spiritual practice on your own land by [clicking here](#) for Jenessa’s guide.

3. Expose yourself to more indigenous voices in the realms of learning, faith, and the arts

Cheryl Bear (Resources for learning and music) www.cherylbear.com

Unsettling Truths www.amazon.ca/Unsettling-Truths-Mark-Charles/dp/0830845259

All our Relations www.amazon.ca/All-Our-Relations-Native-Struggles/dp/1608466299

That’s What The Old Ones Say www.amazon.ca/Thats-What-Old-Ones-Say/dp/1517397898

Reading Resources www.commonword.ca/Browse/791

Video Resources www.mennonitechurch.ca/indigenous-learn

Truth & Reconciliation Commission of Canada <http://www.trc.ca/>

National MMIWG Inquiry www.mmiwg-ffada.ca/

Indigenous Music Artists

www.cbc.ca/music/read/23-indigenous-musicians-who-are-finally-getting-some-long-overdue-grammy-recognition-1.5014602

4. Intentional Prayer:

- **Pray Deeply For Indigenous Peoples:**
 - for poverty and racism to be broken, oppression to be lifted
 - for meaningful justice, reconciliation and restoration to be received
 - for deep healing
- **Pray Deeply For Non-Indigenous Peoples:**
 - for awareness, repentance and ownership to occur
 - for meaningful justice, reconciliation and restoration to be enacted
 - for deep humility and a resolve to act

5. Bible Reflection:

Read John 4:4-42 ([Click Here to read it online](#))

- 1. What do you make of the dynamic between Jesus and the Samaritan woman**, that both were “thirsty” for something the other had to give? (re-read especially v.7-10)
- 2. How were Jesus’ actions in this story different than what all of the people in the story expected of him** – both the Samaritan woman, and his own disciples?
- 3. How willing are you, to be different than what the people around you expect** in order to step into a deeper story that needs your engagement or action?)
- 4. What was the posture and heart-attitude of the woman**, as she encountered this man who ‘should not be speaking to her’? Why do you think she was able to lean in towards someone society told her should be her enemy?
- 5. What can we learn from the Samaritan woman?** Write down/make note of as many things as possible that you observe about her in this passage.
- 6. What can we learn from Jesus?** Write down/make note of as many things as possible that you observe about him in this passage.
- 7. Why do you think this one woman’s interaction with Jesus resulted in such a broad community impact?**
- 8. What do you feel the Spirit of God saying to you as you reflect on this passage?** And what might your response start to look like in your life?