

Sunday School May 31st

\*\*NEW TIME: 9:30 due to LIVE STREAMED Worship\*\*

Podcast: Be Still and Go

Episode: [Wash Your Dishes \(Bruce Lamb\)](#) – May 3, 2020

Podcast Reflections to consider:

- What normal routine has sustained you during this pandemic?
- When are you able to BE STILL during the day? Or are you?
- If you did chores as a kid – what were they? What are some of your chores today?
- What all is involved in your practice of washing dishes: the before, during, and after?
- What is your favorite meal?
- Read John 21. Imagine Breakfast on the Beach this day. How are you imagining this story coming alive? Where do you find yourself in the story?
- People are hungry for physical food. People are hungry to emotional food. People are hungry for spiritual food. What are you hungry for this day?
- Write a prayer of gratitude for dirty dishes!