

Every  
Person  
a  
Missionary:

The  
Journal

*Jump on Board*



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# An Introduction

God is up to something in this world...and you are invited to be a part of it!

One famous theologian (yes, there really ARE some of those!) once said that God's mission is like a moving train. It's already left the station! God is on the loose, engaged in a loving mission to bless, save, heal, forgive, reconcile, and set free the whole creation. That's what God is up to right now, right here, in the midst of our everyday lives. All we have to do is jump on board! That's what it means to be a "missionary." And that's what EPAM is all about.

EPAM is about "jumping on board" with what God is up to in all the places we live, work, worship, play, learn, and serve. This journal is designed to help you do this in a more intentional way, everyday, for the next 40 days. The exercises you'll encounter in these pages will invite you to do three things:

- Be on the lookout for what God is doing in your everyday life.
- Name it when you see it.
- And jump in to help.

You will find that the 40 days are roughly divided into 4 sections. The first section will take you on a deep dive into God's purpose for your life. The second will invite you to reflect on the assets, passions, and resources God is giving you to fulfill that purpose. The third provides an opportunity to see and give thanks for all the things God is already doing in your life and in your world that make you say "wow!" And the fourth will challenge you to do something about the needs in your own life and in your world that are breaking God's heart. These four things - Purpose, Assets, Wows, and Needs - come together to shape the plot of your life and give direction for your every day. For more insight into how this works you may want to read "Reclaiming the V Word: Renewing Life From Its Vocational Core" (Daubert & Kjos, Augsburg Fortress, 2009). This book and your EPAM Journal will help you (re)connect to God's purpose for your life and (re)commit to being a part of God's loving mission in the world, everyday, everywhere you find yourself, in everything you do.

## Format

The basic outline for this journal includes a three-day cycle including Ready, Set and Go days.

**Ready** days are the warm-up. They consist of short, fun activities to prepare you to meet your day in an open, positive posture, with eyes wide open, ready to see where God is in the ordinary and extraordinary parts of your day.

**Set** days are introspective days; days when you are invited to reflect on short Scripture passages or other texts, and to locate yourself and God within them.

**Go** days complete the cycle by providing opportunities to get out there and

practice seeking God and getting involved with what God is already doing in your world.

This journal is designed to begin on a Monday, but feel free to start on another weekday if you prefer. You will benefit greatly by reading through the entire journal prior to beginning, as there are a number of activities that will require you to gather certain supplies or plan activities in advance. It will also give you a view of the map for the journey you are about to take.

These next 40 days are a time to (re)connect to God's purpose for your life and (re)commit to being a part of God's loving mission in the world, everyday, everywhere you find yourself, in everything you do.

If you haven't already, join the EPAM "ning" site (kind of like FaceBook with a focus!) and then invite everybody you know to join it, too! You can sign up by emailing [dburrus@ikysynod.org](mailto:dburrus@ikysynod.org) to ask for an invitation. Remember: Membership on the EPAM "ning" site is by INVITATION ONLY. Once you are signed up, you have to invite all your friends. Otherwise, they can't join!!! Once you're all on the site, get involved. Tell your stories! Jump into the conversation. Explore. Let this site be an encouragement to you as you begin discovering what EPAM means in your own life.

EPAM is not a "program." It is a way of life. The EPAM materials, website, books, events, and whatever YOU dream up to do in your part of the IKY synod will encourage and help us as we join in God's mission. But EPAM, finally, is about what each one of us does to be useful to God wherever we live, work, worship, serve, play, learn, and serve. EPAM is about what God is up to in and through you.

Ready? Set? Go!

# PURPOSE

## Day 1

### READY---Seeing God in My Omelet

Life is full of simple acts. Each and every day we neatly stack up next to each other countless numbers of seemingly meaningless activities. We get out of bed, put on our slippers, pat our way down the hallway to the bathroom, where we engage in our morning hygiene ritual; a ritual most of us enact in the exact same way every single day without question.

If we have breakfast at all, it's usually a single piece of toast or one of two cereals we have eaten for years. For some of us, a cup of coffee has replaced breakfast all together.

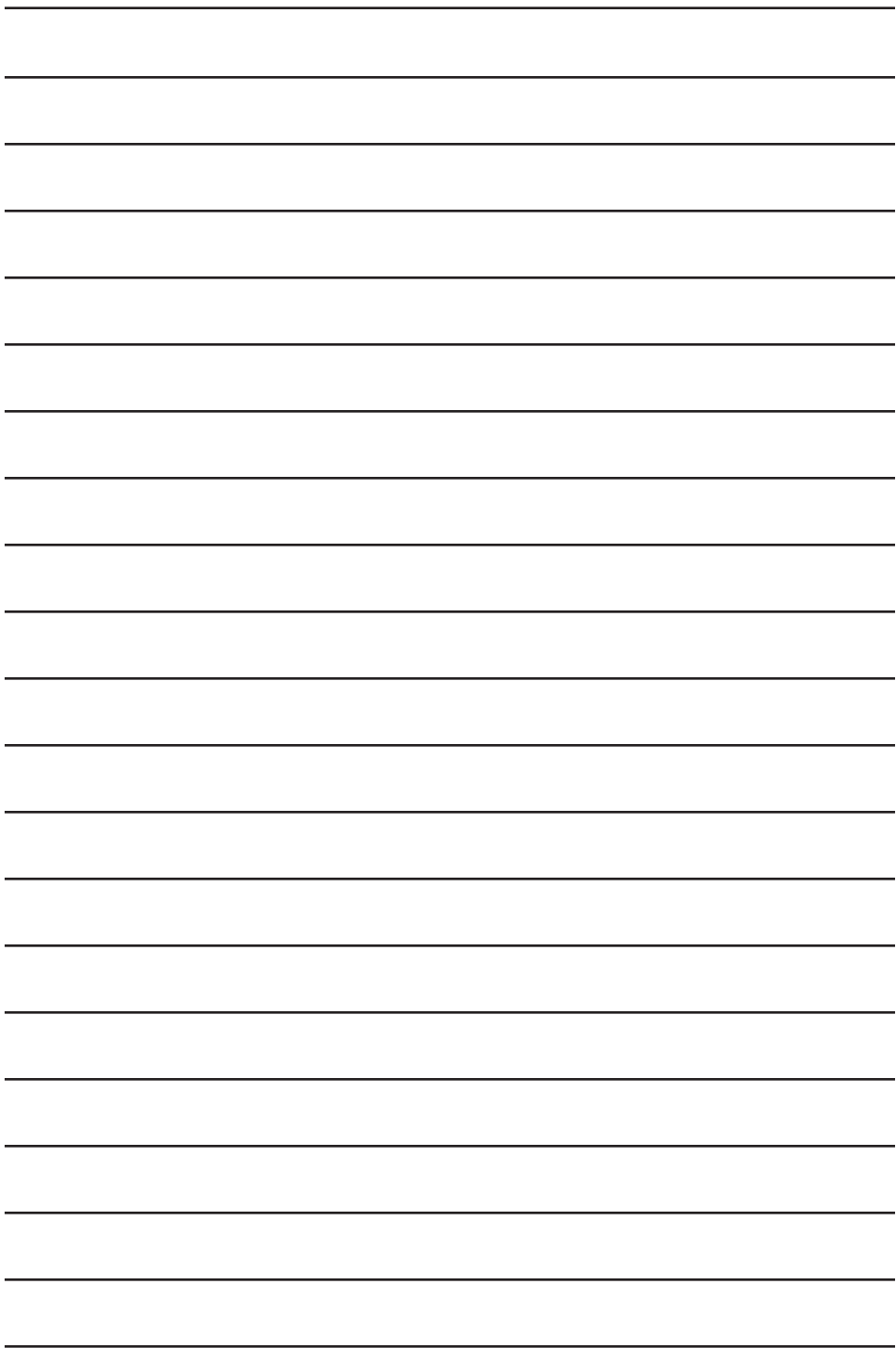
But today, on this first day of the rest of your life, your task is to get up thirty minutes earlier than you usually do---don't worry, half an hour won't kill you!

Today, you are going to make yourself (and your family, if it makes sense) an omelet. If you don't like eggs, try making a tofu scramble--it's like scrambled eggs made with soy (and it's a lot better than it sounds!). Omelets don't take very long to prepare and, if you get a little creative with your fillings (try roasted red peppers, spinach, sun-dried tomatoes, olives and feta cheese) omelets can perk up your taste-buds like just about nothing else. They provide you with enough protein energy to get you through an otherwise sluggish Monday.

As you clean-up from breakfast, consider the experience of treating yourself in this extra-ordinary way. How did it make you feel? Did it feel decadent? What prevents you from treating yourself this way more often---"time" is not an allowable answer---it's just a word we use to excuse ourselves from a wide variety of things that we don't want to do or that seem like too much work.

Now, take a minute and say "thank-you" out loud to God, for giving you the riches to allow you to make such a wonderful breakfast. Then head out the door, with an awareness of the fullness in your belly. Let it be a reminder to you, as you go through your day, that God is with you, strengthening you for the ordinary and extra-ordinary encounters you will have today.

Before heading to bed, write a few sentences about your omelet experience. Where did God show up for you today as a result of this experience?



## Day 2

### SET--You Are the Potter

#### *Jeremiah 18: 1-6*

After you finish reading the text, spend two minutes with your eyes and mouth closed. Breathe in a slow, steady deep breath and slowly exhale through your nose. Repeat this ten times, paying attention only to your breath, allowing the text to settle into all of you. When you are ready to open your eyes, consider the following and write about them in the space provided.

What is God saying to you in this story?

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As you contemplate your day, and all of the activities that will fill it, how could this story strengthen you for those encounters?

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Take a moment to say "thank-you" to God for meeting you in this text and for accompanying you today.

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## Day 3

### GO--Being Clay

Yesterday you read about Jeremiah's encounter with God at the potter's wheel. The text tells about God's awesome power to mold and shape nations. How much easier is it, then for God to mold and shape you? Well, it's as easy as you allow it to be. More often than not, we think the task is to shape and mold ourselves, and sometimes the motives for how we fashion ourselves are less than righteous.

Today you are invited to let God shape your day. Easier said than done, right? Well, how about starting with the route you take to work or school? Instead of going the same way you do every day, pay attention to that feeling inside that says, "turn here"---the one you so often ignore because you always go the same way. Take notice of anything out of the ordinary you see or experience with this simple adjustment in your route. Now, look for other opportunities throughout your day to choose, instead of doing the usual, to do something different.

As you return home, think about how well you allowed yourself to be clay today.

Before you go to bed, write a few sentences below about this experience. Where did you see God in this experience? What surprised you?

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Before you turn out the light, take a moment to say "thank-you" to God for shaping your day and ask God to do the same for you tomorrow.

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## Day 4

### READY--My Favorite Things

What is your favorite song or album? What's your favorite food? What's your favorite outfit? Choose one or all of these things and include them in your day today.

At the end of your day, think and write about how incorporating your favorite things into your day made you feel.

How did it affect your mood and the way you presented yourself to others?

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Consider why these things are your favorite. Have they been with you since you were a child or did you fall in love with them as an adult?

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What would it take to get these things back into your life more regularly?

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View the Youtube video in Antwerp Belgium of Do Re Mi:

<http://www.youtube.com/watch?v=7EYAUazLI9k>.

Write a few sentences about your day's experience and the youtube video below.

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Take a moment to say, "thank-you" to God for filling your life with things you enjoy so much.

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## Day 5

### SET---My Favorite Jesus

Think about the life of Jesus and then write out your answers to the following questions below.

Which stories are your favorites and why?

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Which sayings are your favorite and why?

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What do you appreciate/admire most about Jesus?

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What about Jesus makes you smile?

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Afterward, say "thank-you" to God for the life, death and resurrection of Jesus.

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## Day 8

### SET--People of Character

In the video you watched yesterday, Sarah Jones talks about “inventing yourself.” As children of God, we have been created the way we are for a purpose. There are aspects of ourselves, (“characters,” if you will) that we express regularly.

What about your hidden characters? What hidden part(s) of your personality could shine more?

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What would happen if it did?

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Who has helped shape who you are?

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Think about the larger framework of the scriptures:

Who are the people in the Bible that inspire you?

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What do you admire about them and why?

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What do you find influential about them?

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Take a minute to say “thank-you” to God for the many people who have helped shaped your essential character.

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## Day 10

### READY--I'm a Real Life Superhero

When was the last time you read a comic book? Today, pick one up from your local news stand or library and read it over your lunch hour or on a break.

Write about the following:

Who's your favorite superhero?

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Have you ever wanted to be a superhero? If so, which one? Why? If you can't think of anyone in particular make up your own.

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What super powers would you like to possess? What does your costume look like?

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What would be the first thing you would do once you put your super hero costume on?

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Take a minute to say "thank-you" to God for the ability to dream.

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## Day 14

### SET---Your Mission, If You Choose to Accept it....

Look over your journal entries from the past few days. What is jumping out at you? (Circle key ideas or words)

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If people were to make a list of five participles (verbs ending with “ing”) about you, what five words would you like them to use?

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Write one sentence to sum up your life so far.

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If God is on a mission to bless and save the world, in one sentence, how would you describe your role to help?

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Write a personal purpose statement for yourself using less than 10 words.

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## Day 15

### GO---Go!

It's time to put your money where your mouth is, so-to-speak! Choose one of the following to do today:

If you weren't happy with your answer to "how you would sum up your life?" (yesterday's question #3) write a sentence to sum up your life the way you wish it were so far. Create a list of action steps to get you there. Commit to beginning one of those action steps today. Write it down: I will...

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If you liked the way you answered that question yesterday, create a list of 3 action steps you can take immediately to get involved/continue your involvement in what God is up to. Write them down: I will...

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Go do them.

Share your value statements with a friend or loved one. Get their feedback.

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Take a minute to say "thank-you" to God for giving you the courage you need today to do what matters.

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## Day 20

### SET---What A Couple of Coins Could Buy

Read 1 Kings 17:7-16

All of us have assets. Even the most unlikely of us have something of value we can share. In this story we see a widow and her child (people who were considered non-persons in their time) use what they have in a way that matters.

The widow's first response is that she has nothing to offer, but God shows up and multiplies the little she has.

Write about a time you responded, like this widow did and what happened when God showed up.

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Which of your assets are you currently using? These can be material assets (e.g. stuff) or personal assets (e.g. organization skills, great cook, talented computer programmer, good listener etc.). List those. Sometimes false humility or insecurity gets in the way of us seeing what we have. What assets do you have that you could be using and aren't, or are afraid to use, or could be using in a new way? Write those down too.

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Take a minute to say "thank-you" to God for blessing you with gifts just waiting to be shared.

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# WOWS

## Day 22

### READY---Say Cheese!

Our photo collections, either online or in albums are filled with WOW moments. Today take a trip down memory lane and get out your old pictures.

Consider the following:

What are some of the WOW moments from your life reflected in your photos? A birth, graduation, a special holiday, a wedding? Perhaps even a funeral?

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What made those moments special?

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Where do you see God in those moments?

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Take your favorite pictures and place them prominently, on your desk, fridge, or coffee table. If they're online- think about printing them out, posting them on Facebook or making them the background on your computer.

Take a minute to thank God for a lifetime of memorable moments and the people each of those moments represents.

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## Day 26

### SET---I Never Thought You'd Be There

#### Acts Chapter 10

What do you think God is doing here?

Peter is a faithful Jew and keeper of the law, yet God just turned the rules upside down on him. What surprised Peter? What excited Peter?

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What's God saying to you in this story?

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How has God turned the rules upside down in your life? What does this mean for you as a Christian?

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Where is God showing up in unexpected ways in your life? How are you going to respond?

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Write about where you saw God working in an unexpected way in your neighborhood/work/school/play today. What surprised you about that?

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Before you go to bed, take a minute to say "thank-you" to God for being present in so many unexpected places today.

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## Day 27

### GO---Just Do It!

Yesterday you had the opportunity to write down a way you saw God working in an unexpected way in your context. You also wrote about how you were going to respond to that. Are you satisfied with your answer? Does your answer capitalize on the gifts and assets God has given you? Does it engage your purpose?

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Today is the day to jump in and help where you see God working in unexpected places. Whatever your response was yesterday, do it! If you're not satisfied with your response, take some time in prayer and reflection to hear God's voice.

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Before you go to bed, say "thank-you" for God for preparing you to take the next step to do what matters.

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## Day 29

### SET ----Getting My Needs Met

Read Luke 17: 11-19

What's God doing here?

How did the lepers respond?

In what ways do we respond when God meets our needs?

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Most often in our lives God meets our needs through other people. Write about a time when God met your needs through another, perhaps unlikely, person.

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Conclude this time by thanking God for bringing people into your life when you need them most.

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## Day 31

### READY---You're Breaking My Heart

Every day we are bombarded by bad news---in the world, in our neighborhoods, in our jobs, maybe even at school or home.

Jot down a few headlines from your local newspaper that you know are breaking God's heart (be sure to include some local items). What other things in your context are breaking God's heart that maybe aren't being reported? What's breaking your heart?

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It would be really easy to stop there and just be depressed because of all the needs around us. But, we are Easter people! Look at all the gifts and the WOW's you've written down in the previous sections. Write one thing down someone is doing – or you could do! – to meet one of the needs in your context.

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Take a moment to say “thank-you” to God for loving the world enough to have a broken heart and ask God for forgiveness, for yourself and for all of us.

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## Day 32

### SET--- Feed My Sheep

Read Isaiah 58

What's God saying to us here?

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What does true fasting look like?

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Who in your workplace is experiencing injustice?

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Who in your community, neighborhood, school, etc. is oppressed or hungry?

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What's stopping you from helping? Remember, when we use our assets, God shows up. What asset do you hear God calling you to use in those situations?

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Write about a possible way to meet one of the needs you named, that uses your assets and the assets of others you know.

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Take a moment to thank God for those in our world who remind us of our own deep need.

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## Day 33

### GO---Making the Move

Over the last two days you've had the opportunity to look at the assets you have (the gifts you've been given by God), the WOW's (what God's already doing in the world), and the needs of the people in your context (the things that break your heart, and God's heart). You've had the opportunity to write about a way that you can jump in and help. Today's the day to put all of that into action.

Choose one of the items you wrote about on day 34 or 35 and commit to doing it within the next week. If there are preliminary steps that need to be taken (like making a phone call or sending an email) in order for that to happen, do those today.

I will

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on/by

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When you've completed the tasks, write about it here.

- 1) What happened?
  - 2) How did God show up?
  - 3) What excited you or scared you or both?
  - 4) What surprised you?
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Before you go to bed, thank God for pushing you to do what you know you needed to do most today.

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## Day 34

### READY--- What's in a Song?

Carrie Newcomer is a singer/songwriter from Elkhart, Indiana. Read these lyrics from her song "Holy as the Day is Spent." Or, if you'd like to hear the song while reading the lyrics, pull up the following YouTube clip.

<http://www.youtube.com/watch?v=2qZyoRiBteI>

#### ***"holy as a day is spent"***

holy is the dish and drain  
the soap and sink, and the cup and plate  
and the warm wool socks, and the cold white tile  
showerheads and good dry towels  
and frying eggs sound like psalms  
with bits of salt measured in my palm  
it's all a part of a sacrament  
as holy as a day is spent

holy is the busy street  
and cars that boom with passion's beat  
and the check out girl, counting change  
and the hands that shook my hands today  
and hymns of geese fly overhead  
and spread their wings like their parents did  
blessed be the dog, that runs in her sleep  
to chase some wild and elusive thing

holy is the familiar room  
and quiet moments in the afternoon  
and folding sheets like folding hands  
to pray as only laundry can  
i'm letting go of all my fear  
like autumn leaves made of earth and air  
for the summer came and the summer went  
as holy as a day is spent

holy is the place i stand  
to give whatever small good i can  
and the empty page, and the open book  
redemption everywhere i look  
unknowingly we slow our pace  
in the shade of unexpected grace  
and with grateful smiles and sad lament  
as holy as a day is spent  
and morning light sings "providence"  
as holy as a day is spent

Lyrics: Holy as the day is Spent,  
Carrie Newcomer

*used by permission*

What does this song say to you?

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What moments in your day are holy?

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Take a minute to say “thank you” to God for the holiness of each and every day you have been given on this planet.

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## Day 35

### SET----Getting a New Set of Eyes

Read the following translation of Romans from The Message

Romans 12:1-2

“So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”

Take a moment to consider your life. You’ve been journaling now for a few weeks. What have you noticed? Are you seeing things differently? Are you seeing God in new places?

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What does it mean to place every aspect of your life as an offering before God? Write about it.

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I will

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on/by \_\_\_\_\_ when you have completed, come back and write about your experience.....

- 1) What happened?
- 2) Where did you see God in this?
- 3) What did you learn?
- 4) What would you do differently?
- 5) What was really exciting?

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## DAY 38

### SET-----Catch Me if I Fall

Go to [http://www.youtube.com/watch?v=\\_5jliRsEflU](http://www.youtube.com/watch?v=_5jliRsEflU). Read the lyrics from Cirque du Soleil's "Quidam" and watch the corresponding clip.

Now read Read Jeremiah 1:4-9

Google the lyrics for the song you just watched called "Let Me Fall" by Cirque du Soleil.

What is God saying to you in this?

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Looking back over the previous scripture passages and all of your journal entries, what do you think God is dreaming for you?

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What is God dreaming for your community? Your school? Your workplace?

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Are there places where the dreams you listed yesterday and the dreams God has for you and the people in your context intersect?

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Where do your fears and God's dreams for you collide?

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How does your fear of falling keep you from seeing what God's up to?

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Take a minute to thank God for giving you everything you need to get involved in what God is up to in your world.

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## Day 39

### GO----I've Got the Right Stuff Baby

God has made us who we are for a purpose. God endowed us with gifts and passions that are unlike those of anyone else. However, it's up to us to use them in a way that matters; that blesses other people, and in turn, blesses us.

Look back over your journal and write your purpose statement below. Then divide the remaining space into two columns. In one column, write your gifts and passions from previous pages. In another column, re-write the list you created of the things God's already doing in your context. In the last column write down the needs you listed on day 32.

Now, take a highlighter and some colored pens or pencils and get messy. What points of intersection are there? What jumps out at you? Circle them or connect them with lines...

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What vision for action has begun to emerge for you? What are you hearing God call you to do?!? Start doing it....TODAY.

Watch yesterday's clip again: [http://www.youtube.com/watch?v=\\_5jliRsEfiU](http://www.youtube.com/watch?v=_5jliRsEfiU) and complete the following.

I will

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today!

You have been created with a unique set of passions and gifts to do exactly this. If you are feeling out of your comfort zone remember the words of the angels from one of the previous readings. "Fear not! I bring you tidings of great joy, which shall be for All people!" Don't be afraid to jump, God's already there waiting to catch you.

Thank God today for helping you to see what you have been given that can be useful in God's mission!

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