

IT'S HARD NOT TO



November 5, 2023
www.fabricmpls.com

It's Hard Not To...Pray. You do pray pretty much everyday, you know. Seriously. You do. Protest all you want, but prayer is a lot more than kneeling by your bed with your hands folded. Prayer is your inner self speaking, shouting, and crying out beyond yourself. It's hard not to do that. You know what else is hard not to do? Worry. You probably do that everyday too, and you probably will admit that. Do you know the difference between praying and worrying? Thanks for being here!

WELCOME!

Life, for adults and kids alike, is most fulfilling when it is woven deeply with the strands of your full self, others, and that third strand that is bigger, beyond, around and within us all that you may or may not know as God.

Learn more about Fabric at FabricMpls.com

Miss a week or want to hear the message again?

Check our podcast fabricmpls.podbean.com

WHAT TO EXPECT

We're glad you're here

Music with Chris Tripolino and the Fabric Band

Welcome

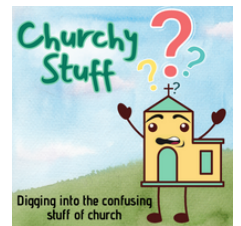
Say Hi and some music

Message – Greg Meyer

Connecting with and supporting Fabric & more music

Closing Thoughts for kids and adults

Kids - What's Happening Today: BAPTISM - What's all that splashing around have to do with me? Water is essential for every living being. Baptism uses water to help remind us of how God's big vision of love creates a deeply woven life for us! Come discover how this ancient ritual reminds us that we need and are part of community that wrestles with being loved, loving, and lovable. More at fabricmpls.com/kids-current



Sharkey needs your help! Think about a question you have about the bible. Is it filled with Facts? Fairy tales? Or Something that helps us to be deeply woven? Video yourself (shoot it in landscape please!) asking the question or simply text the question. Both can be sent to...Heidi (763) 957-2813

COMING UP AND MORE



Next Sunday - It's Hard Not to Wonder. People who don't like your wondering call it doubt, but it's all the same. It's the crack in the walls of certainty, the possibility that there is more to whatever it is. See you next Sunday! More at fabricmpls.com/current



What's Next with Fabric? The Search Team has been hard at work. Visit fabricmpls.com/transition to read the latest update. Please reach out to the team with any questions or comments at NEXT@fabricmpls.com or in person.



Last week's vaccination clinic was a great success! 93 flu and COVID shots were given to 64 people. Thanks to the staff from Walgreen's who put it on for us & Brittany Gilman who organized it. We'll host another vaccination next Fall. Watch for it!



Where we are and the story of our land matters. Most of us live in, and we gather in land that was part of the Dakota people for centuries, but from which they were forcibly and dishonorably removed by the US government. It is an honor and a responsibility for us to live on and care for this land today.

It's hard not to WORRY.

Worry is a SIGNAL to do something so that you don't have to.

It's hard not to PRAY.

Don't worry about anything, instead pray about everything. Philippians 4.6

*Rejoice always, **pray without ceasing**, give thanks in all circumstances.* 1 Thessalonians 6.16,17,18

Spiritual Growth is the process of aligning your whole self with the Image of God within you.

The goal is not to pray more but for LIFE TO BECOME prayer.

Prayer is worth STOPPING YOUR DAY for.

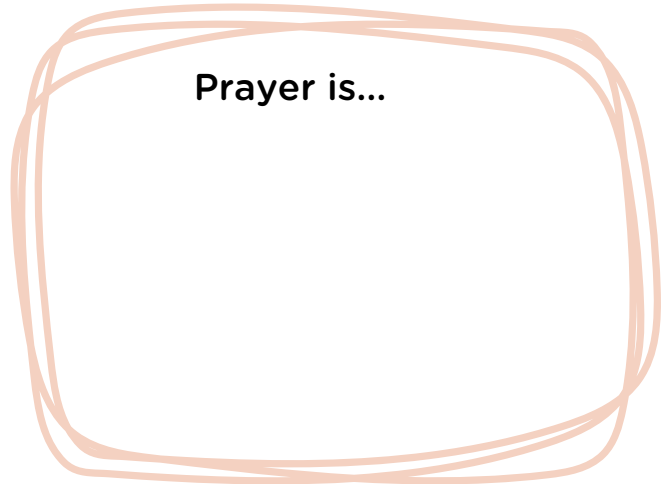
It is also too important to have to STOP YOUR DAY for.

Don't use prayer, let prayer USE YOU.

Let it lead you and show you where to start - which is ANYWHERE.

Prayer is not a THING YOU DO, it is a WAY OF BEING.

Prayer is CONNECTION.



HOW PRAYER WORKS - *Nobody knows.*

HOW TO PRAY - *Simple! God doesn't play games.*

How does God respond to prayer?

WHY PRAY *Weave without ceasing*

Weave closer to the 3rd Strand.

Weave closer to yourself.

Weave closer to others.

We worry too much about:

HOW to pray - TECHNIQUE

WHY we pray - MOTIVES

WHAT prayer is - THEOLOGY

Prayer is a CONNECTION to a friend more than an ANSWER to a problem.

HOMEWORK - Don't try to worry less or pray more, spend time in seeing what your worry points to, and where the prayer might be in what you are already doing.



ROAM (Read, Observe, Apply, Meditate) through these readings this week.
 Forget how you may have grown up to hear some of these "religious" words and make them meaningful to you today.
Philippians 4.4-7 and 1 Thessalonians 5.12-22 And then there is this: **Matthew 6.5-13**