

February 21 : A Different Kind of Fast: *Chatter*

Mark 1: 9 - 15 // Psalm 62: 1 - 2

- **KEY VERSE:** *For God alone my soul waits in silence; from him comes my salvation.* Psalm 62:1

We live in a noisy world of chatter. Email. Music. Podcasts. Netflix. Social media. Breaking News ... the chatter never stops. Even when we are quiet the constant chatter fills our minds. The habits of silence and stillness are an invitation to back away from the chatter into a more attentive and intentional life. Continually Jesus withdrew from the chatter to be alone with God.



- **REFLECT**

- What's the impact of the constant chatter in your life?
- How much silence is there in your everyday life?
- What's the benefit of silence and stillness?

- **LISTEN**

ORISON : 30-minute scripture, prayer concerns, praying together (Rev. Courtney Richards)
- Tuesday 2/23 @ 6:00pm -&/or- Thursday 2/25 @ 10:00am - *Harvard Ave Facebook Live*

OVERHEARD : pastors in conversation with friends

- Rev. Kevin Howe, Community Pastor
with REV. CAROLINE HAMILTON-ARNOLD (Associate Director, Week of Compassion)
- Wednesday 2/24 @ 6:00pm - *Harvard Ave YouTube (link will email; video available after)*

- **RESPOND**

Schedule time each day for 30 minutes of silence and stillness. During that hour, turn off the phone, TV, radio, computer, and all other appliances and communication devices. Put down all books and other reading material. Light a candle to be a witness to your time of silence.

- **CITY LABYRINTH**

TURKEY MOUNTAIN 6850 S Elwood Ave, 74132
(open daily, 5am - 11pm)
Main parking lot offers access to both paved and dirt trails.



- **PRAYER**

*God of noise and of silence, help me sort through and find you.
Redeemer of all of us, make use of all I am.
Spirit of gentleness, fill me with your peace. Amen.*

February 28 : A Different Kind of Fast : *Bitterness*

Hebrews 12:15 // 1 Corinthians 13: 4 - 6 // Luke 15: 25 - 32

- **KEY VERSE:** *See to it that no one fails to obtain the grace of God; that no root of bitterness springs up and causes trouble, and through it many become defiled.* Hebrews 12:15

Bitterness is unforgiveness fermented. It's what grows inside of us when we hold onto a hurt instead of releasing it. The impact of bitterness is physically, emotionally, and spiritually damaging. Bitterness keeps us locked in the past and robs us of living joyfully in the present. Nothing good ever comes from holding onto it. Giving up bitterness will require God's help.



- **REFLECT**

- What are some reasons people become bitter?
- What happens when you hold onto bitterness?
- What do you need to forgive and release today?

- **LISTEN**

ORISON : 30-minute scripture, prayer concerns, praying together (Rev. Courtney Richards)
- Tuesday 3/2 @ 6:00pm -&/or- Thursday 3/4 @ 10:00am - *Harvard Ave Facebook Live*

OVERHEARD : pastors in conversation with friends

- Rev. David Emery, Lead Pastor
with REV. RON NOFZIGER (retired chaplain, Hillcrest Hospital; member, Harvard Avenue)
- Wednesday 3/3 @ 6:00pm -*Harvard Ave YouTube (link will email; video available after)*

- **RESPOND**

Find a quiet place and ask God to show you the bitterness that is growing in your heart. It may be very close to the surface, or it may be lurking in the shadows. When your bitterness reveals itself name it and list the ways that it is hurting you. Then declare to God that you are done with it. Ask God to help you to release it.

- **CITY LABYRINTH**

CLAREHOUSE LABYRINTH 7617 S Mingo Rd, 74133

(open everyday, dawn to dusk)

The labyrinth is accessible to all abilities. On the far east side of the hospice parking lot.



- **PRAYER**

God of grace, forgive my hurtful speech.

Christ of compassion, ease my irritated heart.

Spirit of wisdom, steady my words and my deeds, that I may live and love with grace. Amen.

March 7 : A Different Kind of Fast : *Superficiality*

Luke 18: 9 - 14

- **KEY VERSE** : *I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted.* Luke 18:14

"Superficiality is the curse of our age. The desperate need today is not for a greater number of intelligent people or gifted people, but for deep people." Richard J. Foster wrote this forty years ago (Celebration of Discipline), but he could have written them yesterday. We are too content to swim in the shallow waters of our faith. Giving up superficiality requires curiosity and honesty.



- **REFLECT**

- Do you agree that superficiality is the curse of our age? Why, or why not?
- Why do we choose to swim in the shallow water of our faith?
- What are some of the benefits of being real before God and others?

- **LISTEN**

ORISON : 30-minute scripture, prayer concerns, praying together (Rev. Courtney Richards)
- Tuesday 3/9 @ 6:00pm -&/or- Thursday 3/11 @ 10:00am - *Harvard Ave Facebook Live*

OVERHEARD : pastors in conversation with friends

- Rev. David Emery, Lead Pastor
with REV. DERON SPOO (Senior Pastor, First Baptist Church Tulsa)
- Wednesday 3/10 @ 6:00pm - *Harvard Ave YouTube (link will email; video available after)*

- **RESPOND**

Read Luke's gospel slowly from beginning to end. Pay attention to those who show their real selves to Jesus. Pay attention to those who hide behind their religious credentials. Notice the compassion that Jesus has for people who share their real lives with him. Take time each day to lay your real heart before God.

- **CITY LABYRINTH**

BETHANY CHRISTIAN CHURCH LABYRINTH 6730 S Sheridan Rd, 74133
(open everyday, dawn to dusk)

Made of sand, bricks, wood chips; may be uneven in places. On NW side of the parking lot.



- **PRAYER**

God who made me, may I love myself.

Christ who knows me, may I love others.

Spirit of deep truth, may what is and what should be rest only in your view. Amen.

March 14 : A Different Kind of Fast : *Negativity*

Romans 12:2 // Colossians 3: 12 - 20

- **KEY VERSE** : *Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.* Romans 12:2

Remaining positive in a negative world can be tough, but the outlook we choose impacts every area of our life. A negative approach brings more negativity and blinds us to the beauty that's all around. Anger, complaining, ingratitude, gossip, judgement, pessimism, sarcasm, self-doubt are some of the ways that negativity shows up in everyday life. Giving it up requires a change of heart and mind.



- **REFLECT**

- How does negativity show up in your life?
- How does negativity blind us to beauty?
- How does the life of Jesus inspire us to be positive in negative situations?

- **LISTEN**

ORISON : 30-minute scripture, prayer concerns, praying together (Rev. Courtney Richards)

- Tuesday 3/16 @ 6:00pm -&/or- Thursday 3/18 @ 10:00am - *Harvard Ave Facebook Live*

OVERHEARD : pastors in conversation with friends

- Rev. David Emery, Lead Pastor

with DR. DEBORAH GIST (Superintendent, Tulsa Public Schools; Harvard Avenue member)

- Wednesday 3/17 @ 6:00pm -*Harvard Ave YouTube (link will email; video available after)*

- **RESPOND**

Start a gratitude journal. Schedule time each day to make a list of what you are thankful for, something that you have seen during the day that is beautiful. Find something encouraging to say to three different people each day by text, social media, phone call, or in person.

- **CITY LABYRINTH**

HUNTER PARK LABYRINTH 5804 E. 91st Street, 74133

(open daily, 5am – 11pm)

Between Sheridan & Yale on 91st St in Hunter Park. Accessible to all abilities, near the park shelter toward the back of the park grounds.



- **PRAYER**

God of joy, may I seek you.

Christ of love, may I find you.

Spirit of peace, may I share you. Amen.

March 21 : A Different Kind of Fast : *Blame*

Nehemiah 1: 4 - 11 // Psalm 51: 10 - 12

- **KEY VERSE** : *Let your ear be attentive and your eyes open to hear the prayer of your servant that I now pray before you day and night for your servants, the people of Israel, confessing the sins of the people of Israel, which we have sinned against you. Both I and my family have sinned. Nehemiah 1:6*

When things go wrong it's easier to blame others than to take a deeper look at why we made the mistake and face possible consequences. But the outcome of not accepting responsibility for our actions is much greater. This has been going on since Eve blamed the serpent and Adam blamed Eve. Taking responsibility for our actions is necessary for healing our relationships and for our spiritual and emotional development.



- **REFLECT**

- Who are you blaming for a certain situation or circumstance? What was your role?
- Why do we blame others for our circumstances rather than accept responsibility?
- What are the benefits of accepting responsibility for our spiritual and emotional well-being?

- **LISTEN**

ORISON : 30-minute scripture, prayer concerns, praying together (Rev. Courtney Richards)
- Tuesday 3/23 @ 6:00pm - &/or- Thursday 3/25 @ 10:00am - *Harvard Ave Facebook Live*

OVERHEARD : **pastors in conversation with friends**

- Rev. David Emery, Lead Pastor
with REV. AMY VENABLE (Assoc. Pastor of Pastoral Care, Boston Avenue United Methodist Church)
- Wednesday 3/24 @ 6:00pm - *Harvard Ave YouTube (link will email; video available after)*

- **RESPOND**

Part of accepting responsibility is to make restitution. This is hard. It is one thing to be sorry for your actions. It is another thing to compensate others for ways you have wronged them. Consider one way you need to make restitution with another person today and then go do it.

- **CITY LABYRINTH**

RECONCILIATION PARK 321 N. Detroit Ave, 74120
(open every day 8am - 8pm)

Inner circle walking path with plaques reflecting voices of Oklahoma history.



- **PRAYER**

God of direction, may I own my steps.

Christ who teaches, may I learn better ways.

Holy inspiration, may I understand how best to do what is needed of me. Amen.

March 28 (Palm Sunday) : A Different Kind of Fast : *Expectations*

Mark 8: 31 - 37 // Mark 11: 1 - 10

- **KEY VERSE** : *For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.* Mark 8:35

The disciples believed Jesus would be anointed a king in Jerusalem. A suffering dead messiah did not match their expectations at all. They expected success not failure - joy not, sorrow - a crown, not a cross. When the expectations of the crowds who cheered for Jesus on Palm Sunday were not met, they demanded he be crucified. Our expectations often get in the way of following Jesus.



- **REFLECT**

- Does your expectation of Jesus leave room for anything beyond pie-in-the-sky idealism?
- Does it allow for suffering, self-sacrifice, hard work, and difficult decisions?
- Does it allow you to follow his lead when you can't see where you are going?

- **LISTEN**

ORISON : 30-minute scripture, prayer concerns, praying together (Rev. Courtney Richards)
- Tuesday 3/30 @ 6:00pm -&/or- Thursday 4/1 @ 10:00am - *Harvard Ave Facebook Live*

- **RESPOND**

Take time to reflect this week on our theme verse. (Mark 8:35) Do something that is kind and sacrificial that requires some measure of risk. Keep what you've done between you and God.

- **HOLY WEEK WORSHIP**

◇ **MAUNDY THURSDAY** (4/1)
◇ **GOOD FRIDAY** (4/2)

both services 6:30pm
in-person and livestream (YouTube & Facebook)

- **CITY LABYRINTH**

CENTER OF THE UNIVERSE
(everyday, dawn to dusk)

1 S Boston Ave, 74103

This mysterious spot where visitors stand on a circle and noises they make are echoed back much louder is located on the Boston Ave pedestrian overpass between 1st & Archer St.



- **PRAYER**

*God of impossibilities, you surprise me even still.
Unexpected Savior, you save me every day.
Uncontainable Spirit, I am always in awe of your moving in the world.
I am grateful. Amen.*

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ASH WEDNESDAY - February 17

A 15-minute devotional to use at **any time** - before or after work, a midday break, an evening reflection to close the day. Posting to YouTube Channel Wednesday morning. (At [youtube.com](https://www.youtube.com), search: Harvard Avenue Christian Church - and click 'subscribe' for instant reminders of new posts!

MAUNDY THURSDAY - April 1

6:30pm sanctuary - Rev. Courtney Richards, preaching
(livestream via YouTube and Facebook)

GOOD FRIDAY - April 2

6:30pm sanctuary - Rev. Kevin Howe, preaching
(livestream via YouTube and Facebook)

EASTER WEEKEND - April 3 & 4

5:30pm Saturday April 3

AND 10:00am Sunday April 4

Rising Worship - northwest patio (bring a chair!)

Children's Easter Egg Hunt to follow! (Saturday)

9:00am & 11:00am Sunday April 4

Traditional Worship - sanctuary

Livestream via YouTube and Facebook

Visit us at www.hacctulsa.org

Office Hours: 8:30 am - 4:00 pm Monday - Thursday; closed Friday (918) 742-5509