



NEIGHBOR
COLLECTIVE

SESSION GUIDE

AUGUST 2022

Things You'll Need Before You Start:

○ Bible & Journal

○ Candle & Match

○ Bread & Juice/Wine if you're participating in communion.

1. SH'MA

Deuteronomy 6:4-5 Hebrew: *Sh'ma Yisrael Adonai Eloheinu Adonai Echad. Baruch shem k'vod malchuto, l'olam va'ed. V'ahavta et adonai elohecha, b'chol l'vavcha, u'vchol nephshecha, u'vchol m'odecha.*

English: Hear Israel, The LORD* (YHWH) our God the LORD (YHWH) is one. Blessed be the name of His glorious Kingdom forever and ever. And love the LORD (YHWH) your God with all your heart, and all your soul, and all your strength.

**When LORD is spelled with all caps it means that in Hebrew it is referencing the name of God which is YHWH. We believe from sufficient scholarly research the best way to pronounce the name is Yahweh. Many Jews and some Christians have refrained from using the name at all so as to not misuse the name (Exodus 20:7). If you don't feel comfortable pronouncing the name YHWH, we say Adonai (Lord) to replace it in Hebrew. Many also call YHWH "HaShem" which means "The Name."*

2. CANDLE LIGHTING

Matthew 5:14: "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Candle Blessing: "Blessed are you, LORD our God, King of the Universe, who sanctified us in his commandments, and commanded us to be a light to the nations, and who gave to us Jesus our Messiah, Light of the World."

Let's pray together: LORD we pray that the lights we now kindle will inspire us to use our lives to heal, and not to harm. To help, and not to hinder. To bless, and not to curse. We ask that You would free us from the selfishness and bitterness that keep us from loving you with all our heart, soul, mind and strength. Release us from the pride that keeps us from loving our neighbors as ourselves. As we walk into this world as the light of the world, we ask that you would guide our footsteps, protect us from the enemy, and that we would use your light to share your lovingkindness, with the world! Amen.

3. EXAMEN

About this practice: The examen was started by St. Ignatius who was a Spanish Priest who lived in the 16th century and who founded the Jesuit order. According to [Ignatian Spirituality](#), "St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that [Jesuits](#) practice the Examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day."

Take a few moments to get comfortable and become attentive to the Holy Spirit's presence.

- **Reflect on things you're grateful for today.**
 - **Pay attention to some of the emotions you've felt throughout the last 24 hours.**
 - **Take one thing from the past day and pray about it. It's okay if you don't know what to pray. Feel free to just spend this time reflecting.**
 - **Take a moment to think about the rest of this day or tomorrow. Is there something you need to give to God to handle? Or is there an area when you'll need to be more reliant upon the Holy Spirit for guidance?**
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4. WORSHIP SONG

**Come show your glory
Come show your face
Come light a fire in us
Breathe on this place**

**Your love pursues us
Tears down our walls
You make the towers of our fear to fall**

**Spirit come
Spirit of the living One
Come move us again
Come shine on us**

**Spirit come
We surrender to your touch
Come move us again
Come shine your light on us
Shine your light on us**

(REPEAT)

“Spirit Come”

Katie Overbeek

Music Provided by WorshipStart.com

5. LECTIO DIVINA +

Lectio Divina is a monastic practice of meditating and praying through Scripture. This practice also helps us to memorize and internalize Scripture. Here's how it works: You'll take the verses below and read through them four separate times. Each time you'll respond to one of the questions and we encourage you to write down your thoughts in your journal. Once you're done, you can return to the video.

"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be holy, therefore, as your heavenly Father is holy."
-Matthew 5:43-48

- 1. What words speak out to you?**
- 2. What phrases speak out to you?**
- 3. Say a 1-2 sentence prayer based on the verses.**
- 4. Take a moment to reflect and be still.**

6. LORD'S PRAYER

"Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.
For yours is the Kingdom,
and the power, and the glory forever.
Amen!"

***The Lord's prayer can be found in [Matthew 6:9-13](#) except for the final line. Learn more about the Lord's prayer and why that final line was inserted in [this article here](#).**

7. COMMUNION

You will need the elements at this point if you're wanting to participate. Please know you do not have to participate if you would rather not. [Click here to learn more about communion.](#)

Why do we take communion every week? Because it's a reminder of what Jesus accomplished for us both on the Cross and in the Resurrection: Forgiveness of sins, reconciliation to our Creator, and new life in the resurrection.

1 Corinthians 11:27-29: *"So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves."*

[Click here to view the different views on communion.](#)



Do you need to ask forgiveness? Are there any areas you believe the Holy Spirit is asking you to remove from your life? Take a few moments to examine and we'll be back shortly.

Scriptures To Consider:

[Isaiah 53:4-5](#)

[Acts 2:42-47](#)

[1 Corinthians 5:6-8](#)

[Mark 14:22-26](#)

[Luke 22:14-20](#)

[John 6:52-58](#) ([See article here for more insight](#))

[1 John 1:8-9](#)

7. COMMUNION (CONT.)



Blessing The Bread

Jesus, our Messiah, was afflicted and He was pierced for our transgressions. On the night that He was betrayed, Jesus took the bread of affliction and broke it and said, "This is my body, which is given for you; do this in remembrance of me." Let's bless the bread:

ALL: "Blessed are you, LORD our God, King of the Universe, who brings forth bread from the earth, and who gave to us Jesus our Messiah The Bread of



Blessing The Cup

Then Jesus takes the third cup of the Passover, the cup of Redemption, and He said, "This cup of the New Covenant which is done in my blood, do this, whenever you drink it, in remembrance of me."

ALL: "Blessed are you, LORD our God, King of the Universe, creator of the fruit of the vine, who gave to us Jesus our Messiah, and who gave His life to establish the new covenant."

Let's Pray Together:

"Jesus, we thank you for going to the Cross for us. We know that what you did was not done lightly. Help me to remember the new life you gave me in everything I do and the sacrifice it took to bring it about. Help me to remember the forgiveness that covers all of my sins so that I may forgive others as you have forgiven me. Lead me this week, Jesus, so that I can be the person you created me to be! I pray this in your name Jesus, the name above all names, Amen!"

8. WORSHIP SONG

**Oh my soul, be still
When my heart is fragile
Hold fast to the truth
There is hope still in this storm**

**Help my eyes to see
Though my faith is shaking
Teach me to believe
Every word you say is true
You are making all things new**

**You remind me that
You won't let go of me
No you won't let go of me
Through every high and low
Jesus you're constant through it all
No you won't let go of me
You never will**

**Here I find your love
Is a firm foundation
So I'm holding on
To the promise of your truth
It's the hope that sees me through**

**You are strong in my weakness
I'm not lost in the darkness
You won't let go
You won't let go of me
And when my heart is anxious
You're the peace that sustains it
You won't let go
You won't let go of me**

Matt Armstrong, Dameon Aranda, Chris Kuti, Cassidy Estevez

"Never will"

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9. HOMILY

Who do you hate the most? Why do you hate them? How have they disappointed you? When did they make you feel that way?

The Background To The Gospel Of Luke

1. Luke was actually not Jewish, but was a gentile physician and traveled with people like Paul.
2. Luke wrote the Gospel and the Book of Acts as a two part series.
3. The Gospel of Luke was most likely written and completed within the 60s or early 70s. So about 30 years after Jesus ascended. And in doing so, he utilized a lot of what is found in Mark to base a good portion of his stories.
4. Here's the key: Luke was writing to a gentile audience, not Jewish, and claimed that Jesus was the Messiah who offers salvation to all people.

Luke 10:25-29

On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?"

"What is written in the Law?" he replied. "How do you read it?"

He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'"

"You have answered correctly," Jesus replied. "Do this and you will live."

But he wanted to justify himself, so he asked Jesus, "And who is my neighbor?"

Leviticus 19:18

"Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the LORD."

Deuteronomy 6:4-5

"Hear Israel, YHWH is our God, YHWH is one. Love YHWH with all your heart, all your soul, and with all your strength." **See the Sh'ma about why I said Adonai instead of Yahweh.*

"Love Your Neighbor As Yourself"

Exodus 20:16-17; Leviticus 19:18, 33; Deuteronomy 23:7-8.

Matthew 5:43

"You have heard it said "Love your neighbor and hate your enemy. But I tell you, love your enemies and pray for those who persecute you that you may be children of your Father in heaven."

Who Were The Samaritans & Why Did Jews Hated Them?

After King Solomon, the land of Israel split into two parts: the Northern (Israel) and Southern (Judah) Kingdoms. The Northern Kingdom believed Samaria at Mount Gerazim was the best place to worship YHWH while the Southern Kingdom believed Jerusalem was the best place to worship YHWH. Israel (Northern Kingdom) was conquered and exiled in the 8th Century BCE (ca. 740) by Tiglath-Pileser III of the Neo-Assyrian Empire (2 Kings 15:29). 2 Kings 17:24 says that Tiglath-Pileser III brought people from Babylon and other nations and essentially mixed the nations of all the people. Judah would later be conquered and exiled to Babylon in the 6th century (Samaritans and Jews were very hostile to one another and Samaritans actually adhered to the "scriptures of Moses" but believed he was the last prophet until a future Messiah (Deut. 18:15-18).

Loving our "neighbors" pushes the bounds of what it means to be holy.

Jesus' mercy on the Samaritans in Luke 9 reverberated to their redemption in Acts 8. Will your love, mercy, and forgiveness for your enemies pay off? Will your prayers for your enemies echo to their redemption and salvation?

Isaiah 61:1-2 / Luke 4:14-20

"The Spirit of the Sovereign LORD is on me,
because the LORD has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,
to proclaim the year of the LORD's favor."

10. CLOSING

Thank you so much for checking out this sample session and discovering more about Jesus this week! If you'd like to join and be a part of this collective and be actively involved in helping with these sessions, we could use your help. Here's what was need:

1. We're in need of people who love worshipping and can record worship music. Or have their own music already recorded that they would be willing to let us use in these sessions.
2. We'd love for you to lead some of the sections (For example, you would film yourself using your phone blessing and lighting the candle, or saying the Lord's prayer. And we're open to other spiritual practices that help you grow with Jesus).
3. If you know how to edit videos, use Wordpress sites, and/or love social media and would like to help out, please reach out!

You can email us at info@neighborcollective.org or use the form on the [website here](#).

The Priestly Blessing (Numbers 6:22-27)

The LORD bless you
and keep you;
the LORD make his face shine on you
and be gracious to you;
the LORD turn his face toward you
and give you peace. ”

Isaiah 61

“The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD’s favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.

They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.

They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.

Strangers will shepherd your flocks; foreigners will work your fields and vineyards. And you will be called priests of the LORD, you will be named ministers of our God.

You will feed on the wealth of nations, and in their riches you will boast.

Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance.

And so you will inherit a double portion in your land, and everlasting joy will be yours.

“For I, the LORD, love justice; I hate robbery and wrongdoing.

In my faithfulness I will reward my people and make an everlasting covenant with them.

Their descendants will be known among the nations and their offspring among the peoples.

All who see them will acknowledge that they are a people the LORD has blessed.”

I delight greatly in the LORD; my soul rejoices in my God.

For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.

For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign LORD will make righteousness and praise spring up before all nations.”