

Culpeper UMC

Weekly Five

I. Definition

Weekly Five focuses on sharing the joys and concerns of following Jesus. Each 60-90 minute session offers an opportunity for everyone to share their faith. This is NOT a Bible or book study. This is a time to discuss five life-altering questions that delve into your faith experience. Each participant seeks spiritual transformation by expressing their thoughts and feelings related to these questions:

1. When did you feel closest to Christ this week?
2. Is God calling you (or convicting you) to change your attitude or behavior to follow Jesus more fully?
3. In the Lord's Prayer, Jesus taught us to say: "thy kingdom come, thy will be done, on earth as it is in heaven." How did you help bring God's Kingdom on earth as it is in heaven this week?
4. How did you fail (or feel like a failure) in living out your faith this week?
5. What spiritual disciplines will you practice this week (prayer, worship, study, journaling, fasting, silence, service, etc.)?

II. Guidelines

In order to provide the best experience for all Weekly Five groups, certain guidelines were established by Culpeper UMC's staff with assistance from the congregation's Healthy Church Team (HCT). To be sure, the COVID-19 pandemic has changed all our routines.

1. Anyone who is not feeling well needs to stay home. This includes symptoms such as: fever, breathing complications, chills, cough, flu-like symptoms, sore throat, headache, muscle pain, and recent loss of taste or smell.
2. Meetings occur at Culpeper UMC. Physical presence is preferred at Weekly Five. However, a virtual option will be provided if necessary.
3. This is NOT a group counseling session.
4. One person should NOT maximize the speaking time (unless there is an unusual circumstance that requires a group discussion on one subject matter).
5. All conversations MUST be confidential. That includes NO "pillow talk" with significant others. Items can only be shared if permission is given. If sharing happens accidentally, seek forgiveness from the group.
6. Physical distancing is necessary.
7. No food and/or drink can be consumed.

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8. Each Weekly Five decides their time frame: 60-90 minutes.
9. The current maximum size for each Weekly Five is 10 adults.