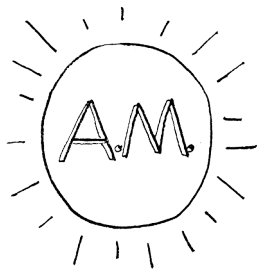




Manna & Mercy Pocket Guide



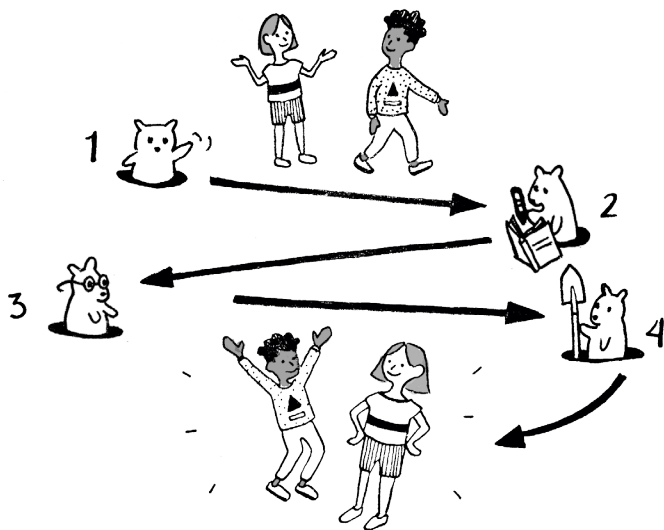
Becca Griffin

Illustrated by Grace McMullen

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Manna & Mercy Pocket Guide



Becca Griffin

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SEEDS Manna & Mercy Pocket Guide by Becca Griffin
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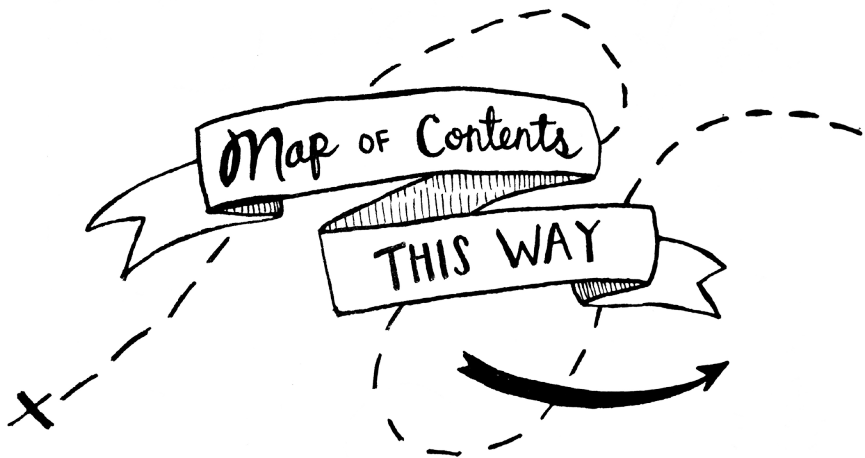
This pocket guide is to be paired with 2 other *partner people's* work:

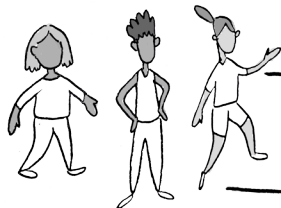
1) *Manna and Mercy*, Daniel Erlander's 100-page booklet about God:

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www.danielerlander.com.

2) *Manna and Mercy: A Journey from Genesis to Revelation* by Alan Storey. Used by permission. mannaandmercy.org.

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SEEDS

HELLO
& WHY

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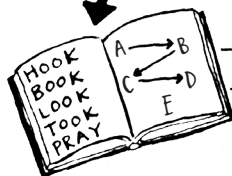
INSPIRATION

😊

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START!

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Hello! Meet SEEDS



What is SEEDS?

STRATEGIC ENCOUNTERS to ENGAGE & DISCIPLE STUDENTS



SEEDS is a youth ministry cooperative not currently limited to a denomination, though that will affect how SEEDS grows in your context!

We aim to give vision, focus, and sustainability to transient local youth ministries by nurturing youth volunteers and staff, providing them with partnership, education and training through the SEEDS' 3-piece vision: Morning Informative, Evening Transformative, and Volunteer/Staff Cooperative. This is because we care.

Thanks

Thanks to everyone for helping:

Jeremy Steele, thank you for teaching me how to teach and grow in ministry in practical ways, specifically for introducing me to HOOK BOOK LOOK TOOK, *lectio divina*, etc! Thanks for trusting me to teach and lead. In connection, thanks to Lawrence O.

Richards for permission to use HOOK BOOK LOOK TOOK in this pocket guide. Dave Corson and SIFAT friends/bosses, thanks for teaching me how to do a good “Check-in” and give at least one word/metaphor for how I feel and for helping me pay attention when others give their words/metaphors/“check-ins” -- a great skill to practice.

Max Mayo, thank you for your guidance, knowledge, effort and support in this process which prompted this experiment with youth ministry and taught me so much about ministry and starting something like this. Thank you to Anna Hill for focus and solidarity. Thank you to Addison Shock, Logan Shock, Skye Beaty, Blake Butterfield, Shelby Hubbard, Brandy Cooper, Stephen Clark, Ryn Tompkins, Laurel Marsh and Tavia Stevens for encouragement, listening, feedback, and magic.

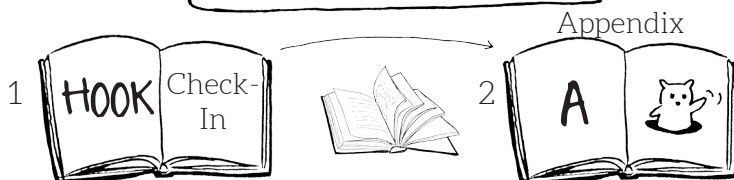
Thanks to Algood UMC and pastor, Brent Davis, for openness and support. Thanks to the youth, specifically, at Algood UMC for being in on this, listening, speaking up, showing up and for honesty as we have shared our thoughts and stories connected to *Manna and Mercy*!

Thank you to RG Lyons, Alan Storey, Daniel Erlander, Tom Witt and the *Manna and Mercy* community for the energy that’s helped these ancient stories find new expression and life again!

Thank you to the all of the youth and youth staff we’ve gotten to collaborate with. Thanks for being people. Thanks for loving. May we continue to experience wonder together as we find ourselves in this text over and over again in new and old, slow and quick, sad and joyful, angry and confusing, fearful, peaceful and exciting ways! It’s good to feel. :)

Grace! Thanks for your never-agitated, mindful, adventurous spirit, telepathy and excitement in this process. Peace, friend. Thank you, friends and family for your grace and mercy, love and support.

HOW



WHO

Per the Safe Sanctuary requirements of the United Methodist Church¹ to prevent child and sexual abuse, there **MUST** be either 1 adult and 2 or more youth, children or vulnerable adults present in all meetings, or 2 or more non-familial, non-married adults in the company of youth, children or vulnerable adults.

AN ADULT SHOULD NEVER BE ALONE WITH A YOUTH, CHILD, or VULNERABLE ADULTS.

This is to protect all parties involved--youth, child, vulnerable adults, and adults.

For our purposes, we will require at least 2 non-married adults present for all SEEDS gatherings.



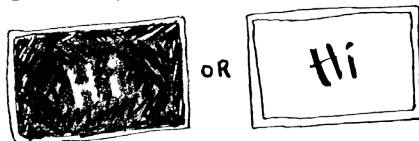
WHAT

List of Supplies:

1. Flowers or a treat or just a smile
or a joke (something to spice things up
- *because we care!*)



2. Chalkboard or Dry-erase board or surface on
which to corporately write



3. Check-in supplies (if needed) - see Appendix A



4. Laptop, wifi, *Manna and Mercy* USB drive
(*Note: If you have the USB Drive, wifi is not needed!*)



5. *Manna and Mercy* book



6. Colored pencils or crayons to color M&M²
(see *Manna and Mercy*, page III)



Jesus also said,



"The Kingdom of God is like a farmer who scatters seed on the ground. Night and day, while he's asleep or awake, the seed sprouts and grows, but he does not understand how it happens. The earth produces the crops on its own. First a leaf blade pushes through, then the heads of wheat are formed, and finally the grain ripens. And as soon as the grain is ready, the farmer comes and harvests it with a sickle, for the harvest time has come."

-Jesus³



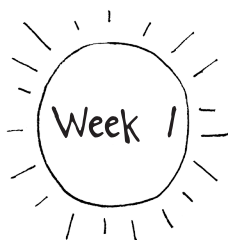
"God loves the whole universe and God loves Planet Earth. The Creator loves everything on this planet, including a very mysterious thing, called...LIFE...

We cannot explain life. It does things like breathe, reproduce, eat, change, grow, and finally die to nourish other life. Life is amazing! It comes in two forms--plants and animals, each with infinite variety."

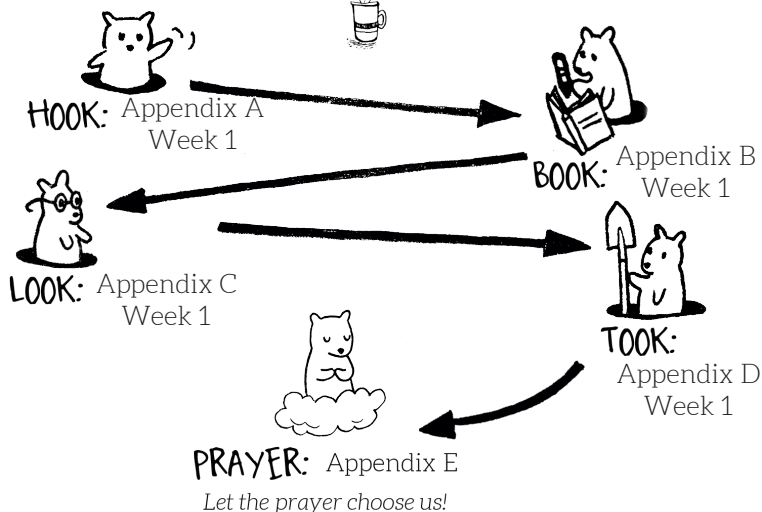
-Daniel Erlander⁴

START: The Manna and Mercy Lessons

Please see local SEEDS website for calendar specifics and follow the weeks for the lessons in order!



Focus: Hello!

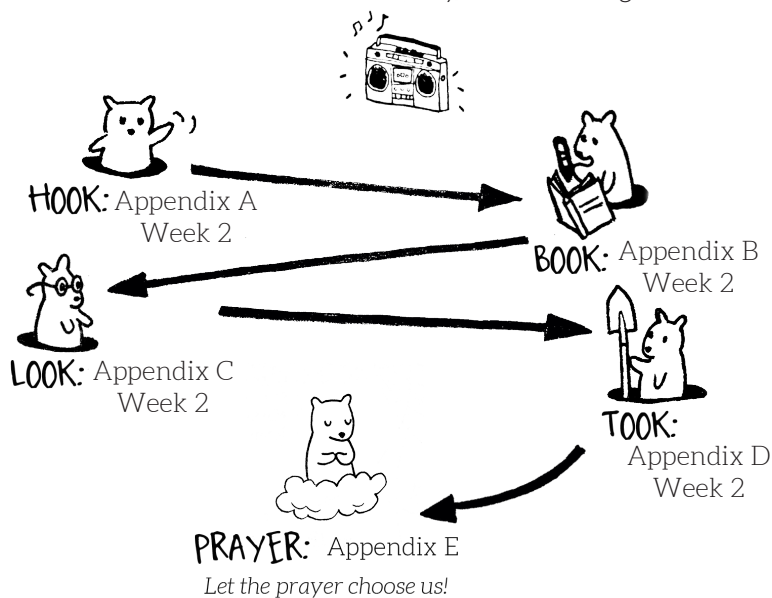


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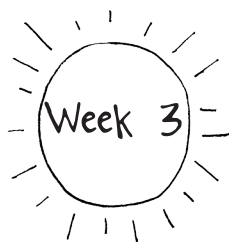


Focus:

Intro to Manna and Mercy and Idea Might

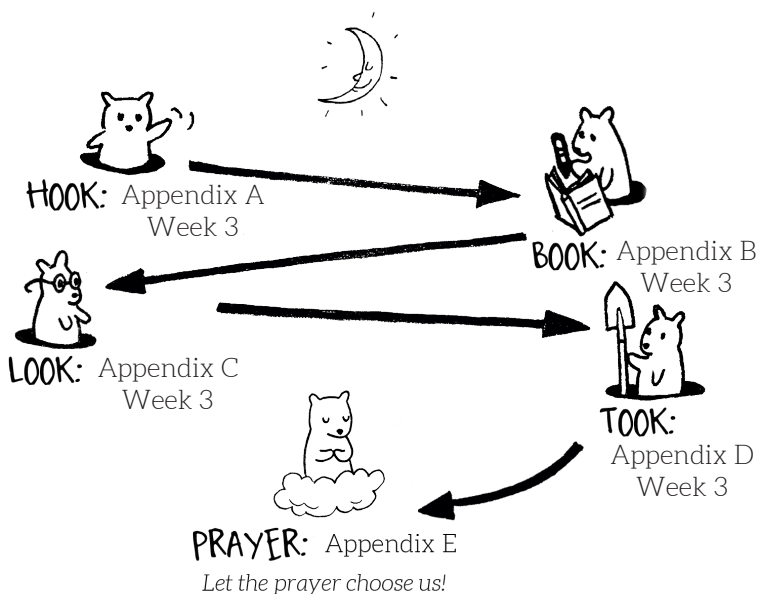


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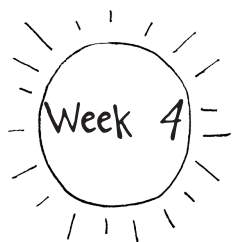


Focus:

Jesus is our Glasses/Lens

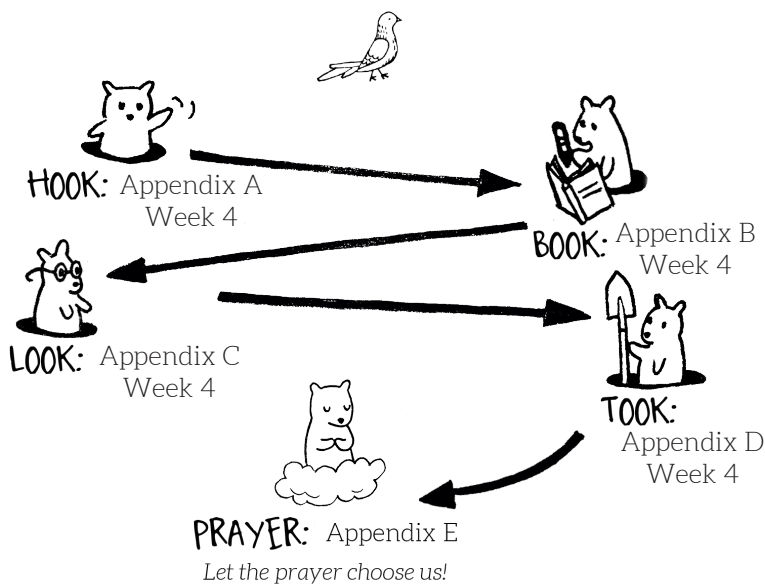


Notes:



Focus:

The 4 Questions to Ask When Reading

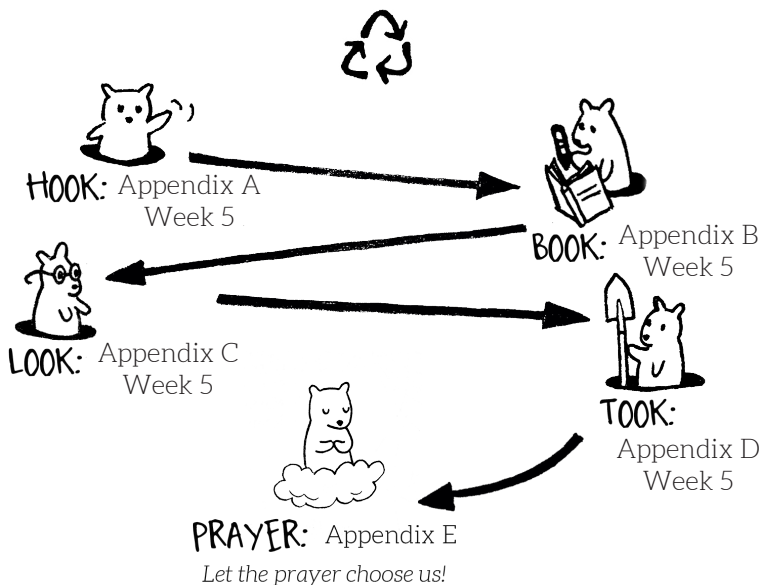


Notes:



Focus:

Context Gives Meaning When Reading

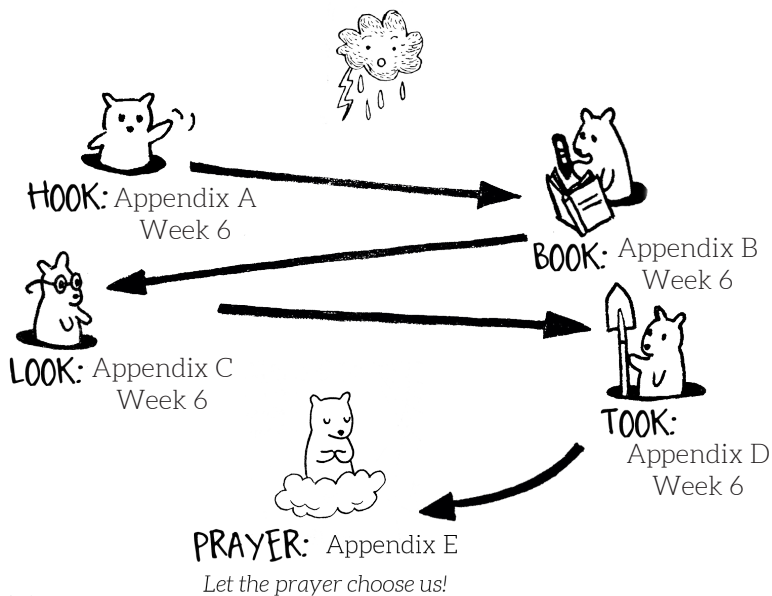


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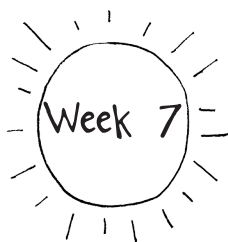


Focus:

By the Rivers of Babylon -
Context of Creation Story in Genesis 1

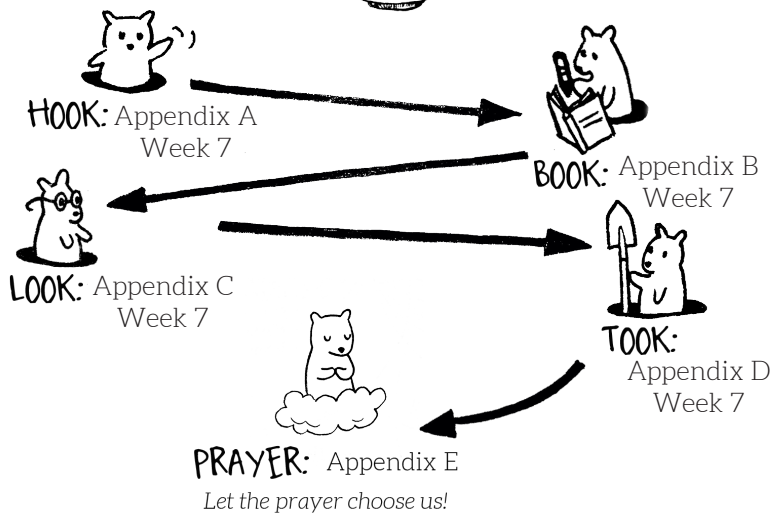


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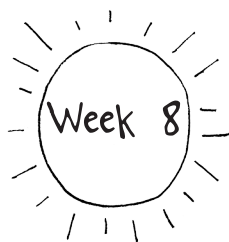


Focus:

Truth is Larger than Fact

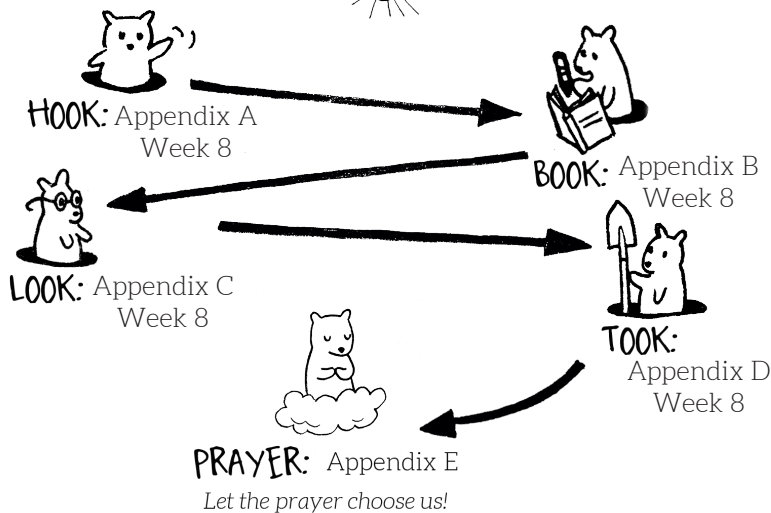
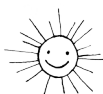


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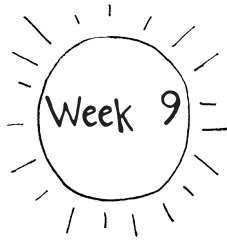


Focus:

Freedom is the Air Love Breathes

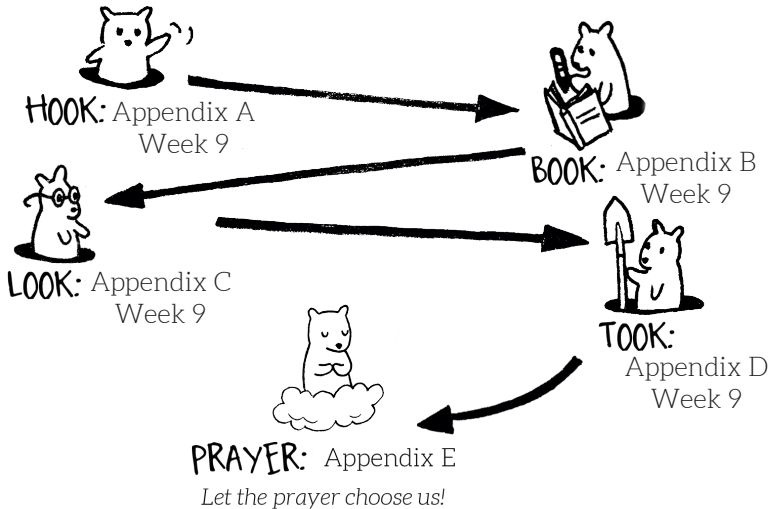


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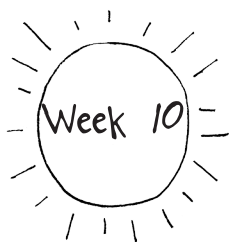


Focus:

Immovable Still Point -
In Love, By Love, For Love (IBF)

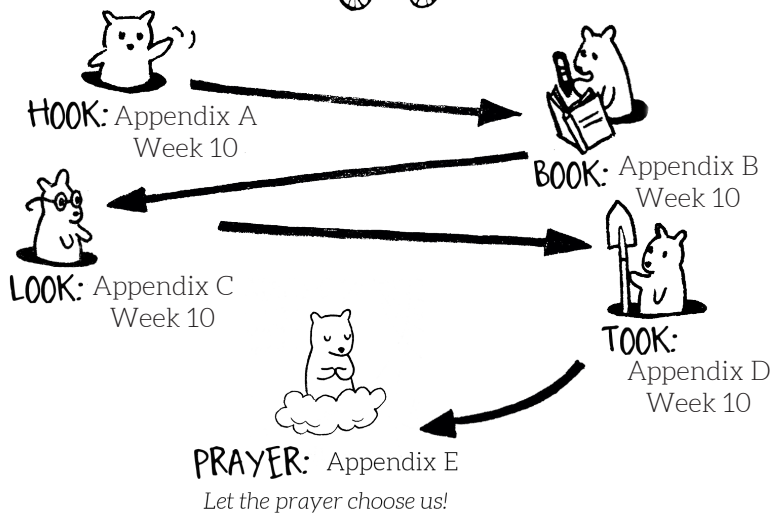


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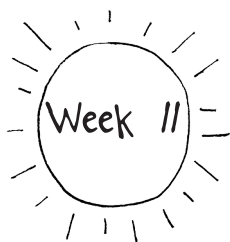


Focus:

God's Partner People

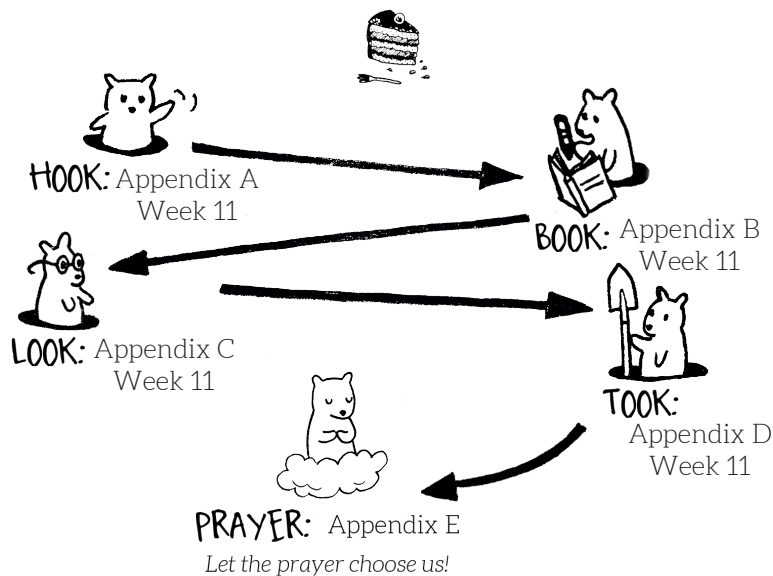


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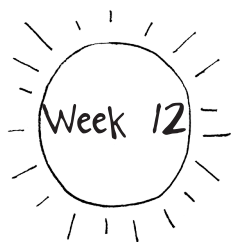


Focus:

God's Contrast Society - The Law as a Gift

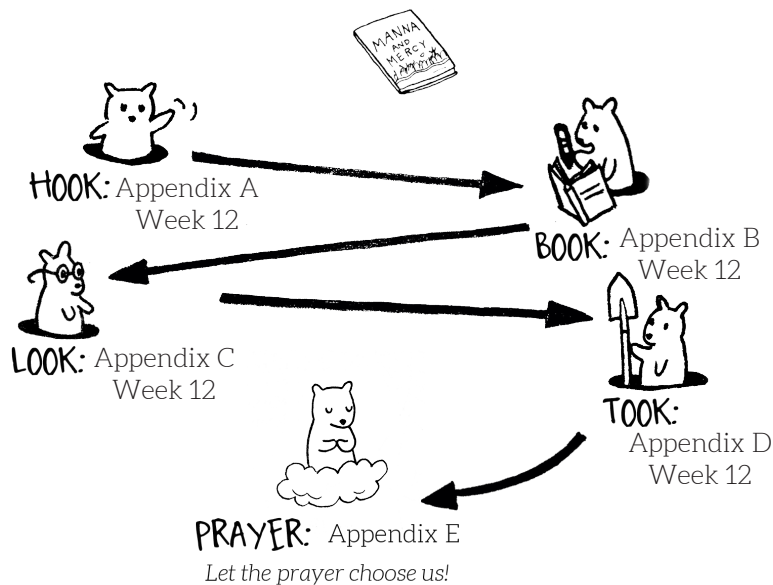


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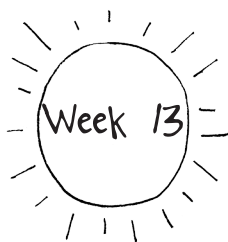


Focus:

Not Everything Biblical is Christ-like

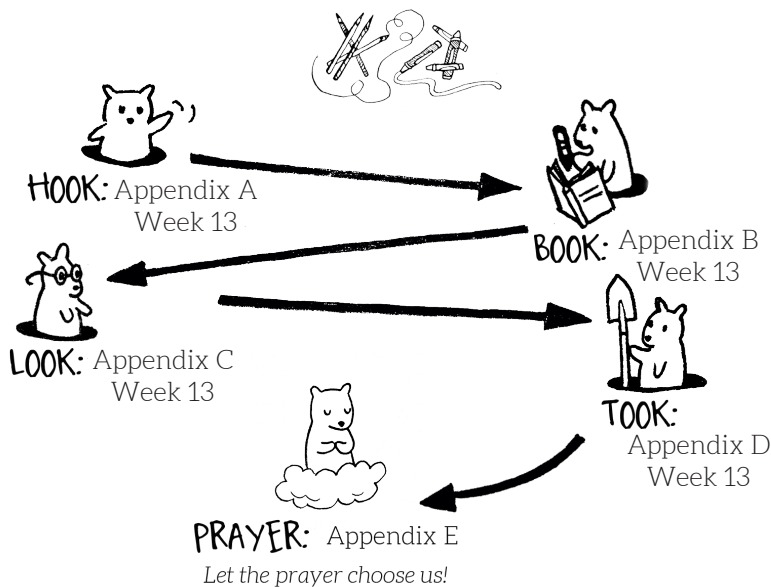


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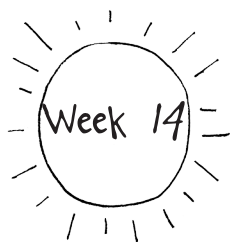


Focus:

Jesus' 3rd Way - A Creative Way of Life!

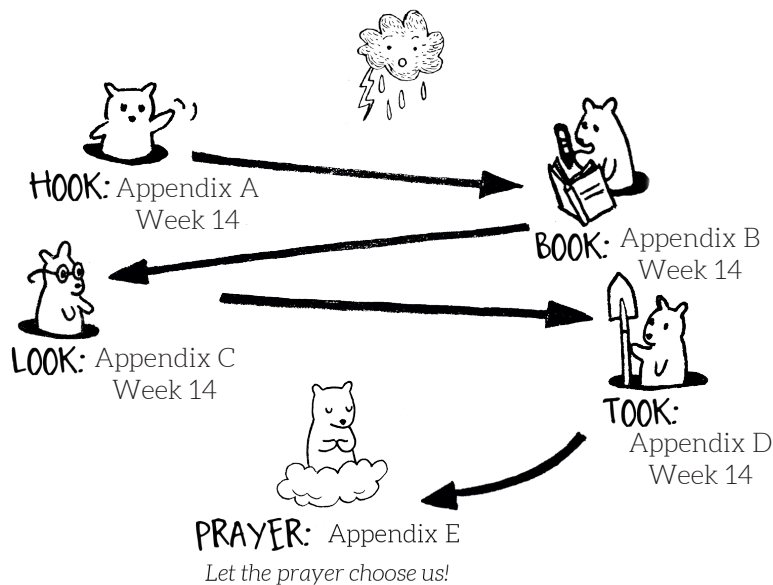


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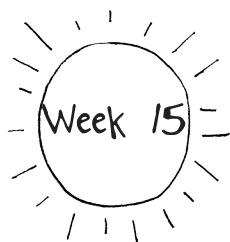


Focus:

Suffering and God's Will



Notes:



Focus:

Hell



HOOK: Appendix A
Week 15



BOOK: Appendix B
Week 15



LOOK: Appendix C
Week 15

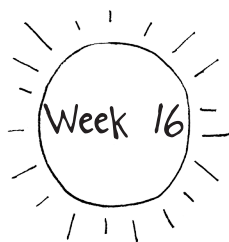


TOOK: Appendix D
Week 15



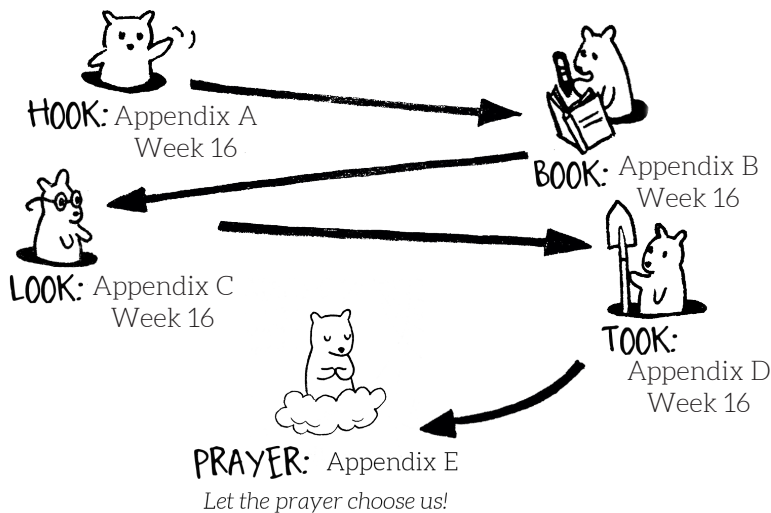
PRAYER: Appendix E
Let the prayer choose us!

Notes:

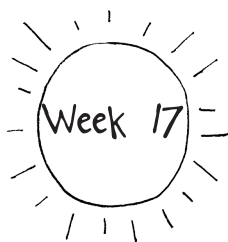


Focus:

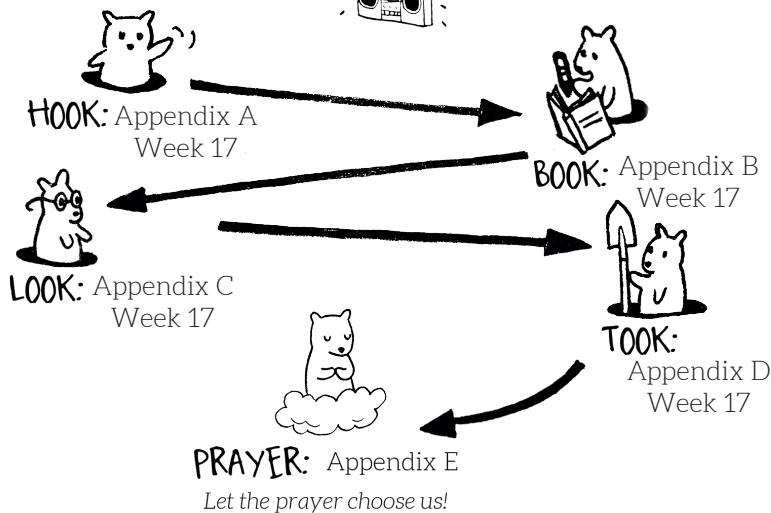
Favoritism and Division



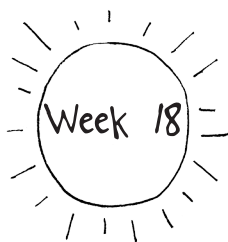
Notes:



Focus:
Prophets

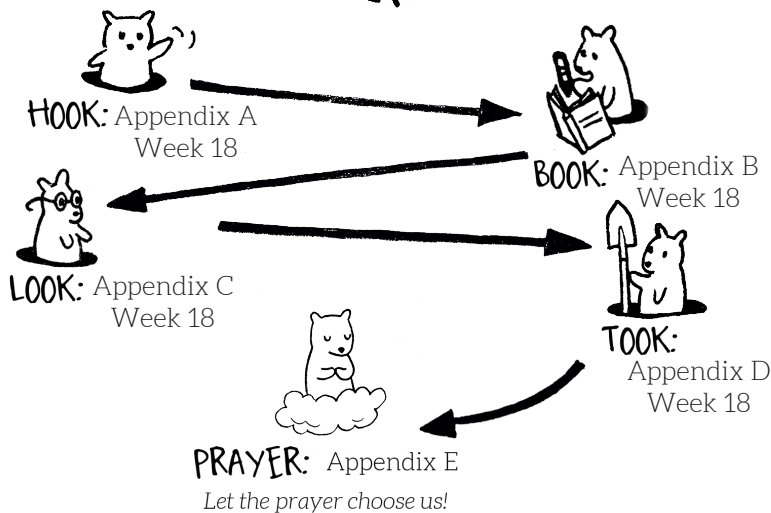


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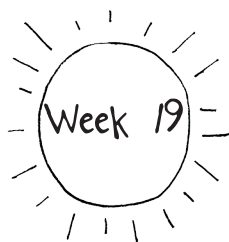


Focus:

God's Image of Order



Notes:



Focus:

The Last Place You'd Want to Go &
The Last People You'd Want to Be With?



HOOK: Appendix A
Week 19



BOOK: Appendix B
Week 19



LOOK: Appendix C
Week 19

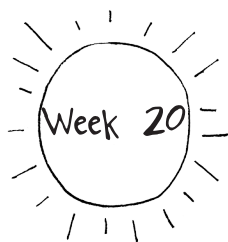


TOOK: Appendix D
Week 19



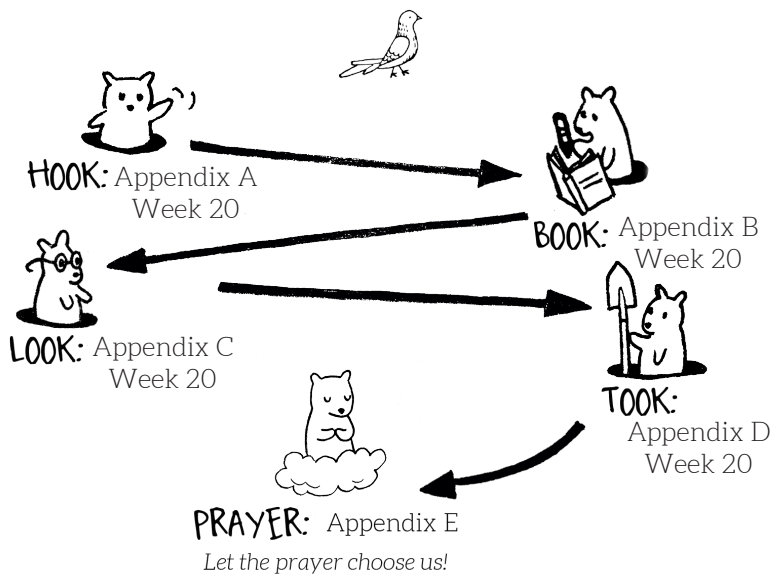
PRAYER: Appendix E
Let the prayer choose us!

Notes:



Focus:

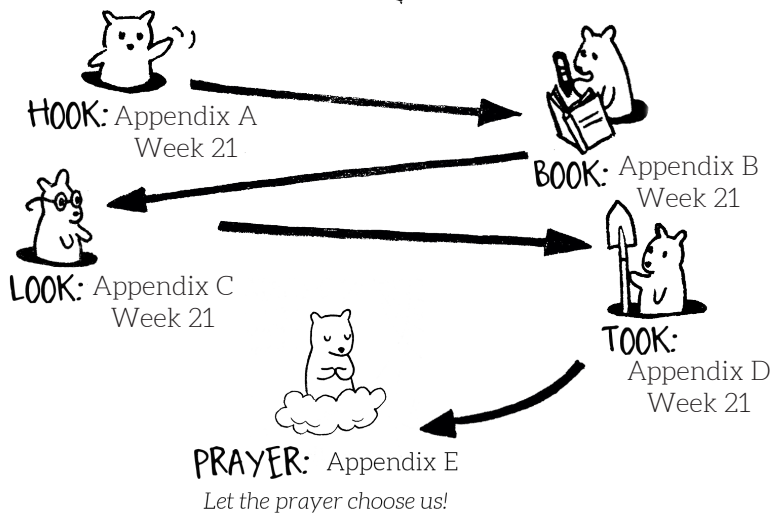
Jesus' Setting or Context



Notes:



Focus:
Jesus' Family

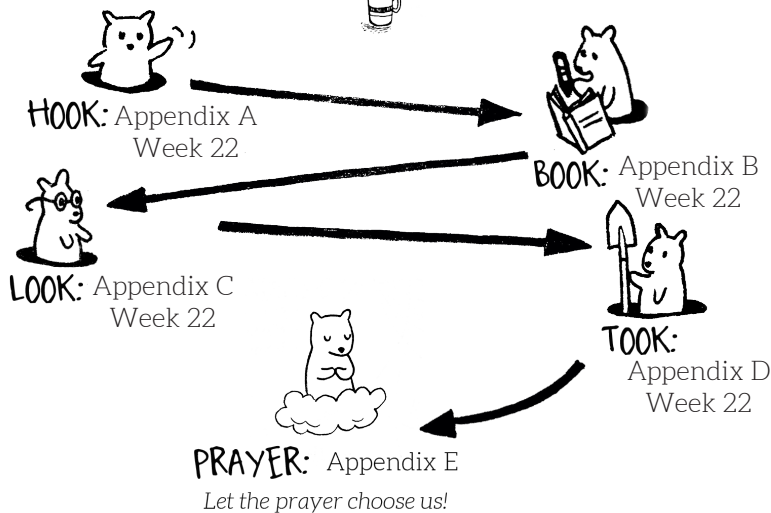


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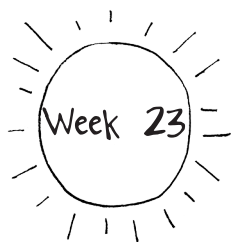


Focus:

Mary's Song

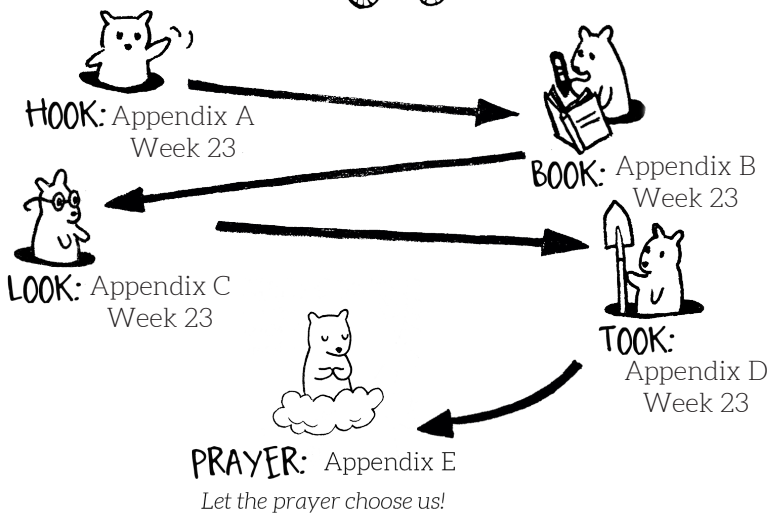


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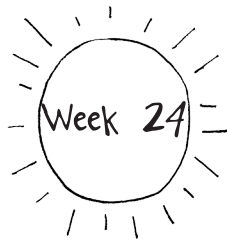


Focus:

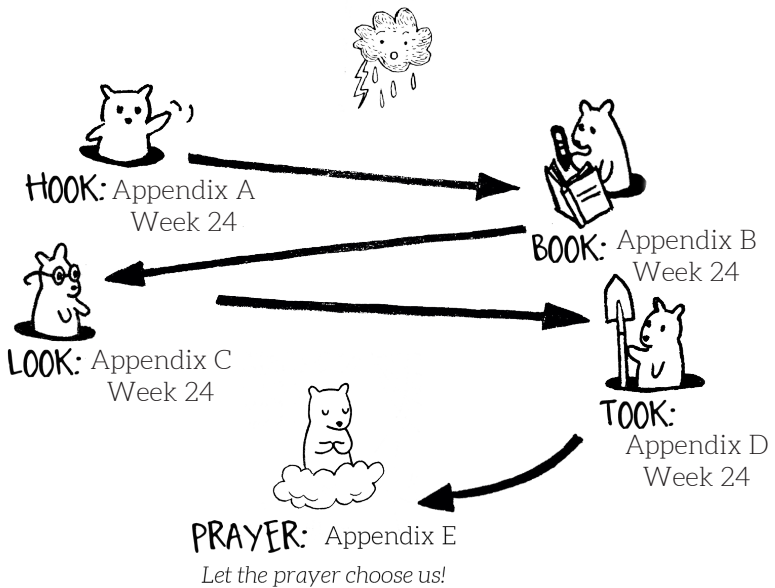
The Construction Worker



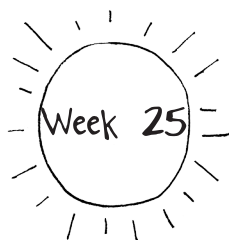
Notes:



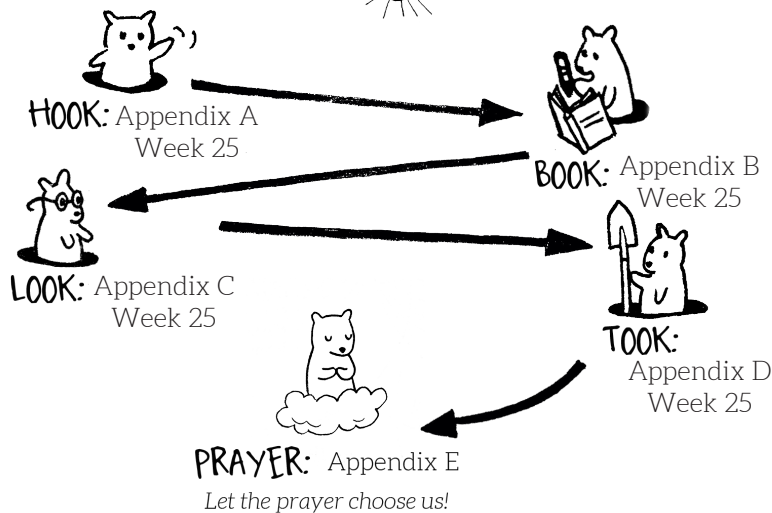
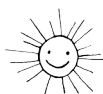
Focus:
Wilderness Temptation



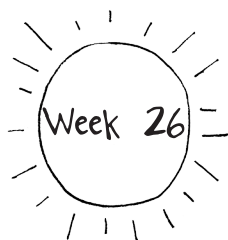
Notes:



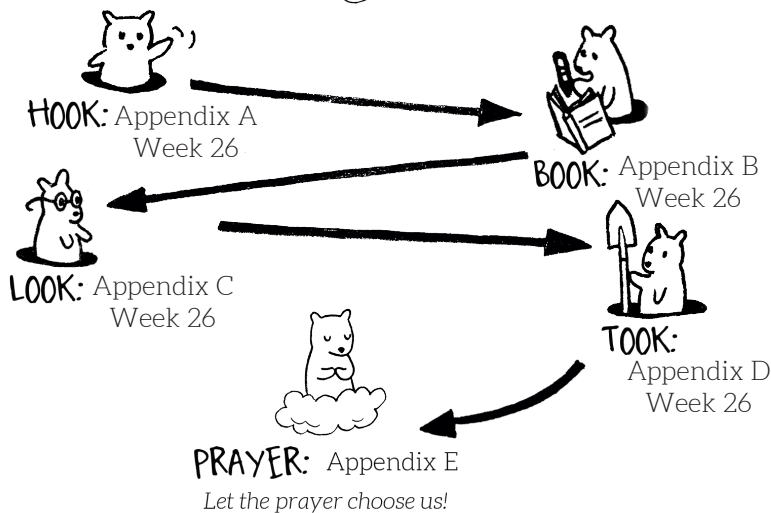
Focus:
Eternal Life



Notes:



Focus:
Mercy for All

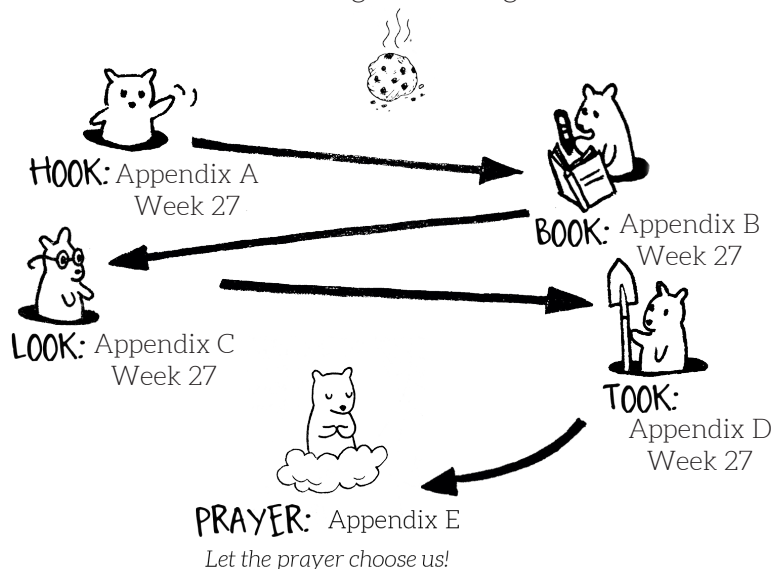


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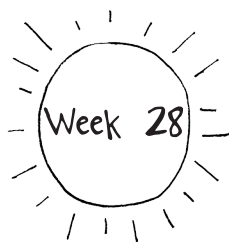


Focus:

Manna for All (1) -
Our Offering and Giving Back

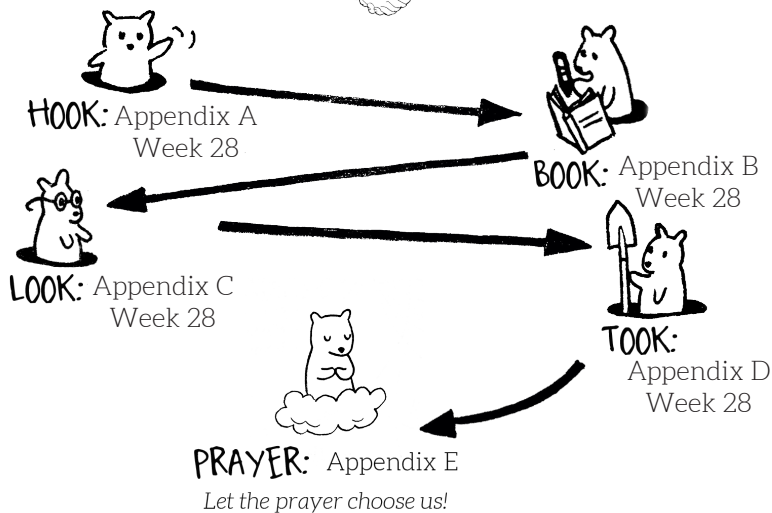


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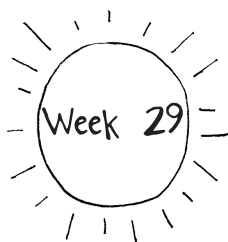


Focus:

Manna for All (2) -
Sharing Life Together

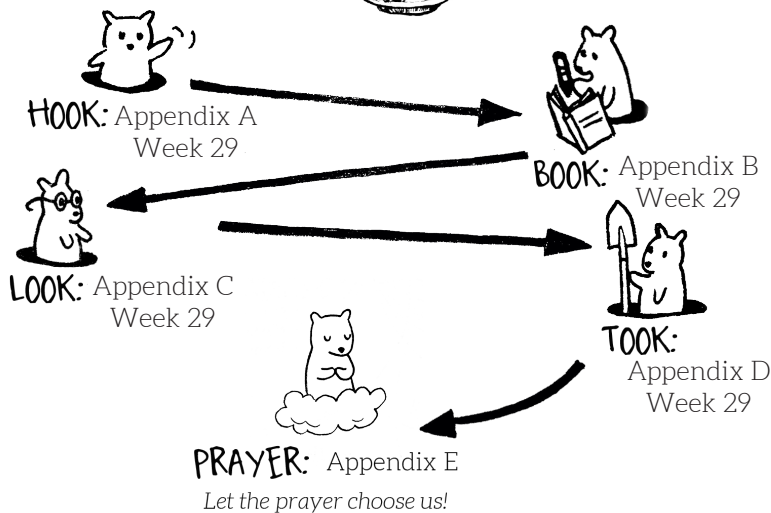


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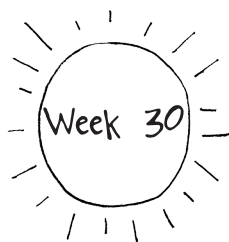


Focus:

Why Did Jesus Die?

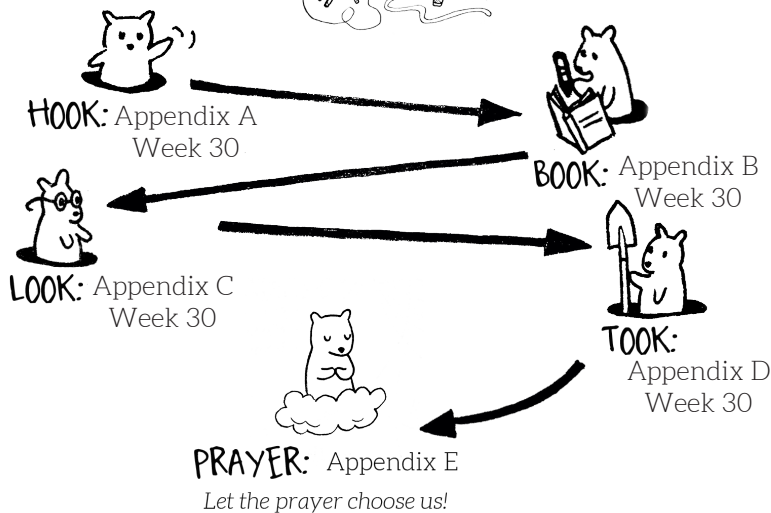


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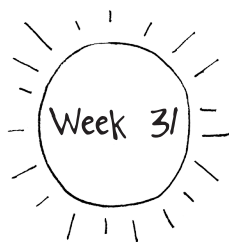


Focus:

Is Jesus the Only Way?

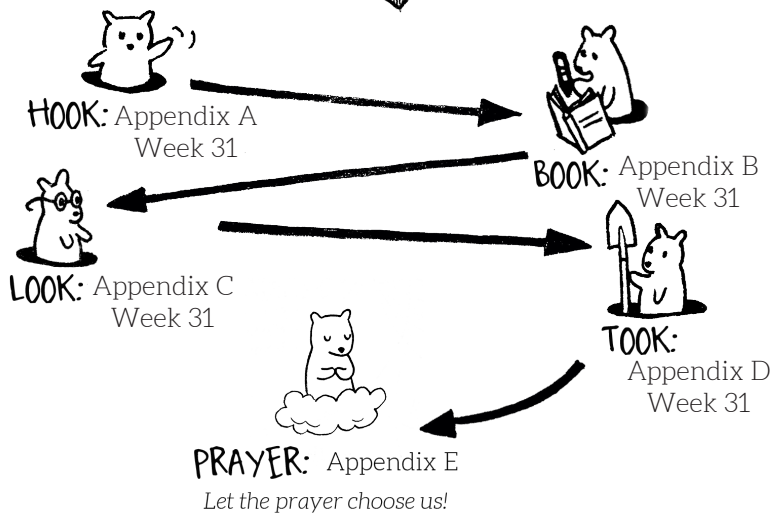


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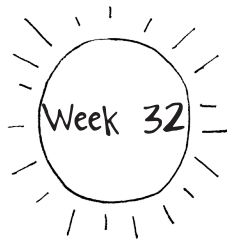


Focus:

Love Breaks Open -
Jesus & His Trouble-Making Go Merrily On!

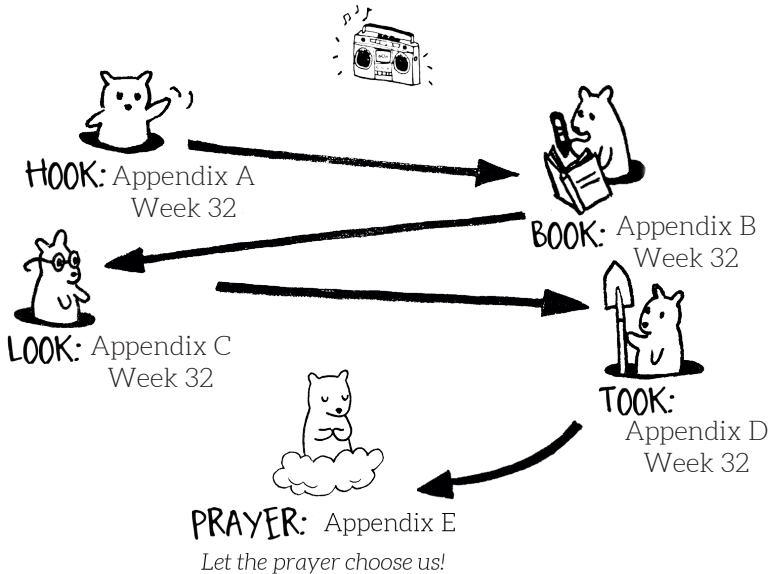


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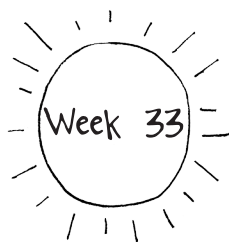


Focus:

Journey through Acts (1) -
Speaking the Truth in Love



Notes:



Focus:

Journey through Acts (2) -
Broken Laws



HOOK: Appendix A
Week 33



BOOK: Appendix B
Week 33



LOOK: Appendix C
Week 33



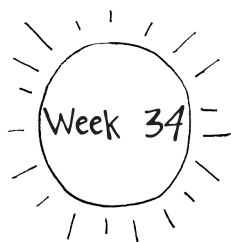
TOOK: Appendix D
Week 33



PRAYER: Appendix E

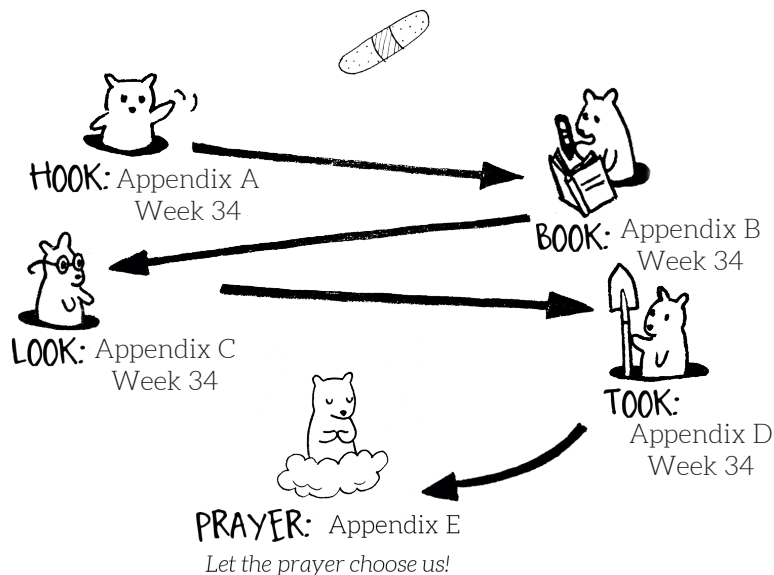
Let the prayer choose us!

Notes:

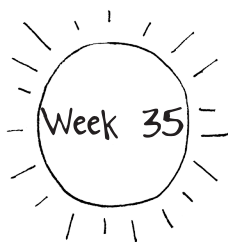


Focus:

Journey through Acts (3) -
Hurting and Healing

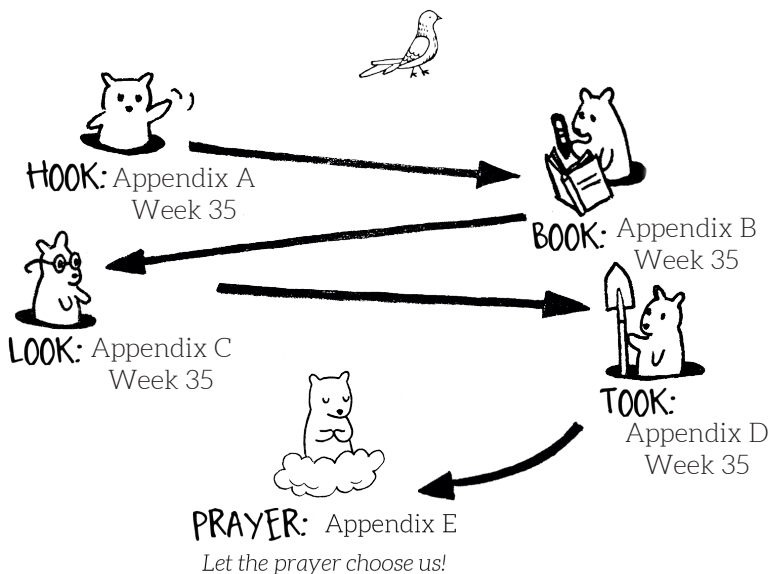


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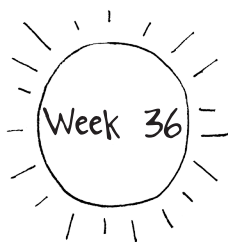


Focus:

Journey through Acts (4) -
Breaking Down Barriers



Notes:



Focus:

Journey through Acts (5) -
Family Again, Friends!



HOOK: Appendix A
Week 36



BOOK: Appendix B
Week 36



LOOK: Appendix C
Week 36

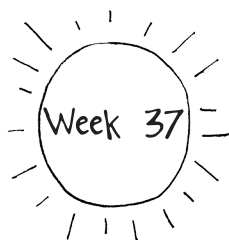


TOOK: Appendix D
Week 36



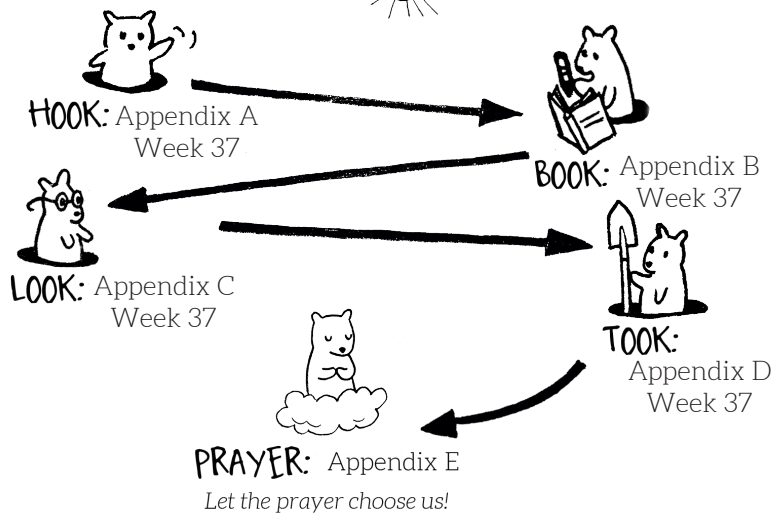
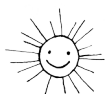
PRAYER: Appendix E
Let the prayer choose us!

Notes:

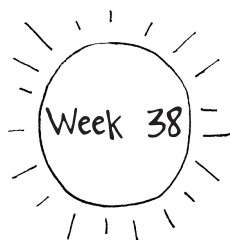


Focus:

Dreams are Coming True

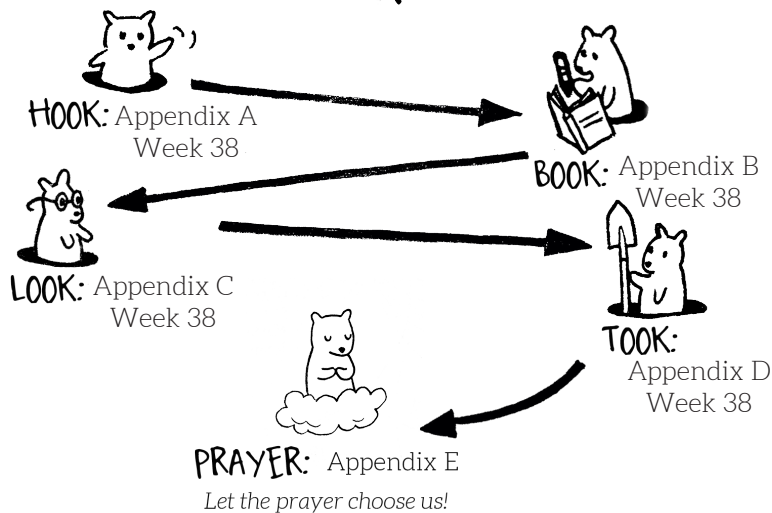


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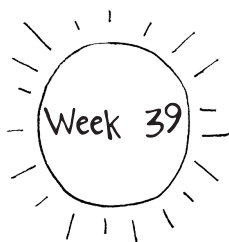


Focus:

Can the Church Get Better Again?

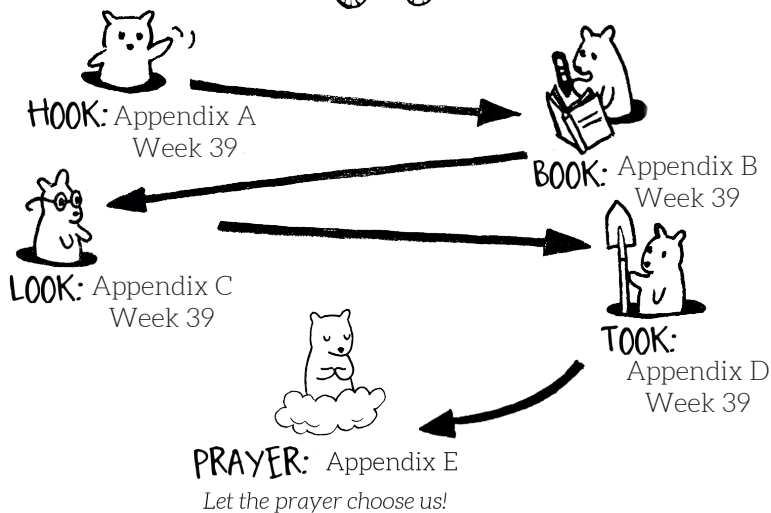


Notes:

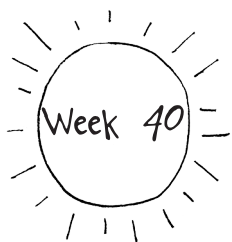


Focus:

Strength for Our Journeys



Notes:



Focus:

Free Space to Finish Up or Color Up
Manna & Mercy lesson



HOOK: Appendix A
Week 40



BOOK: Appendix B
Week 40



LOOK: Appendix C
Week 40



TOOK: Appendix D
Week 40



PRAYER: Appendix E
Let the prayer choose us!

Notes:

Appendix A: HOOK





What is the HOOK?

A "HOOK" should get our attention, give us time to talk about anything we need to, decide our direction, and lead us into the topic of our time together!⁵



Our HOOK will always be a "Check-in"

What is a Check-in?



A "Check-in" will help us say who we are, how we feel or how our week was. We will use a symbol or metaphor to help explain.⁶



If our category was seasons, you could say, "My week was like Summer because it was sunny and fun!"

Each week will have a different category!

Check-ins by Week Number

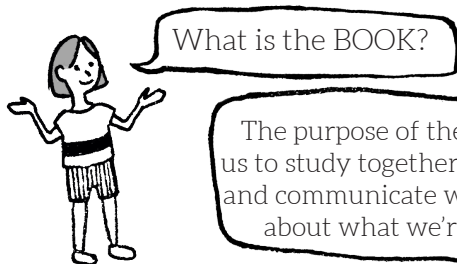
- i. What you would title a book if it were about you?
1. What color represents how your week was?
2. What is something you use for your eyes that represents how your week was?
3. Choose a type of question that represents your week (who?, what?, when?, where?, why?, how?...).
4. Name a place (anywhere!) that represents your week!
5. What is something in nature that will help you share how your week went?
6. Create any metaphor that represents your week! Imagine if your week was literally that thing.
7. Choose a reptile to represent your week.
8. What is something from space (star, sun, moon, galaxy, black hole, etc.) that represents your week?
9. What favorite person of yours (we all have a lot of favorite people, right?) best represents how your week was?
10. What animal or type of animal or animal noise will help you express how your week was?
11. Name a country in the world (or you could choose a fictional country :-)) that would best represent how your week went.
12. Choose a type of light that will help us see how your week was.
13. Which type of puzzle (sudoku, crossword, riddle, etc.) is like your week?
14. What type of music, musician or band sounds like your week?

15. Which mathematical item would be equal to your week?
16. What is something from the future that would have made your week better?
17. What tree is most like you this week?
18. What ocean or boat type best helps us understand the depths of your week or helps us get on your same wave?
19. Name any human that could best represent your week to everyone.
20. Which family member or family role is closest to your week?
21. What song would win the award for "best representation of your week"?
22. Choose a tool that would best describe your week.
23. Name an article of clothing that is most like your week.
24. What character from a movie is most like your week?
25. What type of money best describes your week?
26. Name a food that helps you describe your week.
27. What nickname would you give your week if it were a person?
28. Give a flower to describe your week.
29. Tell us of a type of transportation that describes the way your week went.
30. What is something that pops open that says how your week was?

31. Name an item from the restroom/bathroom that represents your week.
32. What is something breakable that represents how your week was?
33. Choose an item that would be in a first-aid kit that will help describe your week.
34. Which sandwich is most like your week?
35. Name something refreshing that is most like your week.
36. What is something essential to life that best describes your week?
37. Name something that makes life better that represents how your week went?
38. Choose a Manna and Mercy page or item in the room that best represents your week.
39. What is something that is free that represents how your week was?
40. Name a type of cloud that represents your week.

Appendix B: BOOK

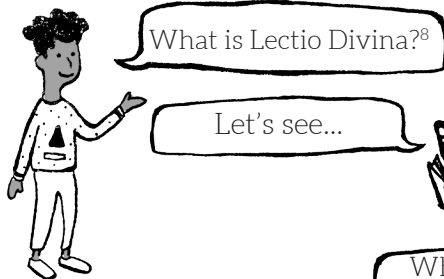




The purpose of the BOOK is for us to study together, find meaning, and communicate with each other about what we're learning.⁷



We will use Lectio Divina for our BOOK, which is *Manna and Mercy* (& the Bible!)



Let's see...



What is *Manna and Mercy*?



Manna and Mercy is a 100-page paraphrase of the Bible, written by Daniel Erlander -- it's simple and clear and very visual!



It's called *Manna and Mercy* because Erlander summarizes his interpretation of the Bible with those 2 words.

It's honest, humble, simple, and helps us connect to God and to each other!

How to Lectio Devina

1.



Read Silently

2.



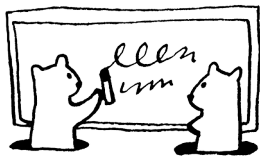
Notice what stands out to you

3.



Notice how it makes you feel

4.



Write together on a shared space what stands out from what you read

5.



Explain how what you wrote makes you feel

Suggestion!: If you have enough colors (of markers, chalk, etc.), make certain colors represent certain emotions. Using the emotions from the movie *Inside Out* is very helpful. Purple=*fear*, red=*anger*, yellow=*joy*, blue=*sadness*, green=*disgust*.¹⁰

So, before students write, they pick the color that represents how they feel about what they will write.

Manna and Mercy Chapters and Verses by Week Number:

- i. Read: Cover of M&M and M&M Values (see bibliography!)⁹
Share: What they would retitl the Bible
Feel: Give a color that represents how they feel about
the *Manna and Mercy* values

1. Read: *Manna and Mercy* Intro, p. V (silently)
Share: What word or phrase **stands out** the most? (explain
Lectio Divina using p. 48)
Feel: How they **feel** about that word or phrase using a color¹⁰
(agree on a color code together, see p. 48)

2. Read: *Manna and Mercy* Intro, p. VI (silently)
Share: Use *Lectio Divina* process

3. Read: *Manna and Mercy* Ch. 1, p. 1 (silently) and share +
Babylonian Creation Story: Enuma Elish (silently) and
share, this time using the 4 Question print-out (can be
found on “SEEDS AM Resources” on your local SEEDS
website.
Share: Use *Lectio Divina* process

4. Read: *Manna and Mercy* Ch. 1, p. 1 (look up Bible references
together and share from that)
Share: Use *Lectio Divina* process

5. Read: Review *Manna and Mercy* Ch. 1, p. 1, read Psalm 137
and Genesis 1 (together)
Share: Use *Lectio Divina* process

6. Read: *Manna and Mercy* Ch. 1, p. 2 (silently) through the first paragraph on top of p. 3
Share: Use *Lectio Divina* process
7. Read: *Manna and Mercy* Ch. 1, p. 3 (silently)
Share: Use *Lectio Divina* process
8. Read: *Manna and Mercy* Ch. 2 (silently) and see box of “The Primal Story of the Hebrew Bible” on p. 79
Share: Use *Lectio Divina* process
9. Read: *Manna and Mercy* Ch. 2, last paragraph on p. 6 - Ch. 3 (silently) and see (together) image of “Manna Society” on p. 80
Share: Use *Lectio Divina* process
10. Read: *Manna and Mercy* Ch. 3, p. 9 last paragraph through Ch. 4, p. 15 (silently)
Share: Use *Lectio Divina* process
11. Read: *Manna and Mercy* Ch. 4, p. 13-14 (Review LARGE words and Righteousness/Mercy Image out loud), then read (silently) Ch. 5, p. 16-20
Share: Use *Lectio Divina* process
12. Read: *Manna and Mercy* Ch. 6, p. 21-22 (silently)
Share: Use *Lectio Divina* process

13. Read: *Manna and Mercy* Ch. 6, review last LARGE words and Pyramid Image, then read Ch. 7, p. 23-26 (read silently and when sharing, next, compare p. 23's society with p. 19's, then see (together) image on p. 83 "The Abundance of Creation")
Share: Use *Lectio Divina* process
14. Read: *Manna and Mercy* Ch. 7, review (together) last 2 paragraphs on p. 26, then read (silently) Ch. 8, p. 27-28
Share: Use *Lectio Divina* process
15. Read: *Manna and Mercy* Ch. 8, review last 2 paragraphs of p. 28 (together) and read (silently) Ch. 9, p. 29-30 and see "Important Note" under "Servant of Yahweh" on p. 84
Share: Use *Lectio Divina* process
16. Read: *Manna and Mercy* Ch. 9, read (silently) p. 31-33 (end at Hanukkah section)
Share: Use *Lectio Divina* process
17. Read: *Manna and Mercy* Ch. 9, p. 33, 2nd paragraph through p. 37
Share: Use *Lectio Divina* process
18. Read: *Manna and Mercy* Ch. 9, read (silently) and share about p. 37-38, then, before watching the video, review p. 32's 1st and 2nd paragraphs with 2 points
Share: Use *Lectio Divina* process

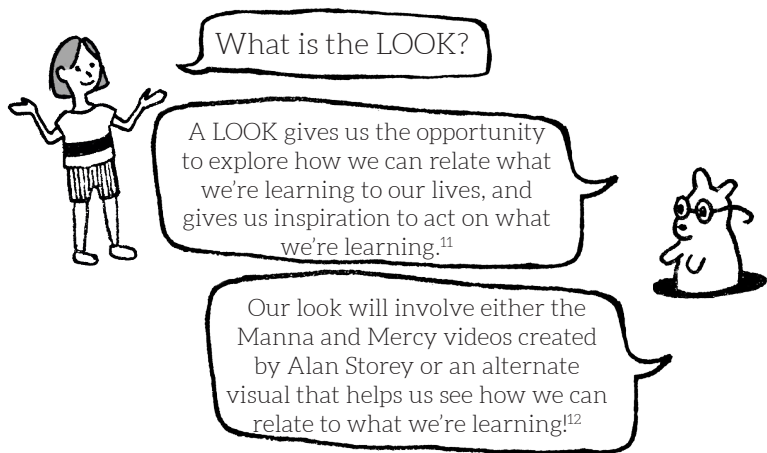
19. Read: *Manna and Mercy* Ch. 9, review (together) boxes on p. 37 about Jesus' context, then read (silently) Ch. 9, p. 39
Share: Use *Lectio Divina* process
20. Read: *Manna and Mercy* Ch. 9-10, review (together) p. 37's types of people, and all of the boxed and LARGE words from p. 37-39
Share: Use *Lectio Divina* process
21. Read: *Manna and Mercy* Ch. 10, read p. 39-40 (silently)
Share: Use *Lectio Divina* process
22. Read: *Manna and Mercy* Ch. 10, review (together) LARGE words and Mary's song, then read (silently) p. 41
Share: Use *Lectio Divina* process
23. Read: *Manna and Mercy* Ch. 10, read p. 42 (silently)
Share: Use *Lectio Divina* process
24. Read: *Manna and Mercy* Ch. 11, read (silently) p. 43-45
Share: Use *Lectio Divina* process
25. Read: *Manna and Mercy* Ch. 11, review LARGE words (together), then read (silently) p. 46-47
Share: Use *Lectio Divina* process
26. Read: *Manna and Mercy* Ch. 11, review (together) 1st and 2nd paragraph with "Abundant Mercy for All" point, LARGE paragraph on p. 47 and see "Jesus Third Way" on p. 87, then read (silently) p. 48-50 (end at 1st paragraph)
Share: Use *Lectio Divina* process

27. Read: *Manna and Mercy* Ch. 11, review (together) p. 48, 1st paragraph under “Abundant Manna for All”, images on p. 49, and 3 images at the top of p. 50, then read (silently) p. 50-54 starting with 2nd paragraph (“Jubilee!”), ending with image and blurbs on p. 54.
Share: Use *Lectio Divina* process
28. Read: *Manna and Mercy* Ch. 12, review (together) p. 53, last paragraph, then read (silently) p. 54-56
Share: Use *Lectio Divina* process
29. Read: *Manna and Mercy* Ch. 12, review (together) 2 boxes on p. 55, images on p. 56, and read (silently) p. 56-57, starting with last paragraph on p. 56
Share: Use *Lectio Divina* process
30. Read: *Manna and Mercy* Ch. 12, review (together) the “No’s” on p. 57, then read (silently) Ch. 13, p. 58-59
Share: Use *Lectio Divina* process
31. Read: *Manna and Mercy* Ch. 13, review (together) LARGE words and images on p. 58-59, then read (silently) p. 60-61
Share: Use *Lectio Divina* process
32. Read: *Manna and Mercy* Ch. 13, review (together) last paragraph p. 61, then read (silently) p. 62-63
Share: Use *Lectio Divina* process
33. Read: *Manna and Mercy* Ch. 13, review (together) LARGE words on p. 63, then read (silently) p. 64-66
Share: Use *Lectio Divina* process

34. Read: *Manna and Mercy* Ch. 13, review (together) last paragraph on p. 66, then read (silently) Ch. 14, p. 67-69
Share: Use *Lectio Divina* process
35. Read: *Manna and Mercy* Ch. 14, review (together) last paragraph and image on p. 69, then read (silently) Ch. 15, p. 70-71
Share: Use *Lectio Divina* process
36. Read: *Manna and Mercy* Ch. 15, review (together) p. 71's "Cosmic Koinonia" images, then read (silently) Ch. 15, p. 72-75
Share: Use *Lectio Divina* process
37. Read: *Manna and Mercy* Ch. 15, review (together) LARGE words & images on p. 74-75, then read (silently) p. 75-77
Share: Use *Lectio Divina* process
38. Read: *Manna and Mercy* Ch. 16, review (together) bullet points on p. 76-77, then see image (silently) p. 77 and read p. 93's reference to p. 77, then see (together) last image on p. 93
Share: Use *Lectio Divina* process
39. Read: *Manna and Mercy* (if you are behind you can use this week to finish!)
Share: Use *Lectio Divina* process
40. Read: *Manna and Mercy* (if you are behind you can use this week to finish!)
Share: Use *Lectio Divina* process

Appendix C: LOOK





* We will practice something we're calling *video divina*. See description in Appendix B of *lectio divina* (pg. 48). Watch the video, share what stands out, and then tell how it makes you feel!

Videos for Each Week:

A few points before we begin!

- Our first week's lesson involves setting up to watch videos, not actually watching.
- We have provided flash drives with these videos included!
Or... see mannaandmercy.com - "Video Clips"
- 2 videos assigned in 1 week? Please allow students to share between the 1st and 2nd video! Longer video? Feel free to stop them to share and then start back and share after that!

- Look: Set up your area together how you want it to look, figure out where you should put your computer or TV to show the videos, etc.
 - Put your flash drive (with M&M videos) in the same place each week -- choose where that place will be together.
 - If you are not using the flash drive, but using the internet to watch the videos, agree on what computer you will use and find out the wifi password for the space you're using.

Share: Your favorite item in the room!

Feel: Share how you want to feel when you walk in each Sunday, or how you want others to feel.

1. Look: Watch M&M Video 1: Introducing Manna and Mercy

Share: What stood out to you!

Feel: Share how it makes you feel using a color as you write or draw what stood out.

2. Look: Watch M&M Video 2: Lens of Jesus

Share: Use *video divina* process

3. Look: Watch M&M Video 3: The 4 Questions

Share: Use *video divina* process

4. Look: Watch M&M Video 4: Context Gives Meaning
Share: Use video divina process
5. Look: Watch M&M Video 5: By the Rivers of Babylon
Share: Use video divina process
6. Look: Watch M&M Video 6: Truth is Larger than Fact
Share: Use video divina process
7. Look: Watch M&M Video 7: Freedom is the Air Love Breathes
Share: Use video divina process
8. Look: Watch M&M Video 8: In Love, By Love, For Love
and Video 12: The Wilderness School
Share: Use video divina process
9. Look: Watch M&M Video 9: God's Partners
and 11: The Pyramid
Share: Use video divina process
10. Look: Watch M&M Video 13: Law as Gift
Share: Use video divina process
11. Look: Watch M&M Video 14: Not Everything that is Biblical
is Christ-like
Share: Use video divina process
12. Look: Watch M&M Video 15: Jesus' 3rd Way
(preface that there is 1 curse word in this video, so that students are not caught off guard -- no need to talk about it)
Share: Use video divina process
13. Look: Watch M&M Video 16: Suffering and God's Will
Share: Use video divina process

14. Look: Watch M&M Video 17: Hell
Share: Use *video divina* process
15. Look: Watch M&M Video 18: Favoritism and Division
Share: What stood out to you!
Feel: Share how it makes you feel using a color as you write or draw what stood out.
16. Look: Watch M&M Video 19: Prophets
Share: What stood out to you!
Feel: Share how it makes you feel using a color as you write or draw what stood out.
17. Look: Watch M&M Video 22: An Unbiblical Marriage
(BEFORE PLAYING THIS VIDEO: we will say a word here, before playing this video, on why we are skipping video 20 specifically, which involves language that would violate the safe sanctuary policy for youth in the United Methodist Church--it involves context appropriate for adults. That is the only reason we are skipping it. We are not avoiding the topic of homosexuality, as it is important for youth to discuss. If they would like to talk about that, they could at a later time, but we are simply not watching the video on the topic within this book. So, with respect to the issue of homosexuality in our time, and with prayers for love and understanding in our churches who claim to belong to all people and with whom all people belong, as long as we belong to Christ, we will move on to video 22 for our youth curriculum surrounding Manna and Mercy).
Share: Use *video divina* process
18. Look: Watch M&M Video 24: Where is Your Ninevah?
(BEFORE PLAYING THIS VIDEO: Review p. 32's 2 points from Ch. 8 in the book *Manna and Mercy*.)
Share: Use *video divina* process
19. Look: Watch M&M Video 19: Jesus' Context
Share: Use *video divina* process

20. Look: Watch M&M Video 26: Virgin Birth
Share: Use video divina process
21. Look: Watch M&M Video 27: Mary's Song
and 29: The Life of a Faithful Disciple
Share: Use video divina process
22. Look: Watch M&M Video 28: Construction Worker
Share: Use video divina process
23. Look: Watch M&M Video 30: Wilderness Temptation
Share: Use video divina process
24. Look: Watch M&M Video 31: Eternal Life
Share: Use video divina process
25. Look: Watch M&M Video 19: Mercy for All
Share: Use video divina process
26. Look: Watch M&M Video 33: Mercy for All (1)
(This video is long, so you may want to stop and share in the middle.)
Share: Use video divina process
27. Look: Watch M&M Video 34: Mercy for All (2)
(This video is long, so you may want to stop and share in the middle.)
Share: Use video divina process
28. Look: Watch M&M Video 35: Why Did Jesus Die?
(This video is long, so you may want to stop and share in the middle.)
Share: Use video divina process
29. Look: Watch M&M Video 37: Is Jesus the Only Way?
Share: Use video divina process

30. Look: Watch M&M Video 38: Love Breaks Open
Share: Use *video divina* process
31. Look: Watch M&M Video 39: Journey through Acts (1)
Share: Use *video divina* process
32. Look: Watch M&M Video 40: Journey through Acts (2)
Share: Use *video divina* process
33. Look: Watch M&M Video 41: Journey through Acts (3)
Share: Use *video divina* process
34. Look: Watch M&M Video 42: Journey through Acts (4)
Share: Use *video divina* process
35. Look: Watch M&M Video 43: Journey through Acts (5)
Share: Use *video divina* process
36. Look: Watch M&M Video 44: The Train
Share: Use *video divina* process
37. Look: Watch M&M Video 45: The Church
Share: Use *video divina* process
38. Look: Watch M&M Video 46: Strength for the Journey
Share: Use *video divina* process
39. Look: Watch M&M Video
(This is time to catch up on videos, watch videos we missed, like Video 10, Video 21, and Video 23 (Manna and Mercy friends' stories!, or watch something online that's beautiful to celebrate this journey!)
Share: Use *video divina* process
40. Look: Watch M&M Video (*Catch-up or wrap-up time*)
Share: Use *video divina* process

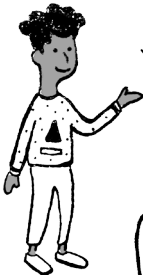
Appendix D: TOOK





What is the TOOK?

A TOOK helps us identify one specific step that will allow us to really finish learning by practicing!¹³



Anything else?

Oh yeah! These things:

Sharing TOOKs through social media might work!¹⁴
#seedsyouthcoop



Sometimes we will dance together and have fun!
Find those times at seedsincookeville.com!

Suggested Step One's and Evening Schedule Ideas! (By Week Number)

- A note about Scheduled meetings with youth:
We will be using *SEEDS PM Meeting Manual*, which requires 2 or more adults with students for meeting times (see *SEEDS PM Meeting Manual* p. 16)¹⁵
- Review last week's TOOK each week -- be consistent in following up.
- All SEEDS **Leaders** and **Volunteers** should **participate in the Step One's and Schedule** times along with students!
It'll be great! :)
- If there is **more than one option for your "Step One"**, you can use one or all!

- i. Step One: Use 1 Manna and Mercy Value in life this week.
Schedule: Tonight... Parent Night/Party (at a time best for all -- *SEEDS PM Meeting Manual* p. 2-4)!

1. Step One: Decide together or Notice where we hear God's name mentioned most this week
Schedule: Tonight = Idea Might! We will meet to collaborate and decide who we are and what we'll do (*SEEDS PM Meeting Manual* p. 5, viii, 6-12)¹⁶

2. Step One: Stop and ask at least 1 time this week about a specific person, place, thing, or idea, "How is this like Jesus?"
Schedule: Tonight --> Idea Might + Our rhythm for Idea Might = HGP (Explanation will come in *SEEDS PM Meeting Manual* p. 13-15)¹⁷

3. Step One: Am I choosing to be Babylonian or Creative?

(the Babylonian way or the way of the Creation story)

Schedule: Now we have found our evening rhythm, having practiced for the last 2 weeks, so we will follow it the rest of our time, using “Idea Might” (the guidelines we’ve set together and our decided DNA) + “Harm, Good, Pray” (both from SEEDS PM Meeting Manual, p. 13-15)¹⁸

4. Step One: Ask at least 1 person this week how their week is going.

Schedule: “Idea Might + Harm, Good, Pray” from *SEEDS PM Meeting Manual*

5. Step One: Take nicknames like “mud” and other mean nicknames you’ve given people or that have been given to you, and change them, in your mind to “Image of God”.

Schedule: “Idea Might + Harm, Good, Pray”

6. Step One: Create (now) a new metaphor or simile for God that you’ve never heard before.

Schedule: “Idea Might + Harm, Good, Pray”

7. Step One: A) Identify “snakes” this week that make us believe we are not enough

B) Thank God, when we give in to “snakes”, that we are not robots and we are able to make mistakes!

C) Play the largest, most exciting game of “hide & seek” ever this week!

Schedule: “Idea Might + Harm, Good, Pray”

8. Step One: A) Create the Immovable Still Point (of Love) and hang, draw, or place it somewhere in your shared space
B) Let your week revolve around the immovable still point that God is Love
C) Put the Immovable Still Point in your room/locker/backpack/pocket, etc.

Schedule: “Idea Might + Harm, Good, Pray”

9. Step One: A) Ask yourself this week, “Am I being a friend?”
B) Shake hands or high five with everyone here before leaving! Hug, high five, or give a handshake or a smile to at least 1 person this week.

Schedule: “Idea Might + Harm, Good, Pray”

10. Step One: A) Think of people as gifts this week, including you! Think of all of us as gifts!
B) Give someone a simple gift this week you think they’ll like!

Schedule: “Idea Might + Harm, Good, Pray”

11. Step One: Ask yourself this week at least 2 times, “Would Jesus say ‘amen’ to that?” And answer the question.

Schedule: “Idea Might + Harm, Good, Pray”

12. Step One: Color in Manna and Mercy for 5 minutes this week
Schedule: There should be a Party tonight!

(See seedsincookeville.com for details!) If the schedule has changed, then, of course, “Idea Might + Harm, Good, Pray”

13. Step One: A) Think of someone who is suffering and be silent
B) Go sit quietly with someone who might be having a hard time
C) If you are having a hard time, BREATHE IN for 5 seconds and BREATHE OUT for 5 seconds, back and forth for a while this week.

Schedule: "Idea Might + Harm, Good, Pray"

14. Step One: Listen to 1 song this week that your sibling, parent, friend, or grandparent likes that you wouldn't normally listen to -- ask them to choose.

Schedule: "Idea Might + Harm, Good, Pray"

15. Step One: Notice when you are showing favoritism to people this week. How does it make you feel? Notice when you get divided from a friend this week and notice how it feels.

Schedule: "Idea Might + Harm, Good, Pray"

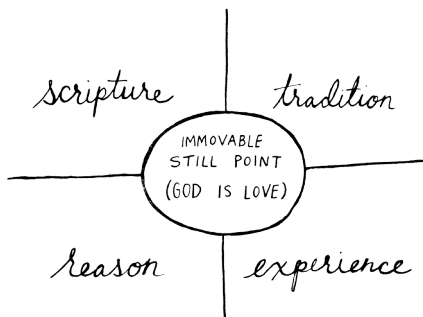
16. Step One: A) Invent or Create something new with someone this week
B) Invent a new Holiday with a friend this week and Celebrate it this Year!

Schedule: "Idea Might + Harm, Good, Pray"

17. Step One: Draw the United Methodist Quadrilateral and explain it like this¹⁹:

The Wesleyan Quadrilateral is part of the tradition of the United Methodist Church for help in living as Jesus would have. So ... Quad means what? Four! Right, so there are 4 parts: 1) Scripture 2) Tradition 3) Reason and 4) Experience. We will

add our immovable still point that “God is Love” to the middle of the Quadrilateral to help us make decisions together!



Schedule: “Idea Might + Harm, Good, Pray”

18. Step One: This week, we will practice not thinking about ourselves as better (or worse) than anyone else -- just think about something else good when you start to do that.

Schedule: “Idea Might + Harm, Good, Pray”

19. Step One: Think about what Jesus would be doing if Jesus was living your life (if God was living as we do) at least 1 day this week (choose any day!)

Schedule: “Idea Might + Harm, Good, Pray”

20. Step One: We will ask ourselves this week if we follow Jesus or other people. If we follow other people, we will ask ourselves if those other people follow Jesus. If they don't, we will think about whether or not we should follow them in the way they live and act and speak to each other.

Schedule: “Idea Might + Harm, Good, Pray”

21. Step One: A) We will ask ourselves this week, “What do we want the future to be like?”
B) We will ask ourselves how much time we spend working toward a new future!
C) Draw your future this week! (See bibliography for a helpful TED Talk!)²⁰
Schedule: “Idea Might + Harm, Good, Pray”
22. Step One: Ask 1 time this week, “Am I doing harm or good to myself and/or others?”
Schedule: “Idea Might + Harm, Good, Pray”
23. Step One: Repeat to yourself this week or about another person “We are born in Love, by Love, and for Love” over and over again. This is so helpful!
Schedule: “Idea Might + Harm, Good, Pray”
24. Step One: A) Hug someone this week
B) Give at least 1 compliment to someone else this week
Schedule: There will be a SEEDS Party this week!
(See your local SEEDS Schedule!)
25. Step One: A) Give a little money away this week
B) Help 1 person this week who might not get helped often
Schedule: “Idea Might + Harm, Good, Pray”

26. Step One: A) Consider giving an offering together to the church next week and asking the pastor where the money goes or who it helps?
B) Give anything away or buy something that would help in the work of mending the world!
C) If you can't give anything away, repeat the phrase, "There is enough for us all," this week.

Schedule: "Idea Might + Harm, Good, Pray"

27. Step One: A) Share something this week
B) Let someone share with you this week
C) Learn 1 new name of a person this week
D) Learn 1 new thing about someone this week

Schedule: "Idea Might + Harm, Good, Pray"

28. Step One: A) Think about how Jesus was not a robot, just like we are not robots
B) Remember this week that there is nothing we do or can do or have done to make God/Jesus stop loving us -- we are FORGIVEN FOREVER and there's nothing we can do about it.

C) Thank God that you and Jesus are not robots -- that we are free! Maybe robots will be free too one day :)

Schedule: "Idea Might + Harm, Good, Pray"

29. Step One: Turn off a light and say "No" this week, and remember that Jesus heard the word "no" a lot for his way of life.

Schedule: "Idea Might + Harm, Good, Pray"

30. Step One: Turn on a light this week and say “Yes!”

Remember that God said “yes” to Jesus’ way of life.

Schedule: There will be a SEEDS Party this week!

(See your local SEEDS Schedule!)

31. Step One: A) Think about what it means to Speak the Truth in Love this week and practice it

B) Pray 1 time this week about anything

C) Listen to someone who is weak or powerless or unpopular or quiet

D) Repeat “We are born in Love, by Love, and for Love”

Schedule: “Idea Might + Harm, Good, Pray”

32. Step One: Think about different rules this week, and whether or not they do harm or good to the people they were created for. If you think of a harmful rule or law, think about a creative way that it could be changed.

Schedule: “Idea Might + Harm, Good, Pray”

33. Step One: A) Take a hurtful nickname you’ve received and change it to “Love” and never change it back.

B) Take a hurtful nickname you’ve given someone else and change it to “Love” and never change it back.

Schedule: “Idea Might + Harm, Good, Pray”

34. Step One: Find one thing you have in common with someone who is different from you. Then say, “we are _____”, or “we have _____”, or “we can _____”, or “we know _____”, or “we like _____” (insert that thing you have in common there)

Schedule: “Idea Might + Harm, Good, Pray”

35. Step One: Think of others as family this week.

Schedule: "Idea Might + Harm, Good, Pray"

36. Step One: A) Do you have a dream for your life? How can we work together to make it happen? Can you ask another person to help you get started?

B) When you buy something this week/if your family or friends do, then think about how God freely gives life to us and we don't have to buy it or earn it.

Schedule: "Idea Might + Harm, Good, Pray"

37. Step One: A) Think about how you can help someone heal this week. Offer to help!

B) Think about how you could use help healing this week -- see if you can ask someone to help you!

C) Ask God how he can help you to help the church heal so that the church can help the world heal.

Schedule: "Idea Might + Harm, Good, Pray"

(Announce Party in 2 weeks)

38. Step One: Draw the image that stands out to you most from p. 76 or 77 and describe how it makes you feel (part of the BOOK section)

Schedule: "Idea Might + Harm, Good, Pray"

(Announce Party next week)

39. Step One: (Spare time to catch up if need be!)

Schedule: There will be a SEEDS Party this week!

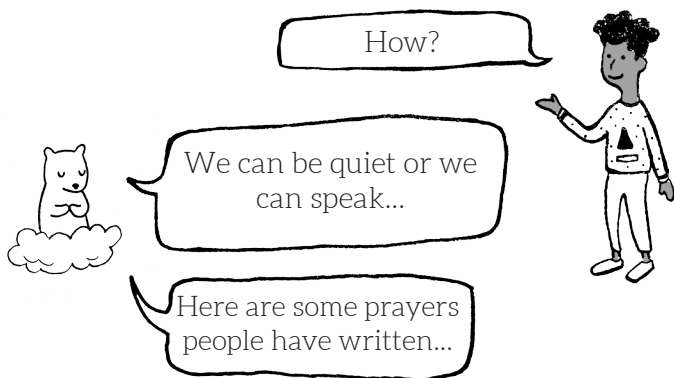
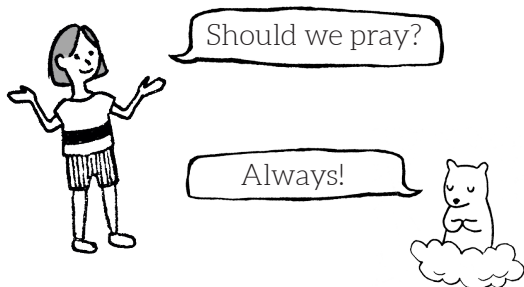
(See your local SEEDS Schedule!)

40. Schedule: *(See your local SEEDS Schedule!)*

Appendix E:

PRAY





Sometimes just watching a bird fly or noticing a weed growing in a vacant parking lot can be the same as praying.²¹ So, whether we speak one of these prayers or just pay attention to the ways of God in our world, the things we find God in and the things God does and creates, may you grow in your practice of prayer!²²



Breathe in...

Jesus, help.

Breathe out...

Amen.

Repeat 7 times.

Hey God,
Just asking that you do
what needs to be done.

Amen.

Amen.

God, you are love.

Help us be love, too.

Amen.

Jesus, you believe in us. Help us
believe in ourselves.

Thank you for believing in us.
Wow! We can do stuff! We will do
stuff because you say we can.

We believe you.

Amen.

**We love you,
God.
Amen.**

Almighty God, the eternal Rock of ages you
alone deserve all my praise and worship. Help
me trust your unfailing love now and always.

What a privilege to know you as
Lord and Savior.

Thank you for
loving us, God.
Amen.

*God, help us do less harm and do more good so
that the world is a better place,
because you love everything.*

This is what we really really want.
Amen.

**We think we can't a lot of
times. We know you can.**

**Help us know we can
a lot of times. In Jesus'
name,
Amen.**

God, thanks for dancing
and balloons and music and
friends and sunshines and
rain and how trees grow and
how magnets work and how
acorns and birds look. We
love how you created the
world and us.

Help us to believe that you love
us more and more each day.
In Jesus' name, Amen.

We love you.
Amen.

Jesus, you lived on Earth.

*Help us learn to live on Earth.
Amen.*

We know that you are
holy, so we ask for you to
be close to us.
Come close!
Amen.

*God, help us to see you
in everything.
Amen.*

Holy Spirit, help us to make good decisions.
In Jesus' name, Amen.

God... wow!
Amen.

When we are confused,
help us to know that you
love us and that we
belong in your world.
Amen.

*Jesus, you care.
Help us to care.*

We know that you
are good, so we ask
for your goodness.
Bring it!
Amen.

Amen.

God, help us to be
brave and unafraid.
In Jesus' name,
Amen.

*God, help our family have
enough food to eat this week.
Help someone else's family
have enough food, too.*

Amen.

We pray for God's peace and strength to help people suffering with health issues, mental illness, family problems or any other issues in their lives. Amen.

God, we ask that we could run around like crazy this week and dance and laugh so hard that our faces hurt. In Jesus' name, Amen.

Holy Spirit, guide us in the way we live.
Help us always to be looking for your help.
Amen.

*Help us give away the things
that we can so that others can
know that we are all equal.
In Jesus' name, Amen.*

*God, help us know you want us around.
In Jesus' name,
Amen.*

**God, when we are
hurting, help us trust you
for healing.
Amen.**

God of compassion, you suffer in the grief of your people, and you are present to heal and forgive. May the sun of your justice rise on every night of oppression, and may the warm rays of your healing love renew each troubled mind; for you are the God of salvation and new life, made known to us in Jesus Christ our Lord. Amen

Silence.

(Repeat one word for God as we are silent and don't let anything else enter our head, then let that word go after a while and just sit silently and be still with God.)

Amen.

God, please allow us to stop, to breathe, to be aware of all that is present right this very moment. Please continue to provide opportunities for us to be out of our normal routine enough to realize how very little we need. Please let us know how much we actually want nothing but your grace, your comfort and your peace. Amen.

God, teach us to forgive each other.
Teach us how to be great at it.
Because Jesus was great at it.
Amen.

Questions?

Questions are great!

Email info@seedsincookeville.com any time!

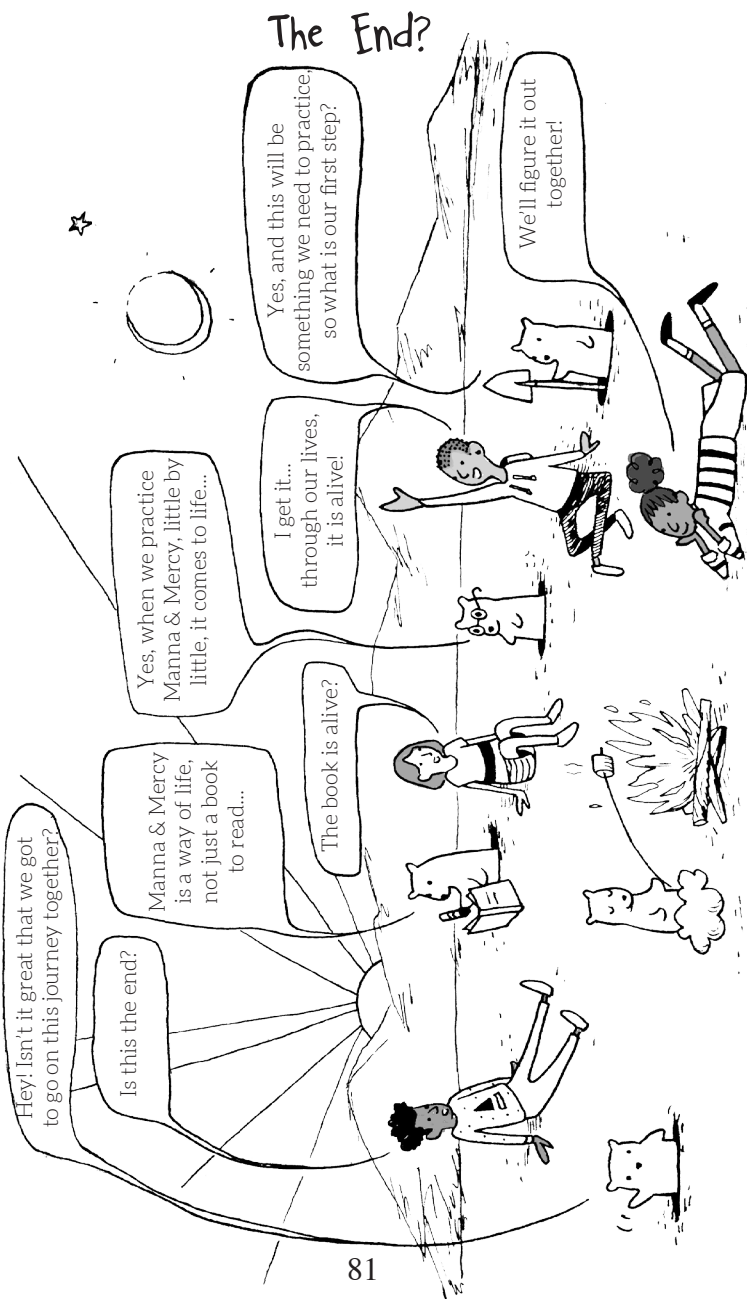
Seedsincookeville.com has our schedule and specifics!

707-SEEDS-23

Call with questions!

Please write any additional contact information for your local church or SEEDS Staff here:





The End?

Hey! Isn't it great that we got to go on this journey together?

Is this the end?

Manna & Mercy is a way of life, not just a book to read...

Yes, when we practice Manna & Mercy, little by little, it comes to life...

Yes, and this will be something we need to practice, so what is our first step?

I get it... through our lives, it is alive!

The book is alive?

We'll figure it out together!

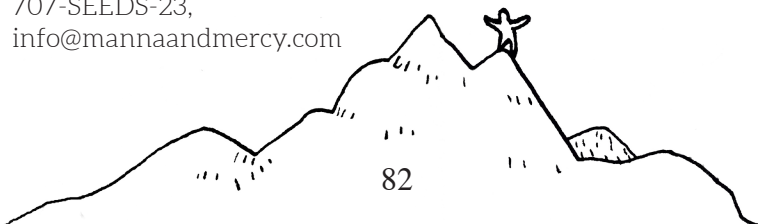
What's Next?

Finished with SEEDS Manna and Mercy Pocket Guide?

Wow, way to go!

We've got some ideas for what we can do next:

- See what others in your area are doing next by connecting through the SEEDS website: seedsincookeville.com
- Get involved by helping out with children's ministry for a while, alongside youth at your church, to take a break -- MannaAndMercy.com has children's resources that students could help lead or teach as a way to give back from what they've learned or received.
- Start again next year with Daniel Erlander's book *Come and See* for your book section as a very visual way to walk through the Bible or use it as a group-confirmation curriculum.
- Use what you've learned through *SEEDS Manna and Mercy Pocket Guide* to read the biblical references in *Manna and Mercy*, walking back through with the same weekly rhythm.
- Use the rhythm we've used (HOOK/BOOK/LOOK/TOOK) with a different study or to study a book of the Bible the way that we learned in Alan Storey's *Manna and Mercy* videos!
- See "SEEDS AM Resources" page at seedsincookeville.com for more opportunities and to remain informed!
- Talk with a human! info@seedsincookeville.com, 707-SEEDS-23, info@mannaandmercy.com



More Manna and Mercy

"come back to me for I am
merciful, slow to anger, &
abounding in steadfast love."

(Joel 2:13)



- How do you say
"steadfast love"
in Hebrew?

"HESED"



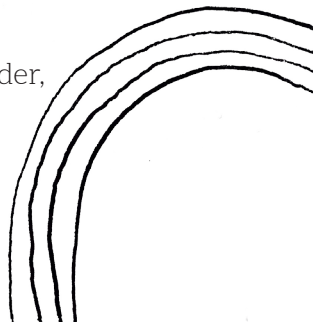
See MannaAndMercy.com for:

- A collection of resources (small group guides for adults, confirmation resources, ways to contribute) created from lots of people from all around!
- All of Alan Storey's videos for *Manna and Mercy*, with his contact info!
- Information on *Manna and Mercy*-related events
- Ways to connect with other people involved with *Manna and Mercy*
- To order more books, flash drives, or other resources



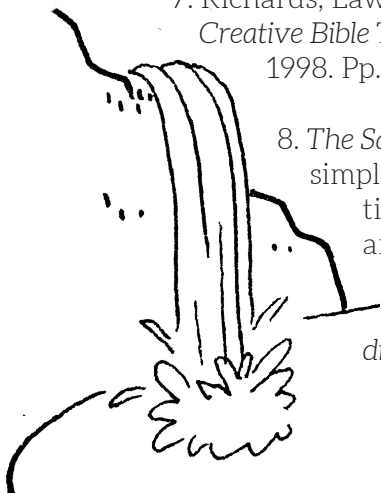
See DanielErlander.com for:

- More writings from Daniel Erlander, to learn more about him!
- Ways to contact the author
- To order books or other resources



Bibliography

1. For more information on Safe Sanctuaries, please visit the United Methodist Discipleship Ministries' website: <http://www.umcdiscipleship.org/leadership-resources/safe-sanctuaries>.
2. Erlander, Daniel. *Manna and Mercy*. p iii.
3. Mark 4:26-29, *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved.
4. Erlander, Daniel. *Manna and Mercy*. p 1.
5. Richards, Lawrence O., and Gary J. Bredfeldt. *Creative Bible Teaching*. Chicago: Moody Press, 1998. pp 154-160.
6. Thank you, again, Dave Corson, and SIFAT (Servants in Faith & Technology) friends, for check-in knowledge and experience!
7. Richards, Lawrence O., and Gary J. Bredfeldt. *Creative Bible Teaching*. Chicago: Moody Press, 1998. Pp.154-160.
8. *The Sacred Way* by Tony Jones has a simple, historical and helpful explanation of *lectio divina*, along with other ancient church practices. This is not a direct reference, but if you are interested in more about *lectio divina*, that book may be helpful!



Bibliography (cont'd)

9. Storey, Alan. 2012. *Manna and Mercy*. [Powerpoint Slides]. Retrieved from <http://mannaandmercy.com/alan-storey/powerpoint.html>.



1. Respect everyone's integrity
 2. Listen without interrupting
 3. Celebrate our diversity
 4. ASK in order to grow -- not argue to win
 5. Humility + Honesty = Growth
 6. Give ourselves to the process
 7. Receive assertions as questions
 8. Breathe and smile... :-)
10. Everyone should see the film *Inside Out*. Pete Docter and Ronnie Del Carmen. 2015. Animation, Adventure, Comedy. Film.
11. Richards, Lawrence O., and Gary J. Bredfeldt. *Creative Bible Teaching*. Chicago: Moody Press, 1998. Pp.154-160.
12. Storey, Alan. *Manna and Mercy: A Journey from Genesis to Revelation*. Daniel Erlander Publications, 2012. Video Clips. <http://mannaandmercy.com/audio-video/alan-storey-video-clips.html>. June 9, 2016.
13. Richards, Lawrence O., and Gary J. Bredfeldt. *Creative Bible Teaching*. Chicago: Moody Press, 1998. Pp.154-160.
14. See your local *SEEDS* website for even more ways to connect! seedsincookeville.com

Bibliography (cont'd)

15. For more information on Safe Sanctuaries, please visit the United Methodist Discipleship Ministries' website: <http://www.umcdiscipleship.org/leadership-resources/safe-sanctuaries>
Also, see SEEDS Meeting Manual:
Griffin, Becca and Grace McMullen. *SEEDS PM Meeting Manual*. Cookeville, TN: Partner People Publications, 2016. PDF and Paperback. P. 16.
16. Ibid, pp.5, viii, 6-12.
17. Ibid, pp. 13-15.
18. Ibid.
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22. Ibid.
23. Storey, Alan. "Strength for the Journey." *Manna and Mercy: A Journey from Genesis to Revelation*. Daniel Erlander Publications, 2012. Video Clips. <http://mannaandmercy.com/audio-video/alan-storey-video-clips/Video-46.html>

About the Authors and Partner People Productions

Partner People Productions



We desire to come alongside our friends for the sake of life and living in creative ways. Our name comes from *Manna and Mercy* by Daniel Erlander, where he describes humans as “partner people” -- partnering with God, with each other and with every living thing.

We desire to partner with those seeking similar partnership. Don't be alone with your dream! Let us know if we can bring some creative imagination and partnership to your vision! Help us partner, people! partnerpeopleproductions@gmail.com.

Becca Griffin is a youthy leader, writer, and artsy person hailing from the great and coastly city of Mobile, AL, where she worked for years in youth ministry, curriculum creating, and worship leading. She worked with youth in Lineville, AL, in the Learn & Serve Experience at SIFAT (Servants in Faith & Technology), then worked with youth in Birmingham, AL, and now lives, thinks, rents library books, eats food, runs, and walks in Cookeville, TN, and is currently working for the United Methodist Church in the Tennessee Conference.



Grace McMullen is a part-time artist, gardener, and movie enthusiast... and a full-time friend, gopher, and community organizer in Lexington, KY. She worked briefly with Becca at SIFAT, where her passions for practical love, plant life, and people-centered community development were fostered.



Dream Space

SEEDS

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