



# Maximum Results Faith Fitness Journey

## SHOW UP & WARM UP

### Where Do I Start?

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#### Worship

- In-Building @ 11:00am
- Online @ 11:00am  
(mvpumc.org/livestream)

#### Experience

#### Community

- Young Adult Social Gatherings
- Theology on Tap
- Other Special Events

#### Have Coffee with Pastor Donna

## BASE PACE

### How Do I Grow?

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#### Pray with Others

- Monday-Friday @ 7:30am

#### Join a Small Group

- Monday Night Bible Study
- Wednesday Morning Small Group
- Well Women's Small Group
- Wired Word
- Parents Small Group

#### Spend Daily Time with God in Prayer and Study

#### Serve Like Jesus

- Serve with Community Partners
- Take a Meal to a Sick MVP'er
- Send Birthday Cards

#### Participate in "Get Connected with MVP" and *A Disciple's Path*

## PUSH PACE

### How Do I Go Deeper?

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#### Increase Daily Time of Prayer and Study

#### Be A Leader:

- Facilitate a Small Group or Short-Term Study
- Organize an Opportunity to Serve Like Jesus
- Help Our Children and Youth Grow in their Faith

#### Tell Others About MVP and Invite them to Experience Our Community

#### Make a Commitment to Become a Regular, Intentional, and Generous Giver

#### Participate in a Retreat

## ALL OUT

### How Do I Love God with All My Heart?

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#### Start Every Day with Prayer and Study

#### Help our Church Become All It Can Be Through Service on SALT, Ministry Table, or Nominations and Leadership Development

#### Regularly Ask If There Is Any Way You Can Make a Difference at MVP or in the Life of a Friend or Neighbor

#### Develop a Plan for Tithing (Giving Away 10% of Your Income)

#### Tell Others About the Difference God and the Church Make In Your Life

## **1) SHOW UP & WARM UP**

Showing up is the most important part when it comes to starting any new discipline or learning. If we are going to get in better physical shape, we get started by signing up for one class, stepping on the treadmill at home, or going for a walk. Showing up is also the most important step in developing a relationship with God and a community of faith. And if you're ready to take this step, we cannot wait to meet you and welcome you to MVP.

## **3) PUSH PACE**

At push pace, we push ourselves to move faster and go deeper. This pace is an intentional decision to allow our lives, routines, and priorities to be disrupted as we seek to love God and neighbor with a greater intentionality. We start to see what we can do when it comes to glorifying God with our prayers, presence, gifts, service, and witness. We begin to see a change of the heart that comes when we push ourselves beyond our comfort zone.

## **2) BASE PACE**

In the group workout that is inspiring this journey, base pace is "a challenging but doable pace" on the treadmill. It is a pace that increases one's heart rate but still reveals how there is room for significant more growth. This pace lays the foundation for all that is to come and pushes us to grow by giving more of ourselves to the experience.

## **4) ALL OUT**

When we go all out, we make the transition from, "I'm not so sure I can do that," to being surprised by all we can do as our hearts reveal how much they have been stretched, strengthened, and transformed. When we go all out, we no longer seek to love God and neighbor when it is convenient or when it fits into our schedule. Rather, our discipleship becomes a way of life as we seek to love God with all that we have while loving our neighbor as we love ourselves.



**A recent group workout trend that focuses on strengthening the heart through science, coaching, and technology inspires our Discipleship Pathway for the Faith Fitness Journey. This boutique fitness community founded in 2010, has grown to 1500 locations around the world where individuals participate in an hour-long class that includes walking, jogging, or running on the treadmill, rowing, and strength training. Coaches push participants to embrace a variety of paces throughout the class with each pace playing an important role in one's heart health.**

**What if our journeys of faith were to include similar paces as we, too, seek maximum results from the inside out?**

**Ways to Go Deeper and Make a Difference through Service to Our Church Community**

Lead a Small Group or Study

Organize a Community Event

Read Scripture in Worship

Serve with the Audio/Visual Team

Collect or Count the Offering

Sing with the Choir

Organize an Opportunity to Serve Like Jesus in the Community

Help Our Children and Youth Grow in Faith

Host Coffee Hour

Serve as a Greeter



**Mount Vernon Place**  
UNITED METHODIST CHURCH

**FALL 2022**