

#Wisdom30Challenge

In our worship services, we are exploring a series of sermons that are encouraging us to look at what we are feeding our souls. To help you to take action on what we are learning together, we are inviting you to join us actively revamping our consumption of information over the next 30 days.

Unlike many healthy eating plans that tell you what not to eat, this wisdom challenge is less about what not to do and more about what to do.

Here's how it will work:

Our Sermon series, The Wisdom Pyramid, inspired by Brian McCracken's book of the same name, presents six sources of wisdom: Internet and Social Media, Books, Music/Movies/Museums, Nature, Church and The Bible.

In the list below you will find five optional activities listed under each source of wisdom.

During the 30 days of the challenge, September 12th- October 11th, try to accomplish at least two of the five options in each category.

Share photos and reflections about your journey in this challenge by emailing us (send to jane@wsmethodist.org) or share your insights with others and spread the Wisdom30 challenge by posting on the [Washington Street UMC Facebook](#) and [Instagram](#) pages with the tag #Wisdom30.

Internet and Social Media

1. Use social media only in positive (non-complaining) ways for the entire 30-day challenge. For example: praise someone else's work, promote good movies, music, books that you love and found enriching; share insightful quotes or scripture passages, post cute cartoons to promote laughter and joy.
2. Take at least one day per week to be completely free of all social media posting and browsing.
3. Limit your outside of work screen time to one hour or less per day.
4. Post something on social media that publicly praises or expresses appreciation for a person who has modeled wisdom in your life.
5. Create a YouTube playlist that curates a collection of videos you have found helpful or edifying. Share the link to your playlist with others who you believe might find the videos beneficial as well.

Music, Movies, Museums

1. Watch *The Lord of the Rings* movie trilogy with family and friends.
2. Listen to the entirety of Bach's *St. Matthew Passion* or to G.F. Handel's *Messiah*.
3. Visit the SC State Museum or The Anne Frank Center on the U of SC Campus
4. Make a list of your favorite hymns and contemporary Christian music and meditate on the meaning of the lyrics
5. Make a list of movies that have impacted your life in positive and enriching ways and re-watch some of them with family or friends

Books

1. RE-read a book you love.
2. Make a list of five books that have most shaped your faith, write a short description of how these books impacted you, and share this list with others.
3. Read a book you will mostly disagree with or find maddening. Once finished, try to write down at least three helpful things you took away from it.
4. Read a work of fiction. Ask friends for recommendations if you aren't sure what to read.
5. Read a book of poetry or one of the classic books of literature you have always heard people talk about but never took the time to read.

Nature

1. Go on a walk outside, even if only for 15 minutes, and go totally unplugged. Leave the phone on silent, no earbuds or headphones. Listen to nature and observe your surroundings.
2. Take a notepad and find a quiet spot in nature (in a park, by a stream, in a garden, or just under a shade tree in your backyard), and just sit for an hour. Write down what you observe and a few reflections about the kind of Creator who would create the things you observe.
3. Visit a park or nature preserve with family or friends and give everyone 30 minutes to take one photo each of the most beautiful and interesting pieces of God's creation they can capture with their camera. Then share your photos with each other and have each person explain why they took the photo.
4. Go to the farmer's market or an open-air market and then make a meal using only (or mostly) the food you picked up there.
5. Join others at WSUMC on Saturday, October 2nd, 10 am-noon, for the Blessing of the Animals and talk with people about their pets and what their pets mean to them.

Church

1. Attend worship services (online or in person) every Sunday during this challenge
2. Each week, text someone who attends WSUMC and ask how they are doing and how you can pray for them. Then pray for them.
3. Send a note of appreciation to someone in the church thanking them for how they've led and served in ways that have enriched your life and/or the life of this community.
4. Read a short biography about a missionary, theologian, or key figure in church history.
5. Call the church office and schedule a tour of the WSUMC history museum (located on the 3rd floor of WSUMC)

Bible

1. Read through the whole book of Proverbs, one chapter a day for 31 days. Spend 5 minutes in prayer after your daily reading, asking God to grant you wisdom.
2. Pick one passage of scripture or several key verses to memorize. Some passages to consider memorizing are Psalm 1, Psalm 23, Psalm 46, Psalm 100, Proverbs 3:5-6, Isaiah 40:28-31, Isaiah 43:1-4, Matthew 5:1-16, Galatians 5:22-26, Galatians 6:9-10, Philippians 4:8-9, Philippians 4:12-13, Colossians 1:15-20.

3. Ask your family and friends if they have a favorite Bible story or passage of scripture, even if they don't know where the verses or stories are located in the Bible, tell them you just want to know what story or verses have impacted their lives in meaningful ways.
4. Spend some time thinking about what the Bible means to you and write or draw something to depict what it means and share your reflection/drawing on social media or others whom you think will be enriched by your sharing.
5. Contact one of our Pastors and let them know you would like to join a Bible Study group. Give them your preference for online or in-person format and the best times to meet. Then follow up to join the group they recommend. Depending on the requests we receive, we will form new groups to meet the needs.