

# CDQ

## COVENANT DISCIPLESHIP QUARTERLY

To witness to Jesus Christ in the world and to follow his teachings through acts of compassion, justice, worship, and devotion under the guidance of the Holy Spirit

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## Tips for Overcoming Boredom

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One of the biggest challenges a Covenant Discipleship Group faces is "overcoming the doldrums." In other words, it's easy for a group to slip into a boring routine. Here are some ideas to help your group move through those inevitable dry periods.

### Include Music.

The challenge for overcoming boredom lies first with the leader of the week. In addition to using scripture, a devotional guide, or an inspirational book,



consider telling the story of a new hymn each week. One of the best resources for this is Kenneth W. Osbeck's *Amazing Grace: 366 Inspiring Hymn Stories for Daily Devotions*. After telling

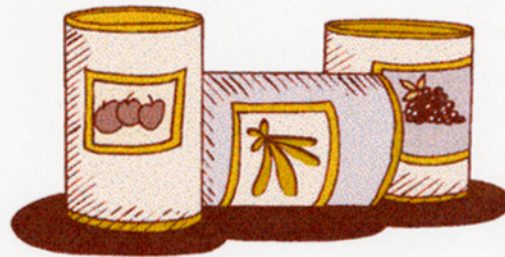
the story, the group could sing the hymn together. Leaders unskilled in leading singing could use a CD or cassette.

### Use Historic Prayers.

Praying a historic prayer (such as the Prayer of St. Francis, UMH 481, or the Covenant Prayer in the Wesleyan Tradition, UMH 607) gives variety to prayer times. *The United Methodist Hymnal* and *The United Methodist Book of Worship* are filled with such prayers. Look at page 497 in the *Book of Worship* for a complete list of the prayers in the hymnal. Two other valuable resources are: *The Complete Book of Christian Prayer* and *The Harper Collins Book of Prayer*.

### Be Accountable for Shared Reading of Scripture.

Agree to use a weekly lectionary Scripture selection in your daily devotional time. A good way to do this is for the group to agree to use the *Upper Room Disciplines* as their daily devotional guide. The *Disciplines* follow the Revised Common Lectionary. Each day you will read a portion of one of the week's lessons and a brief reflection by a fellow Christian. When the group meets, the leader could encourage each person to briefly share his/her experience with the week's lessons.



### Find a Common Project.

While CD groups are not to be work areas for the congregation, finding a common project can energize a group. In some groups, members fast in order to contribute to a common hunger project. Another group serves meals in a soup kitchen one night a month. There are many ways for groups to get involved together.

Dr. James T. Reuteler is a retired pastor but is presently working with pastors Mike Nickerson and Doug McKinney of Parker United Methodist Church in Littleton, CO, to start Covenant Discipleship Groups. He is ready to work with any congregation or group interested in starting such groups. He can be contacted at 303-904-4930 or [jreuteler@earthlink.net](mailto:jreuteler@earthlink.net).