

Spiritual Practices – A Rule of Life

Over the last several months, we've spent a lot of time as a church community discussing various spiritual practices and habits. These practices are designed to create space for us to encounter God's empowering presence and daily grow into the image of Jesus – people who live and love like Him. We've discussed rest, dwelling in the word, prayer, fasting, confession, worship, hospitality, and several others along the way.

We now find ourselves at a crossroads – what are we going to do because of what we've learned? It would be ironic if we spent several months *talking* about spiritual practices without *practicing* them consistently. The next step is this: to create a realistic and sustainable plan for integrating these holy habits into our everyday lives.

To spark this conversation, we want to direct you to our podcast (The PR Podcast) available on all streaming platforms as well as on our app – go to the “media” tab and you'll see it there. Daniel & Matt had a series of conversations on the concept of a “Rule of Life” or “Rhythm of Life” that will be helpful as we begin to consider what consistently practicing some of these things will look like.

Our hope is that some of these practices become habits and lead us into deeper relationship with our Father and lives that look like Jesus. We do what we can do – read Scripture, pray, fast, eat a meal with community – to be formed into people who can eventually do what we currently cannot do: live and love like Jesus.

Questions:

1. As we've walked through these spiritual practices, which practice interests you the most and why?
2. What would it look like for you to integrate some of these practices into your daily, weekly, or monthly rhythms? (*Get really practical – when, what, where, how*)
3. How can the members of your discipleship group encourage and support you in adopting some new rhythms?