



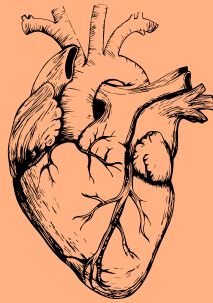
# Follow Practices

FOR RL GROUPS FOLLOW RHYTHM

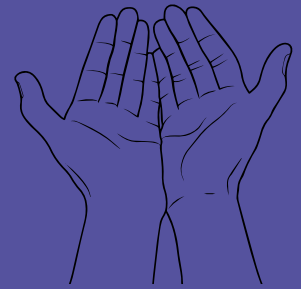
# One Year, Three Practices



**MIND**  
PRACTICES



**HEART**  
PRACTICES



**BODY**  
PRACTICES

HOW DO WE *REALLY* FOLLOW JESUS?

By practicing the things He practiced.

"We must imitate Christ's life and his ways if we are to be set free from the darkness of our own hearts. Let it be the most important thing we do, then to reflect on the life of Jesus Christ." - Thomas a Kempis



# MIND PRACTICES

## LECTIO DIVINA

*Lectio Divina is an ancient way of reading scripture for deepening a relationship with God, not solely for information from God.*

prepare to engage with Scripture this way, we recommend these four steps:

1. Choose a passage of scripture no more than 6-8 verses.
2. Begin with a minute of silence to prepare your heart to hear.
3. Read the passage consecutively four times and work through these "four movements" as a group:
  - a. Listen for a word or phrase that stands out within those multiple readings.
  - b. Reflect on that by asking, "What is it in my life that needed to hear this word today?"
  - c. Respond: Is there an invitation or challenge for you to respond to?
  - d. Re-read the passage a fourth time and rest in the truth you discovered. Commit to repeating this passage in your head throughout the coming week.\*



PRACTICE COMPLETE

# 2

# MIND PRACTICES

## SELF-EXAMINATION

Spiritual practice gurus call this practice the Examen of Conscience. It is a way to examine ourselves and ask God to show us where we have fallen short of who he has called us to be that week.

To begin the self-examination practice, do the following:

1. Open with silent prayer and ask God to bring to mind the activities, actions, and moments where you feel short of exhibiting the character of Christ or the fruit of the Spirit.\*
2. As something comes to mind, ask God to help you clarify that behavior. Often we are blind to our sin patterns and need help recognizing them.
3. Allow yourself to be awakened to your sin in the presence of others, even as uncomfortable as that might be. Acknowledge the contradiction in your behavior and who you want to be.
4. Confess to the room what that sin was and verbalize what you were motivated by as much as possible.
5. Receive God's forgiveness as a group and pray John 8:32 over each other, "For you shall know the truth and the truth shall set you free."



**PRACTICE COMPLETE**

\*This practice was excerpted from the book Sacred Rhythms by Ruth Hayley Barton

# 3

# MIND PRACTICES

## DISCERNMENT

The practice of discernment helps us make decisions with God instead of in our strength. To begin the discernment practice, do the following:

1. Open with a prayer to have a heart of indifference toward the outcome. *This can feel counterintuitive because our decisions shape so much of our lives, but the point is to prepare your heart to honestly say, "I am indifferent to anything but God's will."*
2. Ask this question: How does this choice fit with God's overall direction and calling on my life? Is there one word that captures my sense of calling these days? Does the current choice enable me to continue living into my calling?
3. Will this decision draw me close to God or further away?
4. Is there a particular scripture God brings to mind during this practice of discernment?
5. Is this choice consistent with what I know of the mind and heart of Jesus?
6. How will this decision nurture the fruit of the Spirit within me and help me grow in love?
7. Does this choice reflect the eternal value and not just the temporal value?
8. How will his choice fit with others' observations of my life and what God is doing in it?

After you have gone through these questions as a Group or on your own, ask God for confirmation. Share with someone what confirmation you received.



**PRACTICE COMPLETE**

\*This practice was excerpted from the book Sacred Rhythms by Ruth Hayley Barton