



"The world is a fallen world
because it has fallen away
from the awareness that
God is all in all."

—Alexander Schmemmann,
For the Life of the World

What are spiritual practices?
The working definition we
are using is actually an
image—spiritual practices
can be understood as a
trellis that give structure and
support to our relationship
with Jesus Christ. Through
intentional habits, we
structure our time and orient
our hearts toward Christ,
interrupting our natural use
of time and our heart's
affection that often bends in
on our selfish desires.

It is not our hope that you
leave with a longer list of to-
do's than you walked in
with. Spiritual Practices are
meant to create space for
us to receive God's
invitation to come to him
and rest. (Matt. 11:28)

We are using the book
[Liturgy of the Ordinary](#) by
Tish Harrison Warren as a
jumping off point. This week
we are look at chapter 2.

Welcome + Psalm 121

The Patterns that Form Us

See the back of this page.

Consider + Discuss

1. How does your current morning ritual or rhythm “imprint” your day?
2. Can you think of a daily practice or ritual that has formed or shaped you in a big or small way? Is there a practice or liturgy that has malformed you that you may need to change?
3. Do you think the way you worship in church affects your way of being-in-the-world in your ordinary day? If so, how? Likewise, how do your daily small “liturgies” affect your worship on Sunday?

Sources

- *Listen* Emotionally Healthy Leadership podcast from 09/25/18 <https://goo.gl/QxDaQA>
- *Read* [Liturgy of the Ordinary](#) by Tish Harrison Warren
- *Meditate:* John 15

Review

What is one thing you want to remember from this morning?

Write it below

What is one thing that you learned from this session that you want to live?

Write it below

Closing Prayer

The Patterns that Form Us

Making the Bed: Liturgy, Ritual, and What Forms a Life

“And then there was a little space, an ordered rectangle in my messy home. And that rectangle somehow carved out a small ordered space in my messy, distracted mind. And I sat. At times, I’d read Scripture. Most often I’d pray. I’d begin with the Lord’s prayer. Then invite God into the day. I’d pray the words of the morning office: ‘Open my lips, O Lord, and my mouth shall declare your praise.’”

Liturgy of the Ordinary, pg. 28

Examining our daily life through the lens of liturgy...

- “...allows us to see *who* these habits is shaping us to be, and the ways we can live as people who have been loved and transformed by God.” *Emphasis mine, pg. 32*
- ...both reveals and shapes what we love and worship— allows us to realize what daily practices are malforming us, making us less alive, less human, less able to give and receive love throughout our day. *Paraphrased, pg. 31*

In God’s amazing grace “we live and move and have our being.” *Acts 17:28*

“Daily life, dishes in the sink, children that ask the same questions and want the same stories again and again, the long doldrums of the afternoon— these are filled with repetition. And much of the Christian life is returning over and over to the same work and the same habits of worship. We must content with the same spiritual struggles again and again. The work of repentance and faith is daily and repetitive. Again and again, we repent and believe.” *Liturgy of the Ordinary, pg. 35*

“It is God who is at work in you, enabling you both to will and to work for his good pleasure.” *Philippians 2:13*

“The often unseen and unsung ways we spend our time are what form us. Our mundane moments, rooted in the communal practices of the church, shape us through habit and repetition, moment by passing moment, into people who spend their days and therefore lives marked by the love of God. As we walk together through an average day, we will look at these common, often overlooked daily practices as liturgies of the day, liturgies that are utterly intertwined with and transformed by our communal liturgies each Sunday.” *Liturgy of the Ordinary, pg. 32*

“Now the dwelling of God is with human beings, and he will live with them. They will be his people, and God himself will be with them and be their God.” *Revelation 21:3*

Exercise:

Take a few moments to jot down your existing morning activities.