



"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

Body as BURDEN

Body as BLESSING

Consider + Discuss

1. Our 5 senses
2. Broken Relationships
3. Christ's body heals our bodies
4. Liturgy as movements toward healing and wholeness

Practices

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

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

Is there a simple practice you want to try this week?

Sources

- [Liturgy of the Ordinary](#) by Tish Harrison Warren
- [For the Life of the World](#) by Alexander Schmemmann
- [New and Selected Poems; Volume One](#) by Mary Oliver

"Wild Geese" by Mary Oliver

Closing Prayer



Life in a Body

“Floss the teeth you want to keep.” *Andy’s mom, a dental hygienist*

Body as Blessing

“All that exists is God’s gift to man, and it all exists to make God known to man, to make man’s life communion with God.” *For the Life of the World*, p. 14

“When no bush of the field was yet in the land and no small plant of the field had yet sprung up—for the Lord God had not caused it to rain on the land, and there was no man to work the ground, and a mist was going up from the land and was watering the whole face of the ground—then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.” *Genesis 2:5-7, ESV*

Broken Relationships

“The proliferation of...sexually driven advertising trains us to understand bodies (ours and other peoples’) primarily as a means of conquest or pleasure. We are told that our bodies are meant to be used and abused or, on the other hand, that our bodies are meant to be worshiped...[W]e may attempt to ignore embodiment altogether, eating and drinking what we will, with no regard for the way our choices violate a call to steward our bodies as gifts.” *Liturgy of the Ordinary* p. 44

The Incarnation of Christ

“And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus.” *Luke 1:31, ESV*

“And he took bread, and when he had given thanks, he broke it and gave it to them, saying, ‘This is my body, which is given for you. Do this in remembrance of me...’” *Luke 22:19, ESV*

Practices that Heal and Restore Us

“{LITURGY=} an action by which a group of people become something corporately which they had not been as a mere collection of individuals—a whole greater than the sum of its parts.” *For the Life of the World*, p. 25

“In the Scriptures, we find that the body is not incidental to our faith, but integral to our worship... We are made to be embodied—to experience life, pleasure, and limits in our bodies. When Jesus redeems us, that redemption occurs in our bodies...Our bodies and souls are inseparable, and therefore what we do with our bodies and what we do with our souls are always intertwined.” *Liturgy of the Ordinary*, p. 39

