



"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

Work + Play

See the back of this page.

Consider + Discuss

1. When you hear Andy or R.J. say, "Let us go forth and serve our world as those who love our Lord and Savior Jesus Christ," where do you imagine you are going? How do you imagine you will serve our world?"
2. How do you spend the hours of your day? What types of work tasks and activities (paid and unpaid) do you perform throughout the day? Record your work activities and tasks. Underline your most enjoyable task. Circle your least enjoyable task.

4 am:	5 pm:
5 am:	6 pm:
6 am:	7 pm:
7 am:	8 pm:
8 am:	9 pm:
9 am:	10 pm:
10 am:	11 pm:
11 am:	12 am:
12 pm:	1 am:
1 pm:	2 am:
2 pm:	3 am:
3 pm:	4 am:
4 pm:	

Sources

- *Brother Lawrence, The Practice of the Presence of God.*
- *Harrison Warren, Tish. "Checking Email," Liturgy of the Ordinary.*
- *Peterson, Eugene. Under the Unpredictable Plant: An Exploration of Vocational Holiness.*
- *Sayers, Dorothy, "Why Work."*
- *Schmemmann, Alexander, For the Life of the World.*

Review

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

Write it here:

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

Write it here:

Closing Prayer

Work + Play

Checking Email: Blessing and Sending

Blessed and Sent

“As you sent me into the world, so I have sent them into the world.” John 17:18

“The work we do together each week in gathered worship transforms and sends us into the work we do in our homes and offices. Likewise, our professional and vocational work is part of the mission and meaning of our gathered worship. We are a people who are blessed and sent; this identity transforms how we embody work and worship in the world, in our week, even in our small day.” Liturgy of the Ordinary, pg. 90

“My identity as one who is “blessed and sent” must be embraced and enlivened, even in these hours of email as I seek to form better habits of responsibility and discipline. These are the small tasks in which we live out God’s blessing and into which we are sent; we are blessed and sent into the real ways we spend our hours.” Liturgy of the Ordinary, pg. 95.

Consider + Discuss: How does what you imagine or perceive you are sent out to do compare with the real ways you spend your hours?

Material for Worship

“The natural dependence of man upon the world was intended to be transformed constantly into communion with God in whom is all life. Man was to be the priest of a eucharist, offering the world to God, and in this offering he was to receive the gift of life.” For the Life of the World, pg. 17

“Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.” Colossians 3:17

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:16-18

“I asked that it [work] should be looked upon, not as a necessary drudgery to be undergone for the purpose of making money, but as a way of life in which the nature of man should find its proper exercise and delight and so fulfill itself to the glory of God. “ Dorothy Sayers, “Why Work.”

Material for Transformation

“And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.” (2 Corinthians 3:18)

“. . . We are sanctified —made holy— not in the abstract but through our concrete vocation. Christian holiness is not a free-floating goodness removed from the world, a few feet above the ground. It is specific and, in some sense, tailored to who we particularly are. We grow in holiness in the honing of our specific vocation. We can’t be holy in the abstract. Instead we become a holy blacksmith or a holy mother or a holy physician or a holy systems analyst. We seek God in and through our particular vocation and place in life.” Liturgy of the Ordinary, pg. 94

Consider + Discuss: Recall your most enjoyable task. Consider the following questions as you think about that task: How are you aware of God’s presence as you engage in that task or activity? How do you give or receive love through that task or activity? How is that task growing you in repentance and dependence on God?

Preparation for Eternity

“I want to remember that we were made for a day when God’s chosen people will ‘long enjoy the work of their hands’ (Isaiah 65:22). We are blessed and sent to work in this world, where we will face fallenness and turmoil. But even still our labor is not in vain. And one day all of it, even our smallest tasks—even email—will be sifted and sorted and redeemed.” Liturgy of the Ordinary, pg. 101

“The goal we ought to set for ourselves is to be, starting in this present life, the most perfect worshippers of God that it is possible for a person to be, which is what we [will] do throughout all eternity.” The Practice of the Presence of God, Brother Lawrence, pg. 76.

Silently Consider: Recall the activity or task you enjoy least. What might it look like to be in that activity and communing with God? How might approaching that task or activity as a place of formation change your experience of that task? Invite God to teach you to see your least enjoyable activity as material for worship and transformation.