



Rhythms of Grace

Live it Out 3

1) Commit to a daily time of prayer, Bible reading and worship

Set aside some time each day this week to spend reading the Bible, praying and worshipping. If you are not used to this, then start simply - ask your Life Group Leader/Office if you would like help with resources beyond those below. If you are in the habit of doing this each day, try something a little more challenging or different this week.

2) Rhythm of prayer

Try incorporating a fixed rhythm of prayer into your life this week. It may help to set your watch or phone alarm to remind you to pray.

For example:

Morning - read Psalm 63 or Psalm 95 to prompt a time of prayer.

Noon - pray the Lord's Prayer and spend two minutes in silence listening to God

Evening - read Psalm 4, 91 or 134 to prompt a final time of prayer.

Alternatively you might like to use the Community of Saint Chad's morning and evening prayer pod casts found at https://www.lichfield.anglican.org/ourfaith/community_st_chad/community_st_chad.php you will need to scroll down the page to find them

3) Enjoy spending some time with God and worshipping him through painting, drawing, writing a poem, song or any other creative process you'd like to explore this week.

4) Pray with the church bulletin each day.

Use this great resource to help you pray.

5) Journaling

Try journaling this week where you spend some time each day writing your reflections on your time with God. Alternatively, you could start using a prayer journal, where you make a note of what you pray for each day and how the prayers are answered.

Some Suggestions for a daily time of prayer.

Bible reading & Worship

- **Bible Reading Notes.** For example Daily Bread, Closer to God or Encounter with God. These can be obtained from Way, Truth, Life, Christian bookshop in town or speak to the church office or your life group leader.
- **On-line resources (which also have Mobile phone and iPad apps)** which can be read or some have audio versions too:
 - You Version** - <https://www.youversion.com/the-bible-app/>
This is a great (and FREE!) on-line Bible which also gives you lots of different Bible plans to read the Bible daily, a verse for the day and many more things. Highly recommended for using the Bible on the move!
 - Lectio 365** - <https://www.24-7prayer.com/dailydevotional>
This is the daily devotional created by Pete Grieg founder of the 24/7 prayer movement and writer of The Prayer Course we followed in 2020
 - Word Live** - <http://www.wordlive.org/Home/145653.id>
Daily reading guides from Scripture Union, with three different styles to choose from - classic, alt and lectio - with readings each day, things to reflect on and pray about.
 - Word for today (UCB)** - <http://www.ucb.co.uk/word-for-today.html> The on-line version of the UCB 'Word for today.
 - Pray as you go** - <https://pray-as-you-go.org/> Daily podcasts, more reflective and meditative.
- **Meditation** Meditate on a piece of Scripture this week - using the John Ortberg method described opposite as a guide. Reading a psalm, a day might be a good place to start. For a more challenging approach you could try The Ignatian Adventure by Kevin O'Brien.

A Guide to Reading Scripture

John Ortberg in his book "The Life you've always wanted" (chapter 11) reminds us that "the goal is not for us to get through the Scriptures. The goal is to get the Scriptures through to us."

He suggests one way of doing this is to carefully meditate on scripture (to "marinate" if you like in Scripture - Colossians 3:15), to allow scripture to truly transform us, wash and renew our minds (Romans 12:2).

He outlines a five stage process:

1. Take time to ask God to meet you in scripture
2. Read the Bible in a repentant spirit with a readiness to obey and put into practice what it says.
3. Meditate on a fairly brief passage or narrative, reading it slowly several times if necessary and allowing certain words to stand out and sink into your heart.
 - Ask the question "God what do you want to say to me in this moment?"
 - If you are reading a story you may want to imagine yourself as part of the scene
4. Take one thought or verse with you to "chew on" throughout the day.
5. Allow this thought to become part of your memory.