

*Soma Midtown 2021*

COMMUNITY  
RULE OF LIFE

# WINTER



ADVENT - CHRISTMAS - EPIPHANY







A “rule of life” is a set of Spirit-empowered practices that help disciples abide in Jesus more deeply (John 15). For a given time, we commit to these core practices, perhaps lived out individually, but experienced within a body of Christ that is pursuing them together. Our goal is to find a deeper sense of unity, joy, and flourishing in Jesus.

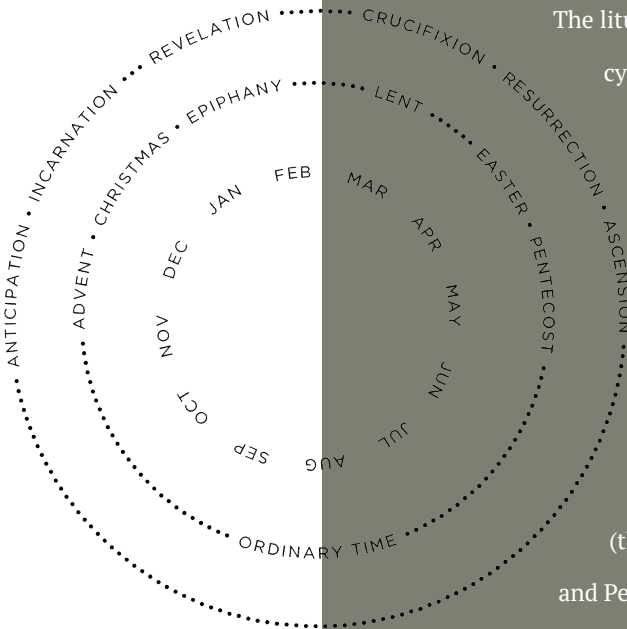
A rule of life helps us to live into healthy spiritual rhythms. We mark time with practices and “signposts” that remind us who God is and who we are in him. This guide introduces some ancient seasonal, monthly, weekly, and daily rhythms observed by our spiritual mothers and fathers that can deeply enrich our life in Christ.

The suggested disciplines and readings are not tasks to slave over or items to check off a list. Rather, they are offered like a trellis for cultivating a vine, a structure that invites you to start where you are, and do what you can, to enjoy the fruit and beauty that come. We encourage you to invite a group of trusted friends to journey with you.

# LITURGICAL CALENDAR

ORDERING OUR TIME BY THE STORY OF THE MESSIAH

The “liturgical calendar” is a way to learn and live out the story of Jesus through the year. Instead of structuring our lives according to the rhythms of school semesters, fiscal years, or even the normal calendar, we order our time by the story of the Messiah.



The liturgical year is made up of two cycles of time: the “Cycle of Light,” focusing on the light of Christ breaking into our darkness (the seasons of Advent, Christmas, and Epiphany); and the “Cycle of Life,” focusing on the death and resurrection of Jesus bringing life to the world (the seasons of Lent, Easter, and Pentecost). We could also add a third cycle, the “Cycle of Love,” focusing on our Spirit-empowered living out of God’s redeeming love for the world. Usually, this cycle is simply called “Ordinary Time.”

The Cycles of Light and Life are what we call “Extraordinary Time.” They help us live in the real world with our identities rooted in the story of Jesus. Each cycle walks us through seasons of expectation, fulfillment, and proclamation that shape how we live:

EXPECTATION > FULFILLMENT > PROCLAMATION

*Advent*

ANTICIPATION

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Waiting in the dark for the Messiah’s coming

*Christmas*

INCARNATION

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Rejoicing in the Messiah’s arrival, the light of the world

*Epiphany*

REVELATION

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Revealing the light of the Messiah to the world

*Lent*

CRUCIFIXION

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Walking with the Messiah through suffering & death

*Easter*

RESURRECTION

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Rising with the Messiah in resurrection life & victory

*Pentecost*

ASCENSION

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Revealing the Messiah’s reign through a Spirit-empowered life

The liturgical seasons with which this Community Rule of Life overlaps are Advent, Christmas, and Epiphany. Each season invites us to different priorities and practices. Advent invites us to an attitude of repentance and a posture of expectant longing; we confess our sin, and we groan with all creation in awaiting the renewal of all things. Christmas invites us to embrace a joyful hope in God’s faithfulness to his promises, so we practice self-giving love toward others. And Epiphany invites us to encounter Jesus by seeking him with all our heart and to exhibit Jesus in our acts of love.

(You can learn more about the liturgical calendar through books like *Living the Christian Year*, by Bobby Gross.)



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# WEEKLY & MONTHLY RHYTHMS



## INVITATIONS FOR WEEKLY RHYTHMS

### *Fasting*

Every Wednesday during lunch we are inviting those who are able to fast from lunch and take that time to pray alone and/or with others.

### *Sabbath*

Sabbath is a time to rest, practice gratitude, and delight in God's presence. We are inviting everyone to take a block of time, ideally 24 hours, to set aside work, technology, and focus on your relationship with God and others. Typically Sabbath is practice from sundown on Friday to sundown on Saturday.

*To learn more about the why, what, and how of these historic Christian practices, check out our practice guides and other resources at [www.somaindy.com/spiritual-formation](http://www.somaindy.com/spiritual-formation).*

## INVITATIONS FOR MONTHLY PRACTICE

### *Hospitality*

Hospitality is the practice of opening up our hearts, homes, and lives to generously welcome others as God has welcomed us. At least once per month this season, invite a neighbor, co-worker, or a fellow disciple of Jesus over for a meal around your dinner table. If you're unable or don't feel safe yet, consider some COVID-friendly acts of hospitality such as walks or dropping off a meal. Be intentional in listening to the Spirit for ways to bless your guests - listening to their story, offering to pray for them, sharing your testimony, affirming/encouraging them, or simply having fun together.



### SILENCE

Begin your time with 2 minutes of silence & stillness to “be with God.” Breath in and exhale deeply with both feet on the floor. Center your thoughts by repeating a short phrase like “Come Holy Spirit” or “Here I am” or simply “Jesus.”



### SELF-EXAMINATION

Ask God to search you (Psa 139). Examine what you are thinking, feeling, desiring, or avoiding in response to the text. What is the text saying about God, you, and others? How do you need to respond in trust, surrender, and obedience?



### SCRIPTURE

Slowly read through the text, noting any words that jump out at you. Prayerfully ask God to speak to you by the Holy Spirit.



### SUPPLICATION

Write or speak a short prayer of response. Close with the Lord’s Prayer.



# DAILY RHYTHMS

Begin each day with 10-15 minutes of prayerful, reflective Scripture reading.

Contemplative reading orients the focus to presence rather than text mastery. We read Scripture as an opportunity to be with God, hear His voice, and enjoy communion and transformation.

As you move through the reading plan, we encourage you to read at least one of the suggested psalms, and then slowly move through the Old and New Testament passages.

# READING SCHEDULE

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Psalms are set on a sixty day reading cycle, the Old Testament readings on a two-year cycle, and the New Testament on a one-year cycle. Video overviews of each biblical book can be found at [thebibleproject.com](http://thebibleproject.com).

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DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
11.28.21	74-76	Leviticus 17	
11.29.21	77, 79, 82	Leviticus 18	Romans 5
11.30.21	78:1-39	Leviticus 19	Romans 6
12.01.21	78:40-end, 80	Leviticus 20	Romans 7
12.02.21	81, 83	Leviticus 21	Romans 8
12.03.21	84-85	Leviticus 22	Romans 9
12.04.21	86-88	Leviticus 23	
12.05.21	89	Leviticus 24	
12.06.21	90-91	Leviticus 25	Romans 10



DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
12.07.21	92-94	Leviticus 26	Romans 11
12.08.21	95-98	Leviticus 27	Romans 12
12.09.21	99-102	Numbers 1	Romans 13
12.10.21	103-104	Numbers 2	Romans 14
12.11.21	105	Numbers 3	
12.12.21	106	Numbers 4	
12.13.21	107	Numbers 5	Romans 15
12.14.21	108-110	Numbers 6	Romans 16
12.15.21	111-114	Numbers 7	1 Corinthians 1
12.16.21	115-117	Numbers 8	1 Corinthians 2
12.17.21	119:1-48	Numbers 9	1 Corinthians 3
12.18.21	119:49-88	Numbers 10	
12.19.21	119:89-128	Numbers 11	
12.20.21	119:129-end	Numbers 12	1 Corinthians 4
12.21.21	118, 120-121	Numbers 13	1 Corinthians 5
12.22.21	122-126	Numbers 14	1 Corinthians 6
12.23.21	127-131	Numbers 15	1 Corinthians 7



DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
12.24.21	132-135	Numbers 16	1 Corinthians 8
12.25.21	136-138	Numbers 17	
12.26.21	139, 141-142	Numbers 18	
12.27.21	140, 143	Numbers 19	1 Corinthians 9
12.28.21	144-145	Numbers 20	1 Corinthians 10
12.29.21	146-147	Numbers 21	1 Corinthians 11
12.30.21	148-150	Numbers 22	1 Corinthians 12
12.31.21	2-4	Numbers 23	1 Corinthians 13
01.01.22	1, 15, 34	Numbers 24	
01.02.22	5-7	Numbers 25	
01.03.22	9-10	Numbers 26	1 Corinthians 14
01.04.22	8, 11, 15, 16	Numbers 27	1 Corinthians 15
01.05.22	12-14, 17	Numbers 28	1 Corinthians 16
01.06.22	18	Numbers 29	2 Corinthians 1
01.07.22	20-22	Numbers 30	2 Corinthians 2
01.08.22	19, 23, 25	Numbers 31	
01.09.22	24, 26-27	Numbers 32	



DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
01.10.22	28-29, 31	Numbers 33	
01.11.22	30, 32-33	Numbers 34	2 Corinthians 4
01.12.22	34-35	Numbers 35	2 Corinthians 5
01.13.22	36-38	Numbers 36	2 Corinthians 6
01.14.22	37	Deuteronomy 1	2 Corinthians 7
01.15.22	39-41	Deuteronomy 2	
01.16.22	42-44	Deuteronomy 3	
01.17.22	45-46	Deuteronomy 4	2 Corinthians 8
01.18.22	47-49	Deuteronomy 5	2 Corinthians 9
01.19.22	50-51	Deuteronomy 6	2 Corinthians 10
01.20.22	52-55	Deuteronomy 7	2 Corinthians 11
01.21.22	56-58, 60	Deuteronomy 8	2 Corinthians 12
01.22.22	59, 63-64	Deuteronomy 9	
01.23.22	61-62, 65, 67	Deuteronomy 10	
01.24.22	68	Deuteronomy 11	2 Corinthians 13
01.25.22	69	Deuteronomy 12	Galatians 1
01.26.22	66, 70, 72	Deuteronomy 13	Galatians 2



DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
01.27.22	71, 73	Deuteronomy 14	Galatians 3
01.28.22	74-76	Deuteronomy 15	Galatians 4
01.29.22	77, 79, 82	Deuteronomy 16	
01.30.22	78:1-39	Deuteronomy 17	
01.31.22	78:40-end, 80	Deuteronomy 18	Galatians 5
02.01.22	81, 83	Deuteronomy 19	Galatians 6
02.02.22	84-85	Deuteronomy 20	Ephesians 1
02.03.22	86-88	Deuteronomy 21	Ephesians 2
02.04.22	89	Deuteronomy 22	Ephesians 3
02.05.22	90-91	Deuteronomy 23	
02.06.22	92-94	Deuteronomy 24	
02.07.22	95-98	Deuteronomy 25	Ephesians 4
02.08.22	99-102	Deuteronomy 26	Ephesians 5
02.09.22	103-104	Deuteronomy 27	Ephesians 6
02.10.22	105	Deuteronomy 28	Philippians 1
02.11.22	106	Deuteronomy 29	Philippians 2
02.12.22	107	Deuteronomy 30	



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02.13.22	108-110	Deuteronomy 31	
02.14.22	111-114	Deuteronomy 32	
02.15.22	115-117	Deuteronomy 33	Philippians 4
02.16.22	119:1-48	Deuteronomy 34	Colossians 1
02.17.22	119:49-88	Joshua 1	Colossians 2
02.18.22	119:89-128	Joshua 2	Colossians 3
02.19.22	119:129-end	Joshua 3	
02.20.22	118, 120-121	Joshua 4	
02.21.22	122-126	Joshua 5	Colossians 4
02.22.22	127-131	Joshua 6	1 Thessalonians 1
02.23.22	132-135	Joshua 7	1 Thessalonians 2
02.24.22	136-138	Joshua 8	1 Thessalonians 3
02.25.22	139, 141-142	Joshua 9	1 Thessalonians 4
02.26.22	140, 143	Joshua 10	
02.27.22	144-145	Joshua 11	
02.28.22	146-147	Joshua 12	1 Thessalonians 5
03.01.22	148-150	Joshua 13	



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