



ORDINARY TIME II

FALL

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INTRODUCTION

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.

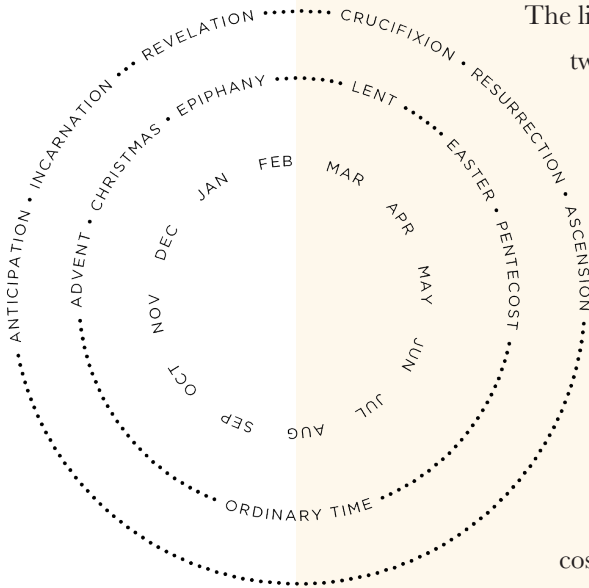
A rule of life helps us to live into healthy spiritual rhythms. We mark time with practices and “signposts” that remind us who God is and who we are in him. This guide introduces some ancient seasonal, monthly, weekly, and daily rhythms observed by our spiritual mothers and fathers that can deeply enrich 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. Hear them as an invitation, not a command. We encourage you to invite a group of trusted friends to journey with you, not just for accountability, but for deepening joy in Jesus together.

INVITATION TO SEASONAL RHYTHMS:

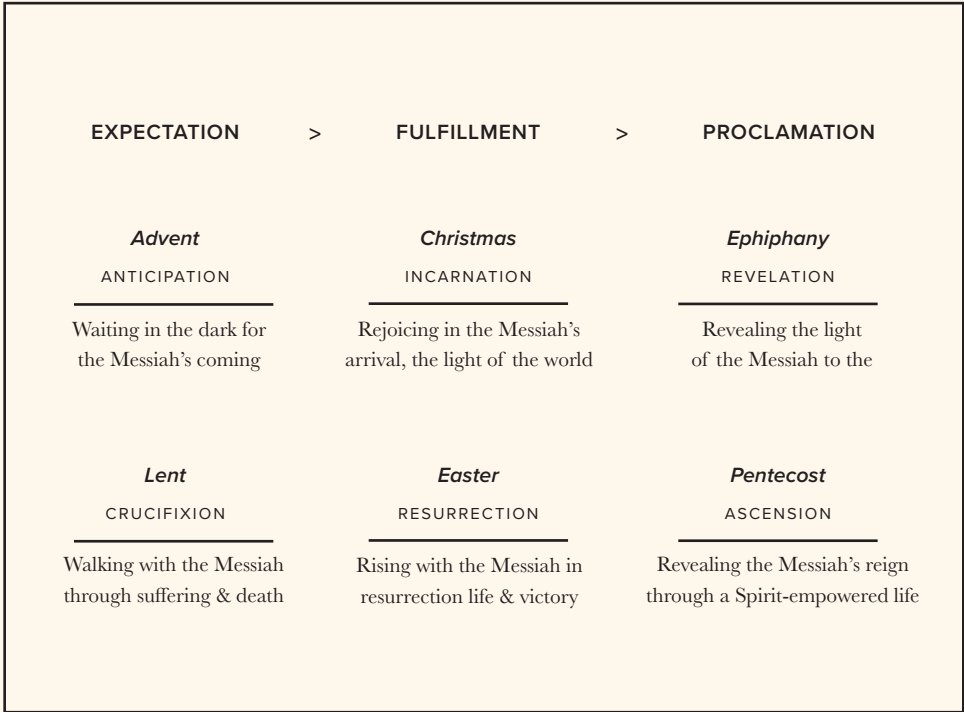
ORDERING OUR TIME BY THE STORY OF THE MESSIAH

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:



The liturgical season with which this Community Rule of Life overlaps the most is “Ordinary Time.” This is sometimes called the “season after Pentecost,” because the day of Pentecost launches us into the world to live out God’s mission as his church. Each liturgical season invites us to different priorities and practices. In Ordinary Time, we are invited into rhythms of work and rest, of loving neighbor and self, and of building up the church and the world.

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

INVITATIONS TO WEEKLY & MONTHLY RHYTHMS

MONTHLY RHYTHMS

RECONCILIATION & JUSTICE

During these months, turn an intentional focus to justice (the vision of a world rightly ordered in God's kingdom) and reconciliation (the process that brings it about). It begins with a growing awareness of our own reconciliation to God through Christ. Experiment with the Lord's Prayer as a daily practice, lingering over each phrase. Or make a habit of longer confessional prayer (like confession liturgies from Sunday gatherings or the Book of Common Prayer). This awareness grounds us in a new way of being human: reconciled people who work for reconciliation. Each month of this Community Rule of Life, look for one way to approach reconciliation with others. Is there an apology you can make for your own words, attitudes, or actions? Or an apology you can make to someone who has been wronged by a group you belong to? What practical step can you take not only to restore relationship but to reorder relationships or resources so they better reflect God's kingdom?

WEEKLY RHYTHMS

FASTING

Abstain from lunch one day a week, if you are able. Don't just work through lunch or fill the time. Take the opportunity to pray (alone or with others), or to spend time in solitude and silence. If fasting from food isn't possible, what other good thing could you refrain from for a short time, in order to become more aware of your desire for God?

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 practiced 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.

DAILY RHYTHMS

We invite you to four key disciplines that form the backbone of a daily spiritual rhythm. These are often practiced in solitude, but strengthened by a supporting community.

SILENCE

Get in a comfortable but alert posture. Practice two minutes of silence & stillness to become aware of the Lord's presence and love for you. Inhale and exhale deeply, noticing what's going on in your body. Set your restful attention on God by repeating a short centering prayer like "Come, Holy Spirit," or "Here I am, Lord," or simply "Jesus."

SCRIPTURE

Ask God to speak to you in his Word by the Holy Spirit. Read your selected text without rushing, taking note of what jumps out at you or stirs within you. (Reading guides are offered on the following pages.)

SELF-EXAMINATION

Ask God to search you (Ps. 139) as you mentally review the day you're beginning (or ending, if you do this at night). Where were you most aware of God's presence? When did you experience the most joy or fullness of life? Where did it feel like God was absent? When were you the most drained? Bring those things to God in prayer.

PRAYER

Speak or write a short prayer, responding to what God has been revealing. You could use the "ACTS" model: adoration of God; confession of sin; thanksgiving; and supplication (requests for needs). Close with the Lord's Prayer (Mt. 6:9-13).

READING SCHEDULE

To engage in a daily rhythm of reading Scripture, set aside even 10-15 minutes of prayerful, reflective Scripture reading. (Choose a time you'll realistically keep!) Two different reading plans are offered in the following pages. While both are beneficial, choosing one might be best. The "short text" plan focuses on four shorter passages each week, thematically tied to the liturgical year, and is ideal for slower contemplative reading. The "long text" plan invites you to read bigger chunks of Scripture to cover more ground and to gain an expansive view of God's Word. A balanced diet of both kinds of reading is good for our spiritual health.

“SHORT TEXT” PLAN: THE LECTIONARY CYCLE (YEAR C)

Shorter passages of Scripture are ideal for contemplative reading. We can slow down and be present to God in his Word, not just learn about him. This short text plan follows the Revised Common Lectionary, a three-year reading cycle used by Christians around the world, in sync with the liturgical year. Instead of reading new long passages each day, we stay with a few short passages for a week at a time, starting on Sunday. (Some liturgical days may use different passages than the Sunday readings.)

Lectio divina is an ancient approach to Bible reading that helps us read contemplatively. We read a short passage slowly several times, learning to recognize and respond to God’s voice to us in particular. This can be practiced individually or in a group. There are four “movements” to lectio divina:

01 : READ

After beginning with a few moments silence, read the text slowly. Listen for a word or phrase that seems to stand out to you or to hold a special weight. Don’t try to interpret it. Simply notice what God is drawing your attention to.

02 : REFLECT

Read the passage a second time slowly, tuning in to what that word or phrase is doing inside you. What emotions do you feel? How are your desires or imagination stirred? Don’t rush to the next step. Allow yourself to notice what the Scriptures are prompting inside you.

03 : RESPOND

Read the passage a third time slowly, letting the word or phrase become a prayer that you lift up to God in response. Is there an invitation or challenge to accept? Is there grief to lament? Is it leading you to praise God? To confess sin? To intercede for someone or request something?

04 : REST

Read the passage a final time slowly, not to produce anything, but simply to rest in God's presence with what he has said to you. This rest is the foundation of how you'll carry God's Word out into the world.

DATE	SUNDAY	PSALM	OT (or Acts)	EPISTLE	GOSPEL
9/4/22	"Proper 18"	Ps 139:1-5, 12-17	Jer 18:1-11	Philemon 1-21	Lk 14:25-33
9/11/22	"Proper 19"	Ps 14	Jer 4:11-12, 22-28	1 Tim 1:12-17	Lk 15:1-10
9/18/22	"Proper 20"	Ps 79:1-9	Jer 8:18 - 9:1	1 Tim 2:1-7	Lk 16:1-13
9/25/22	"Proper 21"	Ps 91: 1-6, 14-16	Jer 32:1-3a, 6-15	1 Tim 6:6-19	Lk 16:19-31
10/2/22	"Proper 22"	Ps 137	Lam 1:1-6	2 Tim 1:1-14	Lk 17:5-10
10/9/22	"Proper 23"	Ps 66:1-12	Jer 29:1, 4-7	2 Tim 2:8-15	Lk 17:11-19
10/16/22	"Proper 24"	Ps 119:97-104	Jer 31:27-34	2 Tim 3:14 - 4:5	Lk 18:1-8
10/23/22	"Proper 25"	Ps 65	Joel 2:23-32	2 Tim 4:6-8, 16-18	Lk 18:9-14
10/30/22	"Proper 26"	Ps 119:137-144	Hab 1:1-4; 2:1-4	2 Th 1:1-4, 11-12	Lk 19:1-10
11/6/22	"Proper 27"	Ps 145:1-5, 17-21	Hag 1:15b - 2:9	2 Th 2:1-5, 13-17	Lk 20:27-38
11/13/22	"Proper 28"	Isa 12:2-6	Isa 65:17-25	2 Th 3:6-13	Lk 21:5-19
11/20/22	Christ the King	Lk 1:68-79	Jer 23:1-6	Col 1:11-20	Lk 23:33-43

“LONG TEXT” PLAN: THROUGH THE BIBLE

Longer chunks of Scripture can be good for understanding books or sections of the Bible as a whole, possibly in more of a “study” mode. This long text plan will take you through the Psalms every 60 days, the OT every two years, and the NT every year. Even though the passages are long, don’t read them simply for information. The Lord wants to meet you in these pages. Listen for his specific invitations for you to know and follow him in faith.

Video overviews of each biblical book can be found at thebibleproject.com.

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
9/4/22	9-10	2 Chronicles 13	
9/5/22	8, 11, 15, 16	2 Chronicles 14	Luke 19
9/6/22	12-14, 17	2 Chronicles 15	Luke 20
9/7/22	18	2 Chronicles 16	Luke 21
9/8/22	20-22	2 Chronicles 17	Luke 22
9/9/22	19, 23, 25	2 Chronicles 18	Luke 23
9/10/22	24, 26-27	2 Chronicles 19	
9/11/22	28-29, 31	2 Chronicles 20	
9/12/22	30, 32-33	2 Chronicles 21	Luke 24
9/13/22	34-35	2 Chronicles 22	John 1
9/14/22	36-38	2 Chronicles 23	John 2
9/15/22	37	2 Chronicles 24	John 3
9/16/22	39-41	2 Chronicles 25	John 4

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
9/17/22	42-44	2 Chronicles 26	
9/18/22	45-46	2 Chronicles 27	
9/19/22	47-49	2 Chronicles 28	John 5
9/20/22	50-51	2 Chronicles 29	John 6
9/21/22	52-55	2 Chronicles 30	John 7
9/22/22	56-58, 60	2 Chronicles 31	John 8
9/23/22	59, 63-64	2 Chronicles 32	John 9
9/24/22	61-62, 65, 67	2 Chronicles 33	
9/25/22	68	2 Chronicles 34	
9/26/22	69	2 Chronicles 35	John 10
9/27/22	66, 70, 72	2 Chronicles 36	John 11
9/28/22	71, 73	Ezra 1	John 12
9/29/22	74-76	Ezra 2	John 13
9/30/22	77, 79, 82	Ezra 3	John 14
10/1/22	78:1-39	Ezra 4	
10/2/22	78:40-end, 80	Ezra 5	
10/3/22	81, 83	Ezra 6	John 15
10/4/22	84-85	Ezra 7	John 16
10/5/22	86-88	Ezra 8	John 17
10/6/22	89	Ezra 9	John 18
10/7/22	90-91	Ezra 10	John 19
10/8/22	92-94	Nehemiah 1	

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
10/9/22	95-98	Nehemiah 2	
10/10/22	99-102	Nehemiah 3	John 20
10/11/22	103-104	Nehemiah 4	John 21
10/12/22	105	Nehemiah 5	Acts 1
10/13/22	106	Nehemiah 6	Acts 2
10/14/22	107	Nehemiah 7	Acts 3
10/15/22	108-110	Nehemiah 8	
10/16/22	111-114	Nehemiah 9	
10/17/22	115-117	Nehemiah 10	Acts 4
10/18/22	119:1-48	Nehemiah 11	Acts 5
10/19/22	119:49-88	Nehemiah 12	Acts 6
10/20/22	119:89-128	Nehemiah 13	Acts 7
10/21/22	119:129-end	Esther 1	Acts 8
10/22/22	118, 120-121	Esther 2	
10/23/22	122-126	Esther 3	
10/24/22	127-131	Esther 4	Acts 9
10/25/22	132-135	Esther 5	Acts 10
10/26/22	136-138	Esther 6	Acts 11
10/27/22	139, 141-142	Esther 7	Acts 12
10/28/22	140, 143	Esther 8	Acts 13
10/29/22	144-145	Esther 9-10	
10/30/22	146-147	Job 1	

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
10/31/22	148-150	Job 2	Acts 14
11/1/22	2-4	Job 3	Acts 15
11/2/22	1, 15, 34	Job 4	Acts 16
11/3/22	5-7	Job 5	Acts 17
11/4/22	9-10	Job 6	Acts 18
11/5/22	8, 11, 15, 16	Job 7	
11/6/22	12-14, 17	Job 8	
11/7/22	18	Job 9	Acts 19
11/8/22	20-22	Job 10	Acts 20
11/9/22	19, 23, 25	Job 11	Acts 21
11/10/22	24, 26-27	Job 12	Acts 22
11/11/22	28-29, 31	Job 13	Acts 23
11/12/22	30, 32-33	Job 14	
11/13/22	34-35	Job 15	
11/14/22	36-38	Job 16	Acts 24
11/15/22	37	Job 17	Acts 25
11/16/22	39-41	Job 18	Acts 26
11/17/22	42-44	Job 19	Acts 27
11/18/22	45-46	Job 20	Acts 28
11/19/22	47-49	Job 21	
11/20/22	50-51	Job 22	
11/21/22	52-55	Job 23	Romans 1

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
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11/22/22	56-58, 60	Job 24	Romans 2
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11/23/22	59, 63-64	Job 25	Romans 3
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11/24/22	61-62, 65, 67	Job 26	Romans 4
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11/25/22	68	Job 27	Romans 5
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11/26/22	69	Job 28	
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