

COMMUNITY RULE OF LIFE

summer
ordinary
time



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**What is a
Rule of Life?**

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.

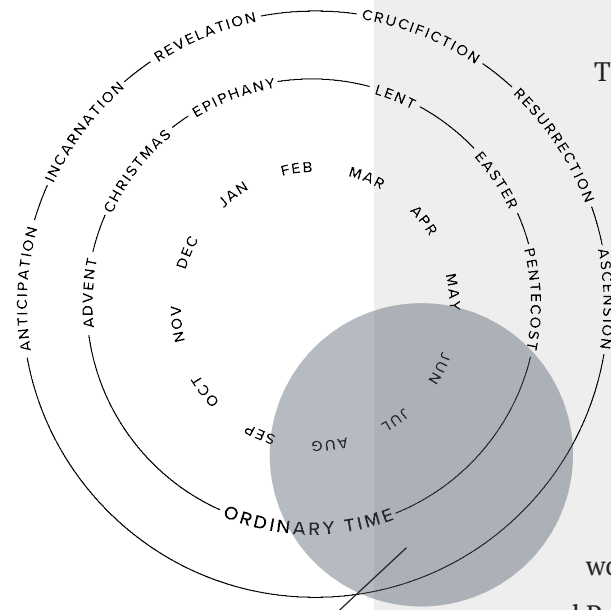
A rule of life helps us to live into healthy spiritual rhythms. We mark time with practices and “signposts” that remind us who God is and who we are in him. This guide introduces some ancient seasonal, monthly, weekly, and daily rhythms observed by our spiritual mothers and fathers that can deeply enrich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



**Current
Liturgical
Season**

SUMMER | PENTECOST | ORDINARY TIME

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
<p>Advent ANTICIPATION</p> <p>Waiting in the dark for the Messiah’s coming</p>		<p>Christmas INCARNATION</p> <p>Rejoicing in the Messiah’s arrival, the light of the world</p>		<p>Epiphany REVELATION</p> <p>Revealing the light of the Messiah to the world</p>
<p>Lent CRUCIFIXION</p> <p>Walking with the Messiah through suffering & death</p>		<p>Easter RESURRECTION</p> <p>Rising with the Messiah in resurrection life & victory</p>		<p>Pentecost ASCENSION</p> <p>Revealing the Messiah’s reign through a Spirit-empowered life</p>

Current Liturgical Season: Pentecost - Ordinary Time

The liturgical seasons covered by this edition of the Community Rule of Life are Pentecost and the beginning of Ordinary Time. Each liturgical season invites us to different priorities and practices. Pentecost is the day of God’s gift of his Spirit to his people, filling and empowering us for a life of love, service, and worship. This launches us into Ordinary Time, when we are invited into Spirit-filled rhythms of work and rest, love of neighbor and self, and service to 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 Monthly & Weekly Rhythms

Monthly Rhythms



Prayer is one of the central daily rhythms in our Community Rule of Life. In this season of Ordinary Time, we're also highlighting it as a monthly rhythm.

Prayer encompasses all the ways we communicate and commune with God. There are more practices in prayer than can be taught in this short guide. But we invite you to a single prayer practice every day over the course of this liturgical season: praying the Lord's Prayer once or twice daily, at consistent times each day.

As you begin, take a few deep, slow breaths, recentring your scattered senses upon the presence of God. After a moment, pray the Lord's Prayer slowly and reflectively. You can expand on each phrase if you wish with praise, lament, requests, or other forms of prayer. Don't be discouraged if you're distracted or "not feeling it." Simply offer the experience to the Lord who loves you. If possible, debrief your ongoing experience of prayer with a friend.

THE LORD'S PRAYER	<i>Our Father, who is in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread.</i>	<i>And forgive us our sins as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom, and the power, and the glory forever.</i>
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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 stop, rest, delight, and worship the Lord. We invite everyone to take a block of time, ideally 24 hours, to set aside work, technology, and other distractions to focus on relationship with God and others. You could observe the usual Sunday Sabbath of Christians, the traditional Jewish Sabbath from sundown on Friday to sundown on Saturday, or a timeframe that works for your season of life and your household.

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.



Invitations to 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."

**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.

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.)

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 Calendar

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 on the following pages. While both are beneficial, choosing one might be best.

READING CALENDAR

THE LECTIONARY CYCLE (YEAR A)

“Short Text” Plan

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.)

“Short Text” Plan

The Lectionary Cycle (Year A)

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 of 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	PLAN WEEK
5/28	Pentecost*	104:24-35	Acts 2:1-21	1 Cor. 12:3-13	Jn. 7:37-39	1
6/4	Trinity Sunday	8	Gen. 1:1-2:4a	2 Cor. 13:11-13	Mt. 28:16-20	2
6/11	Proper 5	50:7-15	Hos. 5:15-6:6	Rom. 4:13-25	Mt. 9:9-13, 18-26	3
6/18	Proper 6	100	Ex. 19:2-8a	Rom. 5:1-8	Mt. 9:35-10:23	4
6/25	Proper 7	69:7-18	Jer. 20:7-13	Rom. 6:1b-11	Mt. 10:24-39	5
7/2	Proper 8	89:1-4, 15-18	Jer. 28:5-9	Rom. 6:12-23	Mt. 10:40-42	6
7/9	Proper 9	145:8-14	Zech. 9:9-12	Rom. 7:15-25a	Mt. 11:16-19, 25-30	7
7/16	Proper 10	65:9-13	Isa. 55:10-13	Rom. 8:1-11	Mt. 13:1-9, 18-23	8
7/23	Proper 11	86:11-17	Isa. 44:6-8	Rom. 8:12-25	Mt. 13:24-30, 36-43	9
7/30	Proper 12	119:129-136	1 Kgs. 3:5-12	Rom. 8:26-39	Mt. 13:31-33, 44-52	10
8/6	Proper 13	145:8-9, 14-21	Isa. 55:1-5	Rom. 9:1-5	Mt. 14:13-21	11
8/13	Proper 14	85:8-13	1 Kgs. 19:9-18	Rom. 10:5-15	Mt. 14:22-33	12
8/20	Proper 15	67	Isa. 56:1, 6-8	Rom. 11:1-2a, 29-32	Mt. 15:10-28	13
8/27	Proper 16	138	Isa. 51:1-6	Rom. 12:1-8	Mt. 16:13-20	14

**The standard lectionary contains many more readings for certain days. For a complete listing, see the lectionary in the Book of Common Prayer at bcponline.org.*

READING CALENDAR

THROUGH THE BIBLE

“Long Text” Plan

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.

“Long Text” Plan

Through the Bible

	DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
Week One	SUN	5/28	69	Jeremiah 52
	MON	5/29	66, 70, 72	Lamentations 1 Revelation 15
	TUES	5/30	71, 73	Lamentations 2 Revelation 16
	WED	5/31	74-76	Lamentations 3 Revelation 17
	THURS	6/1	77, 79, 82	Lamentations 4 Revelation 18
	FRI	6/2	78:1-39	Lamentations 5 Revelation 19
	SAT	6/3	78:40-72, 80	Ezekiel 1
Week Two	SUN	6/4	81, 83	Ezekiel 2
	MON	6/5	84-85	Ezekiel 3 Revelation 20
	TUES	6/6	86-88	Ezekiel 4 Revelation 21
	WED	6/7	89	Ezekiel 5 Revelation 22
	THURS	6/8	90-91	Ezekiel 6 Matthew 1
	FRI	6/9	92-94	Ezekiel 7 Matthew 2
	SAT	6/10	95-98	Ezekiel 8
Week Three	SUN	6/11	99-102	Ezekiel 9
	MON	6/12	103-104	Ezekiel 10 Matthew 3
	TUES	6/13	105	Ezekiel 11 Matthew 4
	WED	6/14	106	Ezekiel 12 Matthew 5
	THURS	6/15	107	Ezekiel 13 Matthew 6
	FRI	6/16	108-110	Ezekiel 14 Matthew 7
	SAT	6/17	111-114	Ezekiel 15

Week Four

Week Five

Week Six

Week Seven

	DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
	SUN	6/18	115-117	Ezekiel 16
	MON	6/19	119:1-48	Ezekiel 17 Matthew 8
	TUES	6/20	119:49-88	Ezekiel 18 Matthew 9
	WED	6/21	119:89-128	Ezekiel 19 Matthew 10
	THURS	6/22	119:129-176	Ezekiel 20 Matthew 11
	FRI	6/23	118, 120-121	Ezekiel 21 Matthew 12
	SAT	6/24	122-126	Ezekiel 22
	SUN	6/25	127-131	Ezekiel 23
	MON	6/26	132-135	Ezekiel 24 Matthew 13
	TUES	6/27	136-138	Ezekiel 25 Matthew 14
	WED	6/28	139, 141-142	Ezekiel 26 Matthew 15
	THURS	6/29	140, 143	Ezekiel 27 Matthew 16
	FRI	6/30	144-145	Ezekiel 28 Matthew 17
	SAT	7/1	146-147	Ezekiel 29
	SUN	7/2	148-150	Ezekiel 30
	MON	7/3	2-4	Ezekiel 31 Matthew 18
	TUES	7/4	1, 15, 34	Ezekiel 32 Matthew 19
	WED	7/5	5-7	Ezekiel 33 Matthew 20
	THURS	7/6	9-10	Ezekiel 34 Matthew 21
	FRI	7/7	8, 11, 15, 16	Ezekiel 35 Matthew 22
	SAT	7/8	12-14, 17	Ezekiel 36
	SUN	7/9	18	Ezekiel 37
	MON	7/10	20-22	Ezekiel 38 Matthew 23
	TUES	7/11	19, 23, 25	Ezekiel 39 Matthew 24
	WED	7/12	24, 26-27	Ezekiel 40 Matthew 25
	THURS	7/13	28-29, 31	Ezekiel 41 Matthew 26
	FRI	7/14	30, 32-33	Ezekiel 42 Matthew 27
	SAT	7/15	34-35	Ezekiel 43

DATE		PSALM	OLD TESTAMENT	NEW TESTAMENT
SUN	7/16	36-38	Ezekiel 44	
MON	7/17	37	Ezekiel 45	Matthew 28
TUES	7/18	39-41	Ezekiel 46	Mark 1
WED	7/19	42-44	Ezekiel 47	Mark 2
THURS	7/20	45-46	Ezekiel 48	Mark 3
FRI	7/21	47-49	Daniel 1	Mark 4
SAT	7/22	50-51	Daniel 2	
SUN	7/23	52-55	Daniel 3	
MON	7/24	56-58, 60	Daniel 4	Mark 5
TUES	7/25	59, 63-64	Daniel 5	Mark 6
WED	7/26	61-62, 65, 67	Daniel 6	Mark 7
THURS	7/27	68	Daniel 7	Mark 8
FRI	7/28	69	Daniel 8	Mark 9
SAT	7/29	66, 70, 72	Daniel 9	
SUN	7/30	71, 73	Daniel 10	
MON	7/31	74-76	Daniel 11	Mark 10
TUES	8/1	77, 79, 82	Daniel 12	Mark 11
WED	8/2	78:1-39	Hosea 1	Mark 12
THURS	8/3	78:40-72, 80	Hosea 2	Mark 13
FRI	8/4	81, 83	Hosea 3	Mark 14
SAT	8/5	84-85	Hosea 4	
SUN	8/6	86-88	Hosea 5	
MON	8/7	89	Hosea 6	Mark 15
TUES	8/8	90-91	Hosea 7	Mark 16
WED	8/9	92-94	Hosea 8	Luke 1
THURS	8/10	95-98	Hosea 9	Luke 2
FRI	8/11	99-102	Hosea 10	Luke 3
SAT	8/12	103-104	Hosea 11	

Week Eight

Week Nine

Week Ten

Week Eleven

	DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT	
Week Twelve	SUN	8/13	105	Hosea 12	
	MON	8/14	106	Hosea 13	Luke 4
	TUES	8/15	107	Hosea 14	Luke 5
	WED	8/16	108-110	Joel 1	Luke 6
	THURS	8/17	111-114	Joel 2	Luke 7
	FRI	8/18	115-117	Joel 3	Luke 8
	SAT	8/19	119:1-48	Amos 1	
Week Thirteen	SUN	8/20	119:49-88	Amos 2	
	MON	8/21	119:89-128	Amos 3	Luke 9
	TUES	8/22	119:129-176	Amos 4	Luke 10
	WED	8/23	118, 120-121	Amos 5	Luke 11
	THURS	8/24	122-126	Amos 6	Luke 12
	FRI	8/25	127-131	Amos 7	Luke 13
	SAT	8/26	132-135	Amos 8	
Week Fourteen	SUN	8/27	136-138	Amos 9	
	MON	8/28	139, 141-142	Obadiah	Luke 14
	TUES	8/29	140, 143	Jonah 1	Luke 15
	WED	8/30	144-145	Jonah 2	Luke 16
	THURS	8/31	146-147	Jonah 3	Luke 17
	FRI	9/1	148-150	Jonah 4	Luke 18
	SAT	9/2	2-4	Micah 1	





SUMMER (ORDINARY TIME I)

**COMMUNITY RULE OF LIFE
SOMA MIDTOWN 2023**