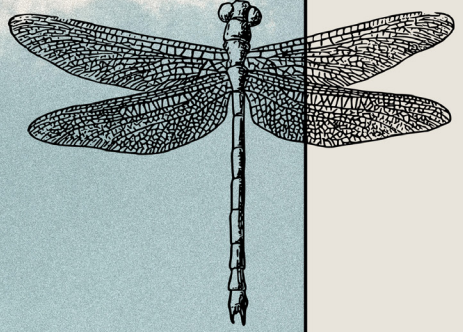


SUMMER

COMMUNITY RULE OF LIFE

ORDINARY TIME I



SOMA MIDTOWN 2022



CONTENTS

INTRODUCTION	1
SEASONAL RHYTHMS	2
WEEKLY/MONTHLY RHYTHMS	4
DAILY RHYTHMS	6
READING SCHEDULE	8
<i>“SHORT TEXT” PLAN: THE LECTIONARY CYCLE (YEAR C)</i>	9
<i>“LONG TEXT” PLAN: THROUGH THE BIBLE</i>	11



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.

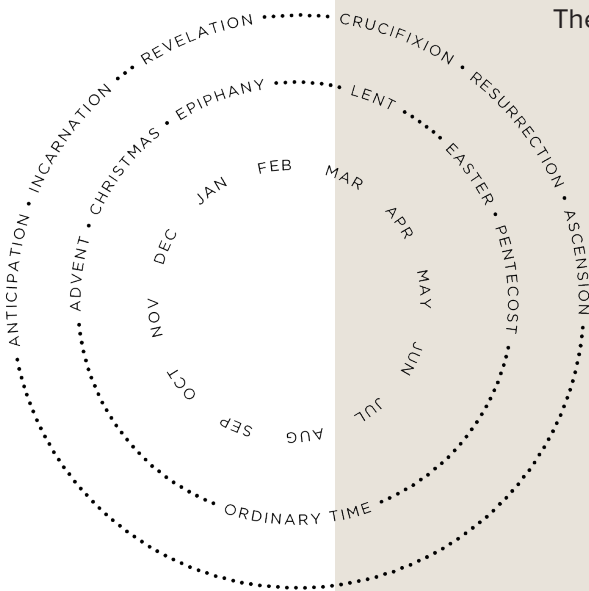
INVITATION TO SEASONAL RHYTHMS:

ORDERING OUR TIME BY THE STORY OF THE MESSIAH

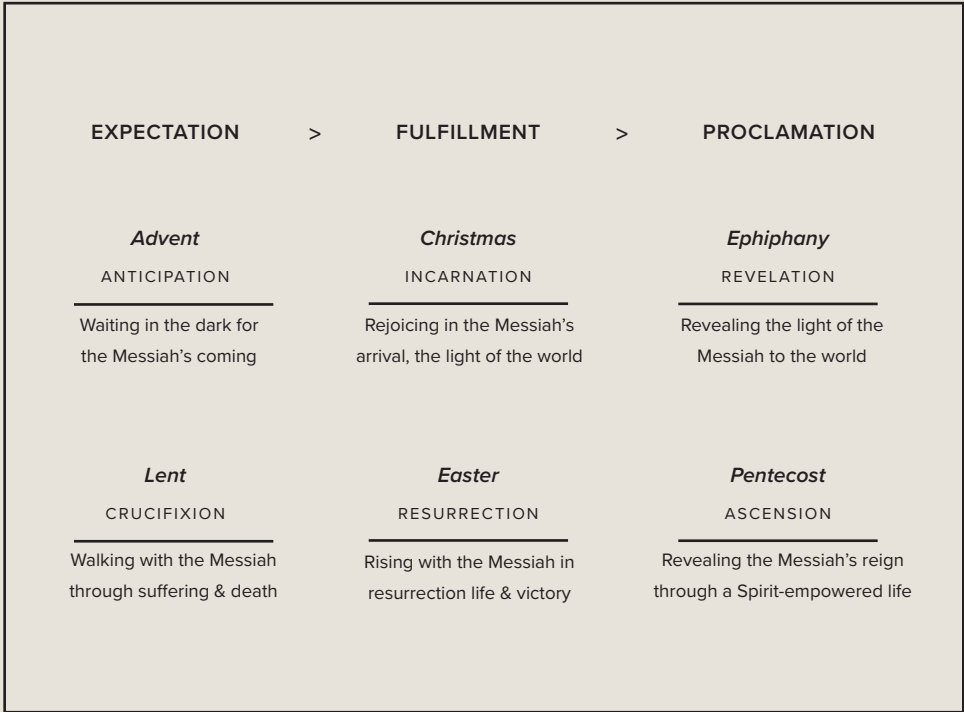
The “liturgical calendar” is a way to learn and live out the story of Jesus through the year. Instead of structuring our lives according to the rhythms of school semesters, fiscal years, or even the normal calendar, we order our time by the story of the Messiah.

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**

SIMPLICITY

Simplicity is a way of life expressed in both inward and outward practices. It is the discipline of “enough,” living with a commitment to be unencumbered by attachments to things. We’re invited into a monthly rhythm of taking stock of where we have excess or clutter that can be simplified, physically, financially, emotionally, or spiritually. Inwardly, we practice disciplines like margin (creating space in our schedules and minds) and contentment (by “counting blessings” and giving thanks for what we have). Outwardly, we foster simplicity with practices like spending intentionally, consuming less, and giving generously.

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



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.



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.

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 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.

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

DATE	SUNDAY	PSALM	OT (or Acts)	EPISTLE	GOSPEL
6/12/22	Trinity Sunday	8	Prov 8:1-4, 22-31	Rom 5:1-5	John 16:12-15
6/19/22	“Proper 7”	42 & 43	1 Kgs 19:1-15a	Gal 3:23-29	Luke 8:26-39
6/26/22	“Proper 8”	77:1-2, 11-20	2 Kgs 2:1-2, 6-14	Gal 5:1, 13-25	Luke 9:51-62
7/3/22	“Proper 9”	30	2 Kgs 5:1-14	Gal 6:1-16	Luke 10:1-11, 16-20
7/10/22	“Proper 10”	82	Amos 7:7-17	Col 1:1-14	Luke 10:25-37
7/17/22	“Proper 11”	52	Amos 8:1-12	Col 1:15-28	Luke 10:38-42
7/24/22	“Proper 12”	85	Hosea 1:2-10	Col 2:6-19	Luke 11:1-13
7/31/22	“Proper 13”	107:1-9, 43	Hosea 11:1-11	Col 3:1-11	Luke 12:13-21
8/7/22	“Proper 14”	50:1-8, 23-24	Isa 1:1, 10-20	Heb 11:1-3, 8-16	Luke 12:32-40
8/14/22	“Proper 15”	80:1-2, 8-18	Isa 5:1-7	Heb 11:29 - 12:2	Luke 12:49-56
8/21/22	“Proper 16”	71:1-6	Jer 1:4-10	Heb 12:18-29	Luke 13:10-17
8/28/22	“Proper 17”	81:1, 10-16	Jer 2:4-13	Heb 13:1-8, 15-16	Luke 14:1, 7-14

“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
6/5/22	86-88	1 Kings 5	
6/6/22	89	1 Kings 6	Revelation 20
6/7/22	90-91	1 Kings 7	Revelation 21
6/8/22	92-94	1 Kings 8	Revelation 22
6/9/22	95-98	1 Kings 9	Matthew 1
6/10/22	99-102	1 Kings 10	Matthew 2
6/11/22	103-104	1 Kings 11	
6/12/22	105	1 Kings 12	
6/13/22	106	1 Kings 13	Matthew 3
6/14/22	107	1 Kings 14	Matthew 4
6/15/22	108-110	1 Kings 15	Matthew 5
6/16/22	111-114	1 Kings 16	Matthew 6
6/17/22	115-117	1 Kings 17	Matthew 7
6/18/22	119:1-48	1 Kings 18	

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
6/19/22	119:49-88	1 Kings 19	
6/20/22	119:89-128	1 Kings 20	Matthew 8
6/21/22	119:129-end	1 Kings 21	Matthew 9
6/22/22	118, 120-121	1 Kings 22	Matthew 10
6/23/22	122-126	2 Kings 1	Matthew 11
6/24/22	127-131	2 Kings 2	Matthew 12
6/25/22	132-135	2 Kings 3	
6/26/22	136-138	2 Kings 4	
6/27/22	139, 141-142	2 Kings 5	Matthew 13
6/28/22	140, 143	2 Kings 6	Matthew 14
6/29/22	144-145	2 Kings 7	Matthew 15
6/30/22	146-147	2 Kings 8	Matthew 16
7/1/22	148-150	2 Kings 9	Matthew 17
7/2/22	2-4	2 Kings 10	
7/3/22	1, 15, 34	2 Kings 11	
7/4/22	5-7	2 Kings 12	Matthew 18
7/5/22	9-10	2 Kings 13	Matthew 19
7/6/22	8, 11, 15, 16	2 Kings 14	Matthew 20
7/7/22	12-14, 17	2 Kings 15	Matthew 21
7/8/22	18	2 Kings 16	Matthew 22
7/9/22	20-22	2 Kings 17	
7/10/22	19, 23, 25	2 Kings 18	
7/11/22	24, 26-27	2 Kings 19	Matthew 23

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
7/12/22	28-29, 31	2 Kings 20	Matthew 24
7/13/22	30, 32-33	2 Kings 21	Matthew 25
7/14/22	34-35	2 Kings 22	Matthew 26
7/15/22	36-38	2 Kings 23	Matthew 27
7/16/22	37	2 Kings 24	
7/17/22	39-41	2 Kings 25	
7/18/22	42-44	1 Chronicles 1	Matthew 28
7/19/22	45-46	1 Chronicles 2	Mark 1
7/20/22	47-49	1 Chronicles 3	Mark 2
7/21/22	50-51	1 Chronicles 4	Mark 3
7/22/22	52-55	1 Chronicles 5	Mark 4
7/23/22	56-58, 60	1 Chronicles 6	
7/24/22	59, 63-64	1 Chronicles 7	
7/25/22	61-62, 65, 67	1 Chronicles 8	Mark 5
7/26/22	68	1 Chronicles 9	Mark 6
7/27/22	69	1 Chronicles 10	Mark 7
7/28/22	66, 70, 72	1 Chronicles 11	Mark 8
7/29/22	71, 73	1 Chronicles 12	Mark 9
7/30/22	74-76	1 Chronicles 13	
7/31/22	77, 79, 82	1 Chronicles 14	
8/1/22	78:1-39	1 Chronicles 15	Mark 10
8/2/22	78:40-end, 80	1 Chronicles 16	Mark 11
8/3/22	81, 83	1 Chronicles 17	Mark 12

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
8/4/22	84-85	1 Chronicles 18	Mark 13
8/5/22	86-88	1 Chronicles 19	Mark 14
8/6/22	89	1 Chronicles 20	
8/7/22	90-91	1 Chronicles 21	
8/8/22	92-94	1 Chronicles 22	Mark 15
8/9/22	95-98	1 Chronicles 23	Mark 16
8/10/22	99-102	1 Chronicles 24	Luke 1
8/11/22	103-104	1 Chronicles 25	Luke 2
8/12/22	105	1 Chronicles 26	Luke 3
8/13/22	106	1 Chronicles 27	
8/14/22	107	1 Chronicles 28	
8/15/22	108-110	1 Chronicles 29	Luke 4
8/16/22	111-114	1 Chronicles 30	Luke 5
8/17/22	115-117	1 Chronicles 31	Luke 6
8/18/22	119:1-48	1 Chronicles 32	Luke 7
8/19/22	119:49-88	1 Chronicles 33	Luke 8
8/20/22	119:89-128	1 Chronicles 34	
8/21/22	119:129-end	1 Chronicles 35	
8/22/22	118, 120-121	1 Chronicles 36	Luke 9
8/23/22	122-126	2 Chronicles 1	Luke 10
8/24/22	127-131	2 Chronicles 2	Luke 11
8/25/22	132-135	2 Chronicles 3	Luke 12
8/26/22	136-138	2 Chronicles 4	Luke 13

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
8/27/22	139, 141-142	2 Chronicles 5	
8/28/22	140, 143	2 Chronicles 6	
8/29/22	144-145	2 Chronicles 7	Luke 14
8/30/22	146-147	2 Chronicles 8	Luke 15
8/31/22	148-150	2 Chronicles 9	Luke 16
9/1/22	2-4	2 Chronicles 10	Luke 17
9/2/22	1, 15, 34	2 Chronicles 11	Luke 18
9/3/22	5-7	2 Chronicles 12	

NOTES



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