
COMMUNITY RULE OF LIFE

ORDINARY TIME / SUMMER
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SOMA MIDTOWN 2021

CONTENTS

INTRO	1
HOW TO USE	2-7
DAILY RHYTHMS	4-5
WEEKLY/MONTHLY RHYTHMS	6-7
READING SCHEDULE	8
NOTES	13

INTRO

COMMUNITY RULE OF LIFE

A “rule of life” is a set of Spirit-empowered practices that help disciples abide in Jesus more deeply (John 15).

During this season, we want to collectively commit ourselves to these core practices. Our goal is to experience a deeper sense of unity, joy, and flourishing with Jesus. The suggested readings are not a list to be crossed off. Rather, they are an offered structure that invites you to start where you are, and do what you can.

We encourage you to invite a group of trusted friends to journey with you.



HOW TO USE THIS GUIDE

DEVELOPING A DAILY RHYTHM

—

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. If you are new to contemplative reading, we have included an example on the next page.

READING TIP

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 New Testament readings. To supplement your reading, we have included videos from www.thebibleproject.com that offer good insight on biblical context.



DEVELOPING A DAILY RHYTHM

SILENCE

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

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.

SELF-EXAMINATION

Ask God to search you. 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?

SUPPLICATION

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

INVITATIONS FOR WEEKLY RHYTHMS

FASTING

Every Wednesday during lunch, we invite those who are able to fast to use 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 invite everyone to designate a block of time to set aside work and technology, and to focus on your relationship with God and others. Typically, Sabbath is practiced from sundown on Friday to sundown on Saturday. We encourage you to pursue a 24-hour period of time to experience this deep rest.

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 summer, 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, outdoor meals, 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.

To learn more about the why, what, and how of these historic Christian practices, check out our practice guides and other resources at :

<https://www.somamidtown.com/spiritual-formation>

READING CALENDAR

DATE	PSALM <i>CHOOSE 1 MIN.</i>	SCRIPTURE	BIBLE PROJECT*
■ 5.31.21	75-76, 79	1 Corinthians 1	1 Corinthians
■ 6.1.21	78:1-40	1 Corinthians 2	
■ 6.2.21	78:41-72, 80	1 Corinthians 3	
■ 6.3.21	81-83	1 Corinthians 4	
■ 6.4.21	84-85	1 Corinthians 5	
■ 6.5.21	86-88	Rest	
■ 6.6.21	89	Rest	
■ 6.7.21	90-91	1 Corinthians 6	
■ 6.8.21	92-94	1 Corinthians 7	
■ 6.9.21	95-98	1 Corinthians 8	
■ 6.10.21	99-102	1 Corinthians 9	
■ 6.11.21	103-104	1 Corinthians 10	
■ 6.12.21	105	Rest	
■ 6.13.21	106	Rest	

**FIND THE BIBLE PROJECT VIDEOS AT THEBIBLEPROJECT.COM*

DATE	PSALM <i>CHOOSE 1 MIN.</i>	SCRIPTURE	BIBLE PROJECT*
6.14.21	107	1 Corinthians 11	
6.15.21	108-110	1 Corinthians 12	
6.16.21	111-114	1 Corinthians 13	
6.17.21	115-117	1 Corinthians 14	
6.18.21	119:1-48	1 Corinthians 15	
6.19.21	119:49-88	Rest	
6.20.21	119:89-128	Rest	
6.21.21	119:129-176	1 Corinthians 16	
6.22.21	118, 120-121	2 Corinthians 1	2 Corinthians
6.23.21	122-126	2 Corinthians 2	
6.24.21	127-131	2 Corinthians 3	
6.25.21	132-135	2 Corinthians 4	
6.26.21	136-138	Rest	
6.27.21	139, 141-142	Rest	
6.28.21	140, 143	2 Corinthians 5	
6.29.21	144-145	2 Corinthians 6	
6.30.21	146-147	2 Corinthians 7	
7.1.21	148-150	2 Corinthians 8	
7.2.21	1-4	2 Corinthians 9	
7.3.21	5-7	Rest	
7.4.21	9-10	Rest	
7.5.21	8,11,15-16	2 Corinthians 10	
7.6.21	12-14, 17	2 Corinthians 11	

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DATE	PSALM <i>CHOOSE 1 MIN.</i>	SCRIPTURE	BIBLE PROJECT*
7.7.21	18	2 Corinthians 12	
7.8.21	20-22	2 Corinthians 13	
7.9.21	19, 23, 25	Ephesians 1	Ephesians
7.10.21	24, 26-27	Rest	
7.11.21	28-29, 31	Rest	
7.12.21	30, 32-33	Ephesians 2	
7.13.21	34-35	Ephesians 3	
7.14.21	36, 38	Ephesians 4	
7.15.21	37	Ephesians 5	
7.16.21	39-41	Ephesians 6	
7.17.21	42-44	Rest	
7.18.21	45-46	Rest	
7.19.21	47-49	Colossians 1	Colossians
7.20.21	50-51	Colossians 2	
7.21.21	52-55	Colossians 3	
7.22.21	56-58, 60	Colossians 4	
7.23.21	59, 63-64	1 Thessalonians 1	1 Thessalonians
7.24.21	61-62, 65, 67	Rest	
7.25.21	68	Rest	
7.26.21	69	1 Thessalonians 2	
7.27.21	66, 70, 72	1 Thessalonians 3	
7.28.21	71, 73	1 Thessalonians 4	
7.29.21	74-76	1 Thessalonians 5	

*FIND THE BIBLE PROJECT VIDEOS AT THEBIBLEPROJECT.COM


DATE	PSALM <i>CHOOSE 1 MIN.</i>	SCRIPTURE	BIBLE PROJECT*
7.30.21	77, 79, 82	2 Thessalonians 1	2 Thessalonians
7.31.21	78:1-39	Rest	
8.1.21	78:40-72, 80	Rest	
8.2.21	81, 83	2 Thessalonians 2	
8.3.21	84-85	2 Thessalonians 3	
8.4.21	86-88	1 Timothy 1	1 Timothy
8.5.21	89	1 Timothy 2	
8.6.21	27, 80	1 Timothy 3	
8.7.21	90, 91	Rest	
8.8.21	92-94	Rest	
8.9.21	95-98	1 Timothy 4	
8.10.21	99-102	1 Timothy 5	
8.11.21	103-104	1 Timothy 6	
8.12.21	105	2 Timothy 1	2 Timothy
8.13.21	106	2 Timothy 2	
8.14.21	107	Rest	
8.15.21	108-110	Rest	
8.16.21	111-114	2 Timothy 3	
8.17.21	115-117	2 Timothy 4	
8.18.21	119:1-48	Titus 1	Titus
8.19.21	119:49-88	Titus 2	
8.20.21	119:89-128	Titus 3	
8.21.21	119:129-176	Rest	

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DATE	PSALM <i>CHOOSE 1 MIN.</i>	SCRIPTURE	BIBLE PROJECT*
8.22.21	118, 120-121	Rest	
8.23.21	122-126	James 1	James
8.24.21	127-131	James 2	
8.25.21	132-135	James 3	
8.26.21	136-138	James 4	
8.27.21	139, 141-142	James 5	
8.28.21	140, 143	Rest	
8.29.21	144-145	Rest	
8.30.21	146-147	1 John 1	1-3 John
8.31.31	148-150	1 John 2	
9.1.21	1-4	1 John 3	
9.2.21	5-7	1 John 4	
9.3.21	9-10	1 John 5	
9.4.21	8, 11, 15-16	Rest	
9.5.21	12-14, 17	Rest	

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