

SOMA MIDTOWN 2021

community rule of life

lent

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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 of Lent, 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 Revelation. To supplement your reading of Revelation, we have included videos from www.thebibleproject.com that offer good insight on biblical context.

SILENCE _____

Begin your time with two minutes of 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,” “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.

weekly rhythms

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.

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.somaindy.com/spiritual-formation>.



schedule

your reading calendar

date	psalm	new testament	the bible project video
Wednesday, Feb 17	119:1-48	Revelation 1:1-20	Revelation 1:11
Thursday, Feb 18	119:49-88	Revelation 2:1-7	Angels and Cherubim
Friday, Feb 19	119:89-128	Revelation 2:8-11	
Saturday, Feb 20	Rest	Rest	
Sunday, Feb 21	Rest	Rest	
Monday, Feb 22	122-126	Revelation 2:12-17	
Tuesday, Feb 23	127-131	Revelation 2:18-29	
Wednesday, Feb 24	132-135	Revelation 3:1-6	
Thursday, Feb 25	136-138	Revelation 3:7-13	
Friday, Feb 26	139, 141, 142	Revelation 3:14-22	
Saturday, Feb 27	Rest	Rest	
Sunday, Feb 28	Rest	Rest	
Monday, Mar 1	146-147	Revelation 4:1-11	
Tuesday, Mar 2	148-150	Revelation 5:1-14	
Wednesday, Mar 3	1-4	Revelation 6:1-17	
Thursday, Mar 4	5-7	Revelation 7:1-17	
Friday, Mar 5	9-10	Revelation 8:1-13	

date	psalm	new testament	the bible project video
Saturday, Mar 6	Rest	Rest	
Sunday, Mar 7	Rest	Rest	
Monday, Mar 8	18	Revelation 9:1-21	
Tuesday, Mar 9	20-22	Revelation 10:1-11	
Wednesday, Mar 10	19, 23, 25	Revelation 11:1-19	
Thursday, Mar 11	24, 26, 27	Revelation 12:1-13	Revelation 12-22
Friday, Mar 12	28, 29, 31	Revelation 13:1-18	
Saturday, Mar 13	Rest	Rest	
Sunday, Mar 14	Rest	Rest	
Monday, Mar 15	36, 38	Revelation 14:1-20	
Tuesday, Mar 16	37	Revelation 15:1-8	
Wednesday, Mar 17	39-41	Revelation 16:1-21	
Thursday, Mar 18	42-44	Revelation 17:1-18	
Friday, Mar 19	45-46	Revelation 18:1-24	
Saturday, Mar 20	Rest	Rest	
Sunday, Mar 21	Rest	Rest	
Monday, Mar 22	52-55	Revelation 19:1-10	Heaven and Earth
Tuesday, Mar 23	56-58, 60	Revelation 19:11-21	
Wednesday, Mar 24	59, 63, 64	Revelation 20:1-6	
Thursday, Mar 25	113, 131-132, 138	Revelation 20:7-15	Satan and Demons
Friday, Mar 26	61, 62, 65, 67	Revelation 21:1-8	
Saturday, Mar 27	Rest	Rest	
Sunday, Mar 28	Rest	Rest	
Monday, Mar 29	66, 70, 72	Revelation 21:9-27	
Tuesday, Mar 30	71, 73	Revelation 22:1-5	
Wednesday, Mar 31	74, 77	Revelation 22:6-21	
Thursday, April 1	41, 142, 143	John 13:1-38	
Friday, April 2	40, 102	Luke 23:18-49	The Crucifixion of Jesus
Saturday, April 3	88, 91	Luke 23:50-56	
Sunday, April 4	111, 113-114, 118	Luke 24:13-43	The Resurrection of Jesus



additional resources

for personal or group study

UNDERSTANDING REVELATION

Discipleship on the Edge
by Darrell W. Johnson

The Theology of
the Book of Revelation
by Richard Bauckham

Joy in Our Weakness
by Marva Dawn

Reverse Thunder
by Eugene Peterson

BIBLE STUDIES

Revelation:
Worthy is the Lamb
by She Reads Truth

Letters to the
Churches of Revelation
by Nancy Leigh Demoss

DIGITAL APPS

Read Scripture
The Bible App

notes



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**community
rule of life**

a corporate liturgy for lent

