

COMMUNITY RULE OF LIFE

# ORDINARY TIME

*FALL*

SOMA MIDTOWN 2021

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# INTRO

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## 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.

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# 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 pages 4 and 5.





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.



## WEEKLY & MONTHLY 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.

## 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 fall, 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

Psalms are set on a sixty day reading cycle, the Old Testament readings on a two-year cycle, and the New Testament on a one-year cycle.

Video overviews of each biblical book can be found at [thebibleproject.com](http://thebibleproject.com).

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
9.6.21	18	Genesis 1	Acts 1
9.7.21	20-22	Genesis 2-3	Acts 2
9.8.21	19, 23, 25	Genesis 4-5	Acts 3
9.9.21	24, 26, 27	Genesis 6	Acts 4
9.10.21	28, 29, 31	Genesis 7	Acts 5
9.11.21	30, 32, 33	Genesis 8	
9.12.21	34, 35	Genesis 9	
9.13.21	36, 38	Genesis 10	Acts 6
9.14.21	37	Genesis 11-12	Acts 7
9.15.21	39-41	Genesis 13-14	Acts 8
9.16.21	42-44	Genesis 15	Acts 9
9.17.21	45-46	Genesis 16	Acts 10
9.18.21	47-49	Genesis 17	
9.19.21	50-51	Genesis 18	

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
9.20.21	52-55	Genesis 19	Acts 11
9.21.21	56-58, 60	Genesis 20-21	Acts 12
9.22.21	59, 63, 64	Genesis 22-23	Acts 13
9.23.21	61-62, 65, 67	Genesis 24	Acts 14
9.24.21	68	Genesis 25	Acts 15
9.25.21	69	Genesis 26	
9.26.21	66, 70, 72	Genesis 27	
9.27.21	71, 73	Genesis 28	Acts 16
9.28.21	74-76	Genesis 29-30	Acts 17
9.29.21	77, 79, 82	Genesis 31-32	Acts 18
9.30.21	78:1-39	Genesis 33	Acts 19
10.1.21	78:41- end, 80	Genesis 34	Acts 20
10.2.21	81, 83	Genesis 35	
10.3.21	84-85	Genesis 36	
10.4.21	86-88	Genesis 37	Acts 21
10.5.21	89	Genesis 38-39	Acts 22
10.6.21	90-91	Genesis 40-41	Acts 23
10.7.21	92-94	Genesis 42	Acts 24
10.8.21	95-98	Genesis 43	Acts 25
10.9.21	99-102	Genesis 44	
10.10.21	103-104	Genesis 45	
10.11.21	105	Genesis 46	Acts 26
10.12.21	106	Genesis 47-48	Acts 27

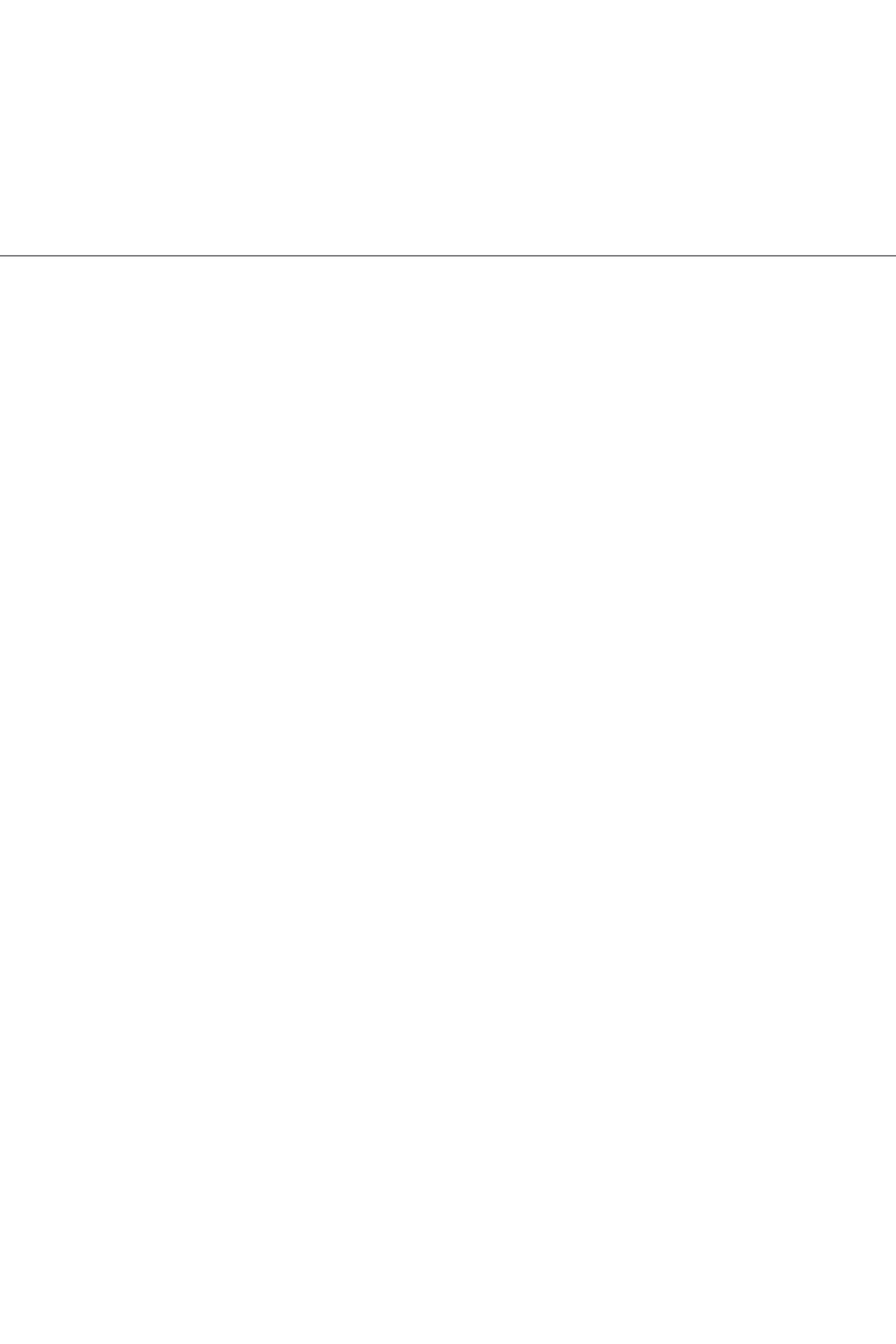
DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
10.13.21	107	Genesis 49-50	Acts 28
10.14.21	108-110	Exodus 1	Matthew 1
10.15.21	111-114	Exodus 2	Matthew 2
10.16.21	115-117	Exodus 3	
10.17.21	119:1-48	Exodus 4	
10.18.21	119:49-88	Exodus 5	Matthew 3
10.19.21	119:89-128	Exodus 6-7	Matthew 4
10.20.21	119:129-end	Exodus 8-9	Matthew 5
10.21.21	118, 120-121	Exodus 10	Matthew 6
10.22.21	122-126	Exodus 11	Matthew 7
10.23.21	127-131	Exodus 12	
10.24.21	132-135	Exodus 13	
10.25.21	136-138	Exodus 14	Matthew 8
10.26.21	139, 141-142	Exodus 15-16	Matthew 9
10.27.21	140, 143	Exodus 17-18	Matthew 10
10.28.21	144-145	Exodus 19	Matthew 11
10.29.21	146-147	Exodus 20	Matthew 12
10.30.21	148-150	Exodus 21	
10.31.21	2-4	Exodus 22	
11.1.21	1, 15, 34	Exodus 23	Matthew 13
11.2.21	5-7	Exodus 24-25	Matthew 14
11.3.21	9-10	Exodus 26-27	Matthew 15
11.4.21	8, 11, 15, 16	Exodus 28	Matthew 16

DATE	PSALM	OLD TESTAMENT	NEW TESTAMENT
11.5.21	12-14, 17	Exodus 29	Matthew 17
11.6.21	18	Exodus 30	
11.7.21	20-22	Exodus 31	
11.8.21	19, 23, 25	Exodus 32	Matthew 18
11.9.21	24, 26-27	Exodus 33-34	Matthew 19
11.10.21	28-29, 31	Exodus 35-36	Matthew 20
11.11.21	30, 32-33	Exodus 37	Matthew 21
11.12.21	34-35	Exodus 38	Matthew 22
11.13.21	36, 38	Exodus 39	
11.14.21	37	Exodus 40	
11.15.21	39-41	Leviticus 1	Matthew 23
11.16.21	42-44	Leviticus 2-3	Matthew 24
11.17.21	45-46	Leviticus 4-5	Matthew 25
11.18.21	47-49	Leviticus 6	Matthew 26
11.19.21	50-51	Leviticus 7	Matthew 27
11.20.21	52-55	Leviticus 8	
11.21.21	56-58, 60	Leviticus 9	
11.22.21	59, 63-64	Leviticus 10	Matthew 28
11.23.21	61-62, 65, 67	Leviticus 11-12	Romans 1
11.24.21	68	Leviticus 13-14	Romans 2
11.25.21	69	Leviticus 14	Romans 3
11.26.21	66, 70, 72	Leviticus 15	Romans 4
11.27.21	71, 73	Leviticus 16	

## NOTES

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ORDINARY TIME



FALL