

COMMUNITY RULE OF LIFE



EASTERTIDE  
/ SPRING

SOMA MIDTOWN 2021



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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, 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*

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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 Galatians and Luke. To supplement your reading, we have included videos from [www.thebibleproject.com](http://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

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### *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.somamidtown.com/spiritual-formation>



## READING CALENDAR

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DATE	PSALM <i>CHOOSE 1 MIN.</i>	SCRIPTURE	BIBLE PROJECT*
4.5.21	84-85	Galations 1	Galations
4.6.21	86-88	Galations 2	Psalms
4.7.21	89	Galations 3	The Law
4.8.21	90-91	Galations 4	
4.9.21	92-94	Galations 5	Holy Spirit
4.10.21	95-98	Rest	
4.11.21	99-102	Rest	
4.12.21	103-104	Galations 6	
4.13.21	105	Luke 1:1-23	Luke 1-9
4.14.21	106	Luke 1:24-80	
4.15.21	107	Luke 2:1-21	
4.16.21	108-110	Luke 2:22-52	
4.17.21	111-114	Rest	
4.18.21	115-117	Rest	

\*FIND THE BIBLE PROJECT VIDEOS AT [THEBIBLEPROJECT.COM](http://THEBIBLEPROJECT.COM)

DATE	PSALM <i>CHOOSE 1 MIN.</i>	SCRIPTURE	BIBLE PROJECT*
4.19.21	119:1-48	Luke 3:1-38	
4.20.21	119:49-88	Luke 4:1-30	
4.21.21	119:89-128	Luke 4:31-44	
4.22.21	119:129-176	Luke 5:1-16	
4.23.21	120-121	Luke 5:17-39	
4.24.21	122-126	Rest	
4.25.21	127-131	Rest	
4.26.21	132-135	Luke 6:1-38	
4.27.21	136-138	Luke 6:39-7:10	
4.28.21	139, 141-142	Luke 7:11-49	
4.29.21	140, 143	Luke 8	
4.30.21	144-145	Luke 9:1-17	
5.1.21	146-147	Rest	
5.2.21	148-150	Rest	
5.3.21	1-4	Luke 9:18-50	
5.4.21	5-7	Luke 9:51-10:24	Luke 10-24
5.5.21	9-10	Luke 10:25-42	
5.6.21	8, 11, 15-16	Luke 11:1-28	
5.7.21	12-14, 17	Luke 11:29-54	
5.8.21	18	Rest	
5.9.21	19-21	Rest	
5.10.21	22-24	Luke 12:1-34	
5.11.21	25, 27	Luke 12:35-13:9	
5.12.21	26, 28, 31	Luke 13:10-35	

*\*FIND THE BIBLE PROJECT VIDEOS AT [THEBIBLEPROJECT.COM](http://THEBIBLEPROJECT.COM)*

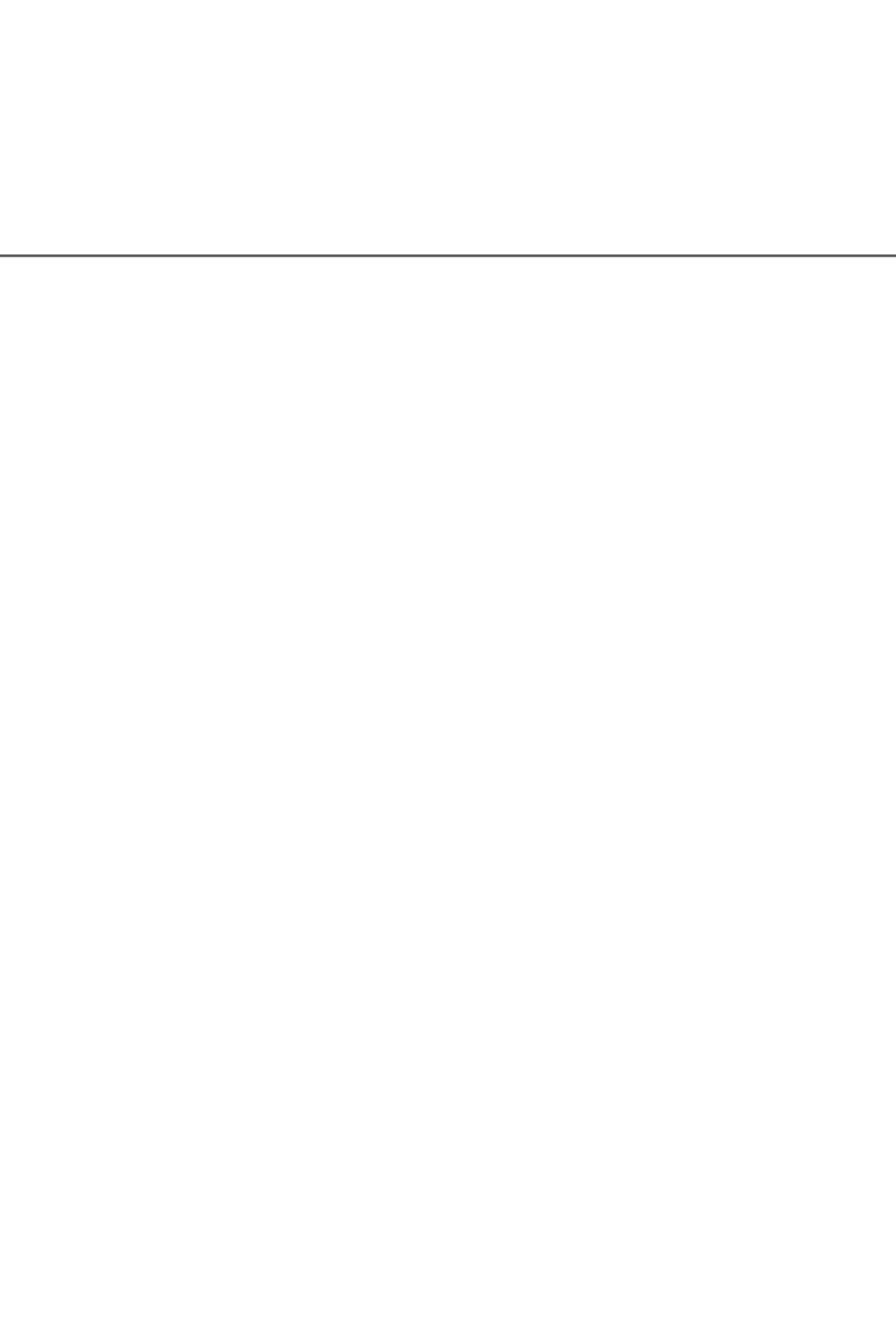
DATE	PSALM <i>CHOOSE 1 MIN.</i>	SCRIPTURE	BIBLE PROJECT*
5.13.21	8, 47, 21, 24	Luke 14	
5.14.21	29-30, 33-34	Luke 15	
5.15.21	32, 35-36	Rest	
5.16.21	37-38	Rest	
5.17.21	39-41	Luke 16	
5.18.21	42-44	Luke 17:1-19	
5.19.21	45-46	Luke 17:20-56	
5.20.21	47-49	Luke 18	
5.21.21	50-51	Luke 19	
5.22.21	52-55	Rest	
5.23.21	48, 145	Rest	
5.24.21	56-60	Luke 20	
5.25.21	61-64	Luke 21	
5.26.21	65, 67-68	Luke 22	
5.27.21	69	Luke 23	
5.28.21	66, 70, 72	Luke 24	
5.29.21	71, 73	Rest	
5.30.21	74, 77	Rest	

*\*FIND THE BIBLE PROJECT VIDEOS AT [THEBIBLEPROJECT.COM](http://THEBIBLEPROJECT.COM)*

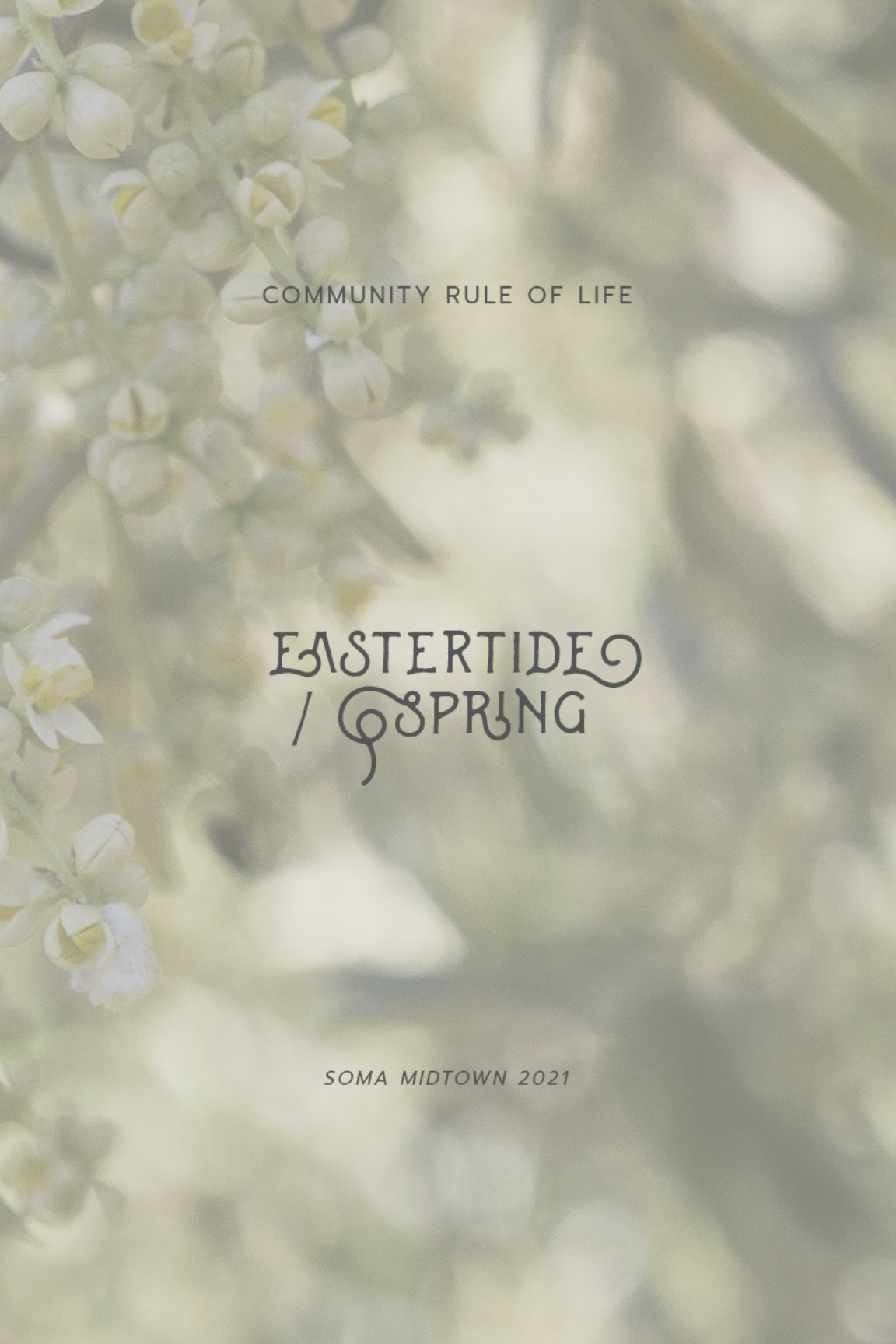


## NOTES

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