

Sacred Rhythms

A close-up, low-angle shot of a person's legs and feet. They are wearing black leggings and white athletic shoes with black accents. The person is standing on a dark, textured paved surface, likely a running path or trail. The background is a soft, out-of-focus sunset or sunrise over a body of water, with warm orange and yellow light. The overall mood is serene and focused.

Presence

Recap

**The first step on the
journey of a disciple is the
posture of humility**

**You cannot be taught what
you think you already know**



Recap

what we love

what we want to
be known for



worship, serve, witness



what we think
is valuable

Traits of a Disciple
The Process of Humility

Recap

Don't be selfish; don't try to impress others. Be humble, **thinking of others as better than yourselves.**

Don't look out only for your own interests, but take an interest in others, too. **Philippians 2:3-4**

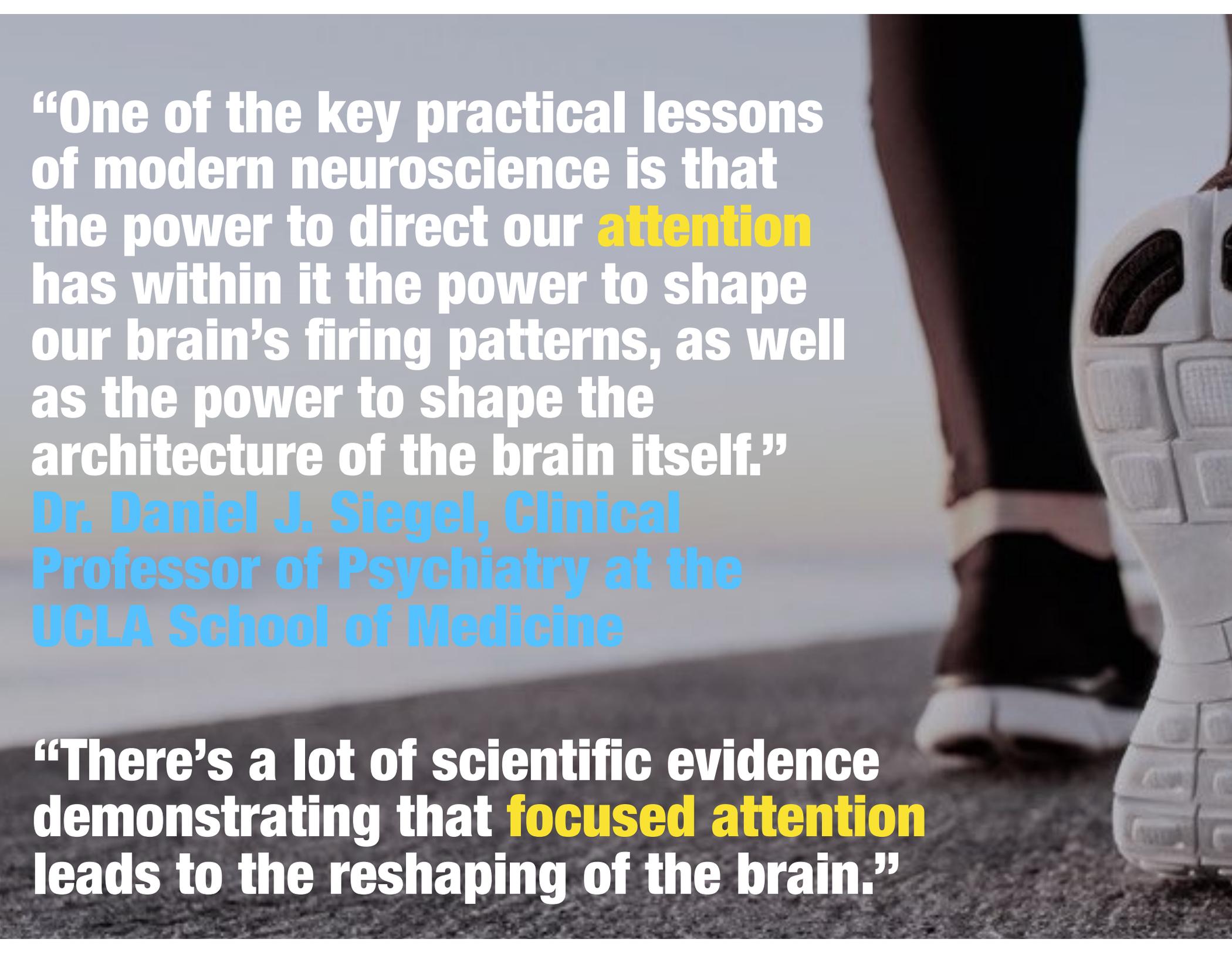
You must have the **same attitude** that Christ Jesus had. **vs 5**

he gave up his divine privileges; he took the humble position of a **slave vs 7**



A close-up, low-angle shot of a person's legs and feet. They are wearing dark leggings and white athletic shoes with a prominent tread pattern on the soles. The person is standing on a grey, textured pavement. The background is a soft, out-of-focus sky, suggesting an outdoor setting like a park or a running path. The lighting is natural and soft, creating a calm and focused atmosphere.

The goal of spiritual disciplines is to **awaken our minds/spirits to God's presence in our daily lives**

A close-up, low-angle shot of a person's legs and feet as they run on a paved surface. The person is wearing dark athletic pants and white sneakers with black accents. The background is a blurred, light-colored sky, suggesting an outdoor setting. The overall tone is energetic and focused.

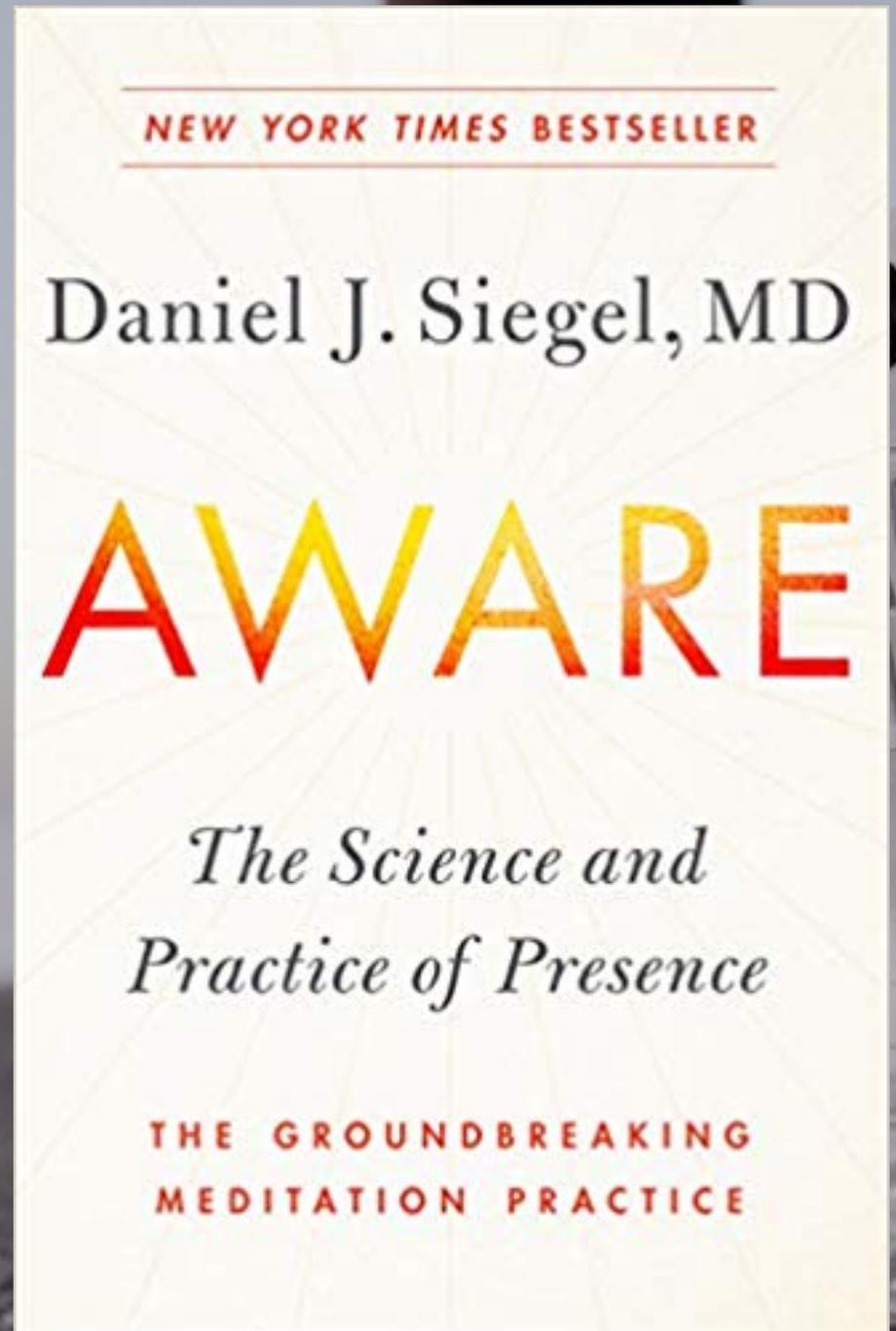
“One of the key practical lessons of modern neuroscience is that the power to direct our **attention has within it the power to shape our brain’s firing patterns, as well as the power to shape the architecture of the brain itself.”**

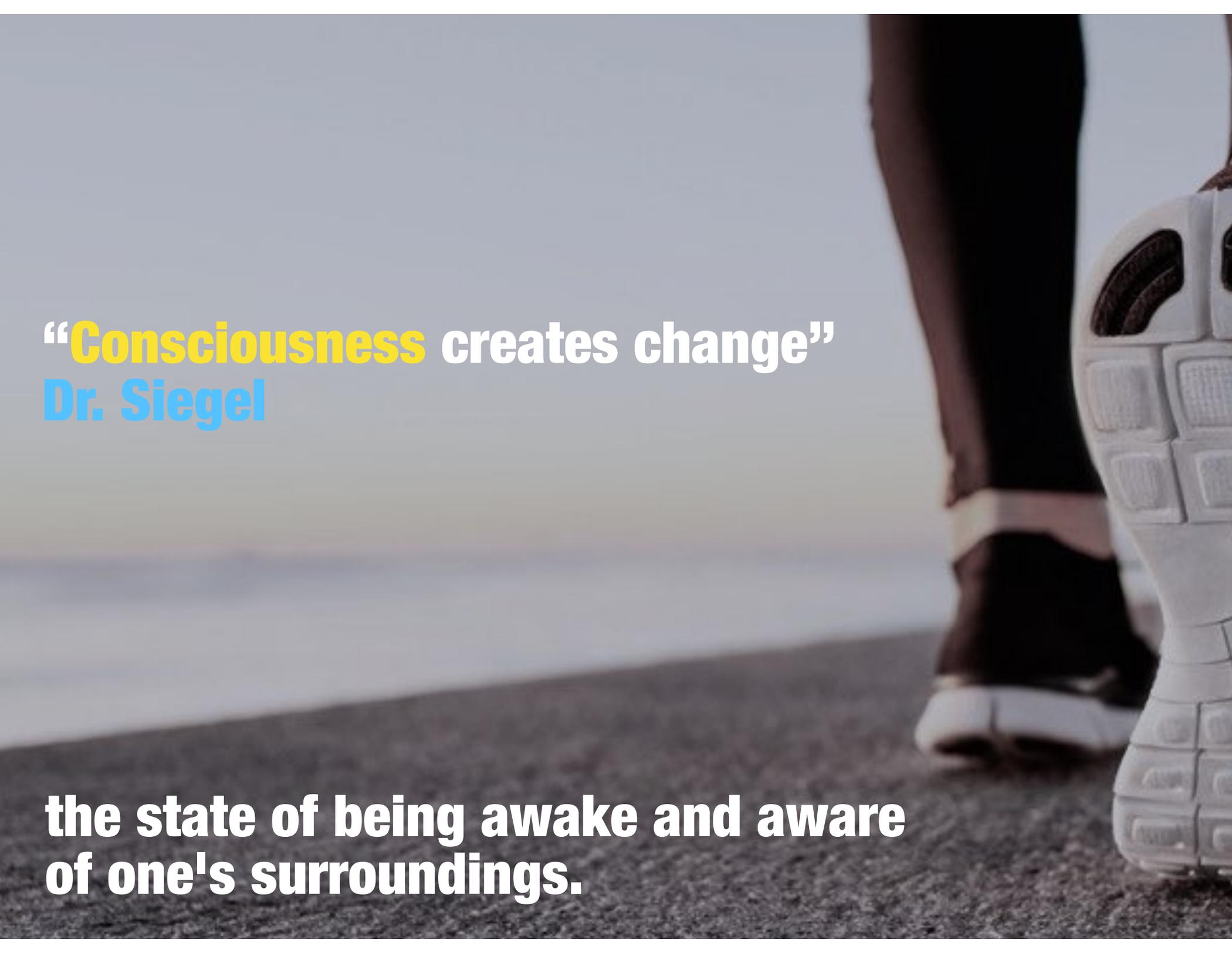
Dr. Daniel J. Siegel, Clinical Professor of Psychiatry at the UCLA School of Medicine

“There’s a lot of scientific evidence demonstrating that **focused attention leads to the reshaping of the brain.”**

“Mental presence is a state of being **wide awake and receptive to what is happening**, as it is happening in the moment, within us and between the world and us.”

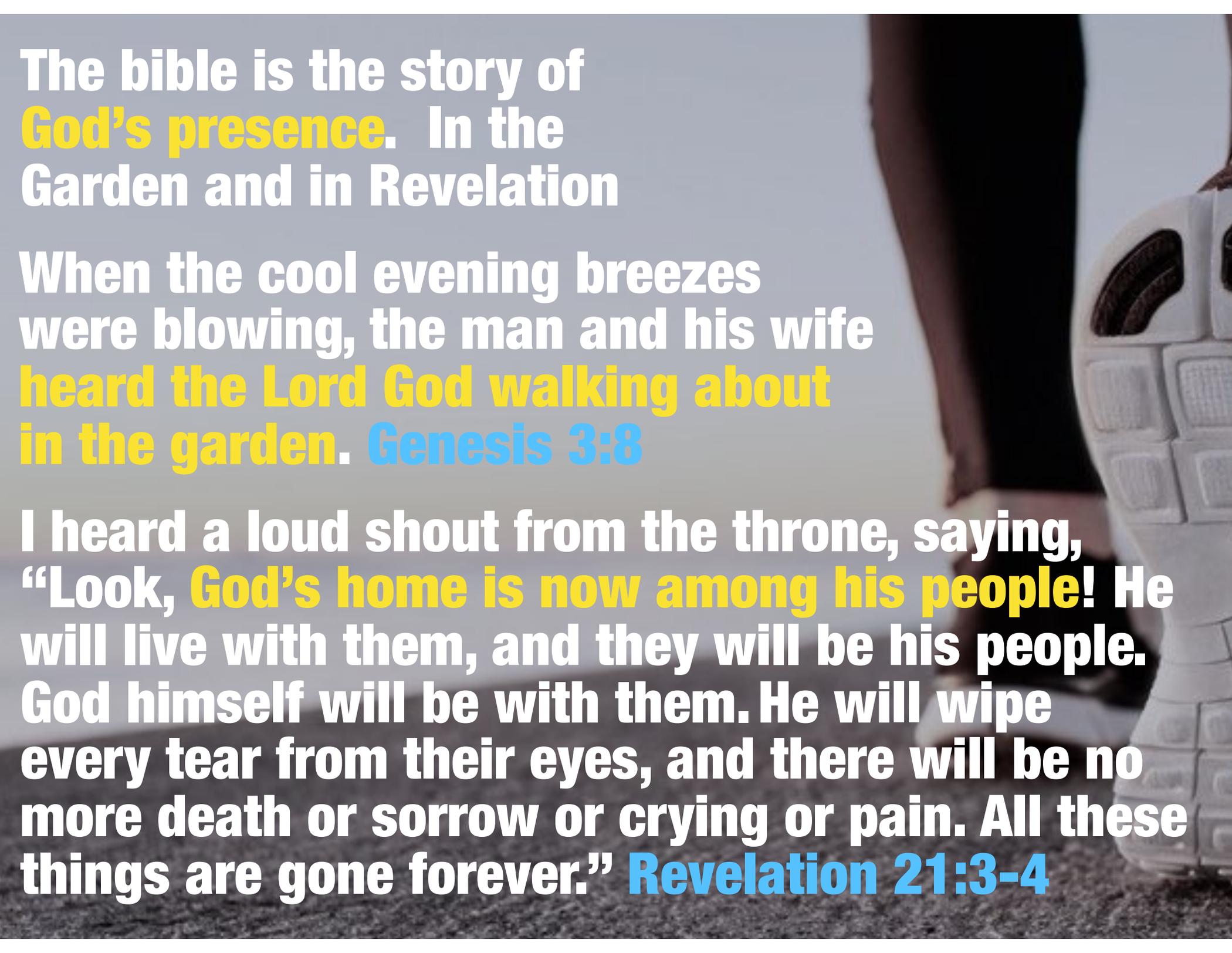
“**Curiosity** is the cornerstone of effective discipline.”



A close-up, low-angle shot of a person's legs and feet. They are wearing dark leggings and white athletic shoes with a prominent tread pattern on the soles. The person is standing on a dark, textured surface, possibly asphalt or concrete. The background is a soft, out-of-focus landscape with a light sky and a dark horizon line, suggesting a beach or coastal area at dusk or dawn.

“Consciousness creates change”
Dr. Siegel

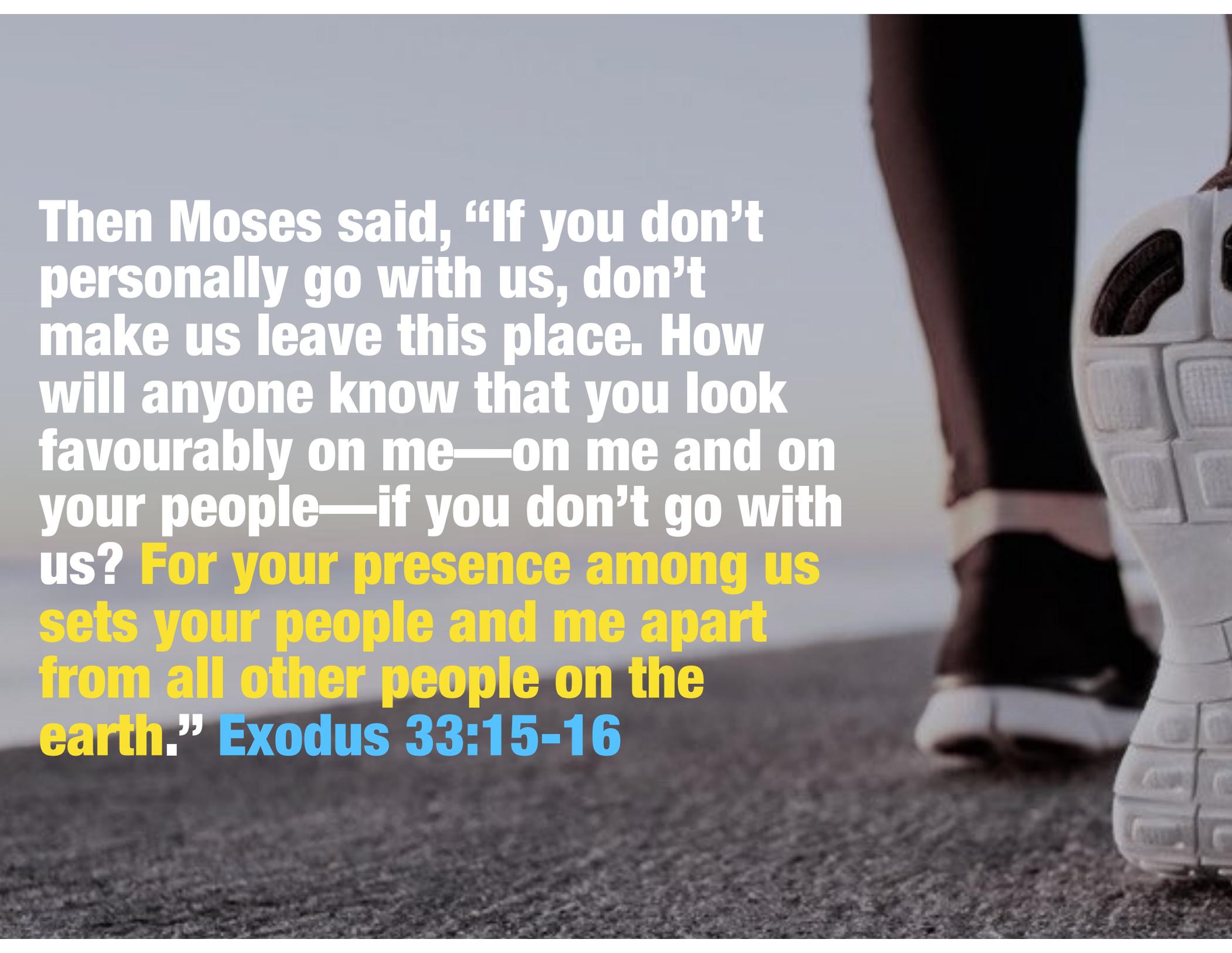
**the state of being awake and aware
of one's surroundings.**



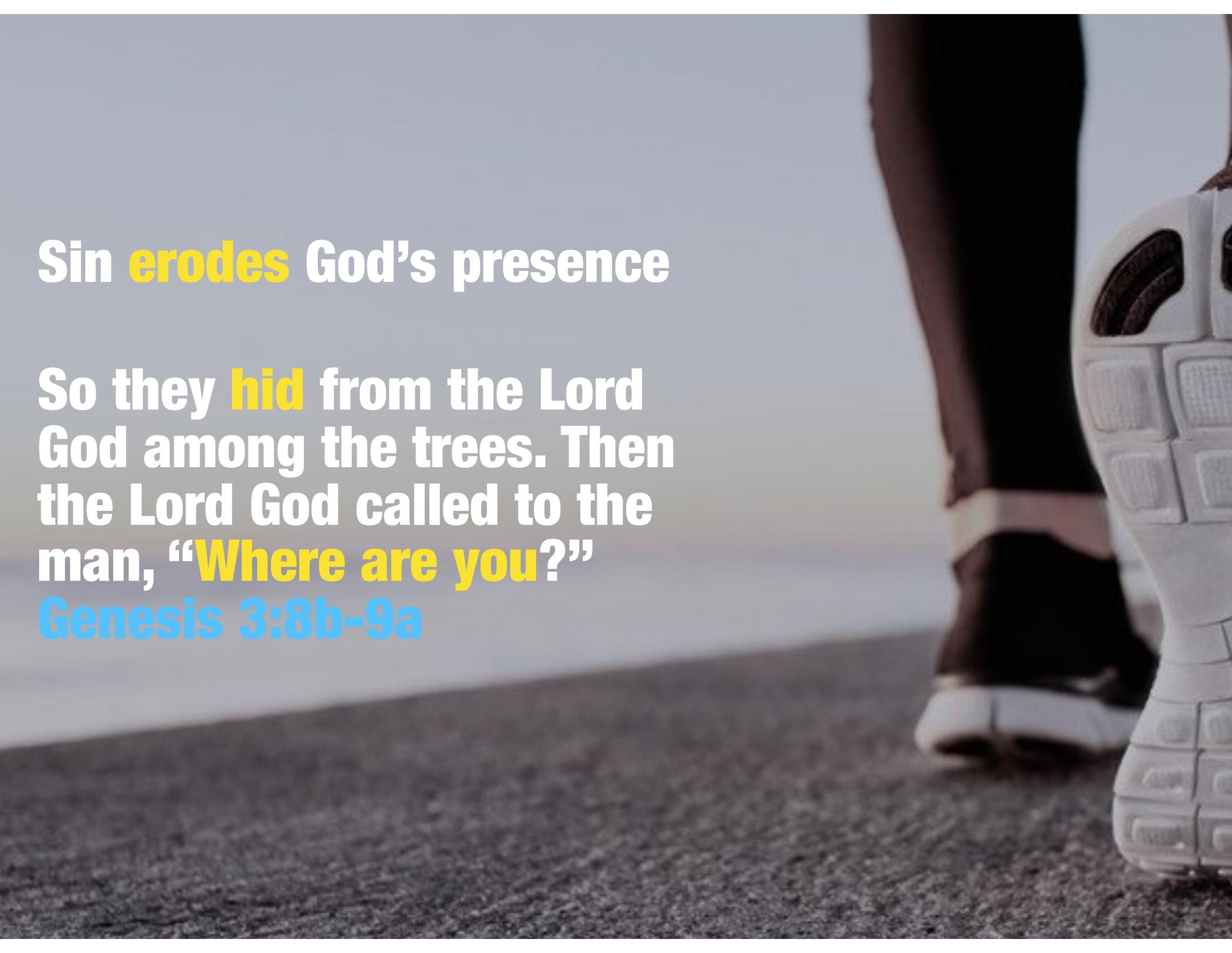
The bible is the story of **God's presence**. In the Garden and in Revelation

When the cool evening breezes were blowing, the man and his wife **heard the Lord God walking about in the garden.** **Genesis 3:8**

I heard a loud shout from the throne, saying, **“Look, God's home is now among his people! He will live with them, and they will be his people. God himself will be with them. He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.”** **Revelation 21:3-4**

A close-up, low-angle shot of a person's legs and feet. They are wearing dark leggings and white athletic shoes with a prominent tread pattern on the soles. The person is standing on a dark, textured surface, possibly a carpet or mat. The background is a plain, light-colored wall.

Then Moses said, “If you don’t personally go with us, don’t make us leave this place. How will anyone know that you look favourably on me—on me and on your people—if you don’t go with us? For your presence among us sets your people and me apart from all other people on the earth.” Exodus 33:15-16

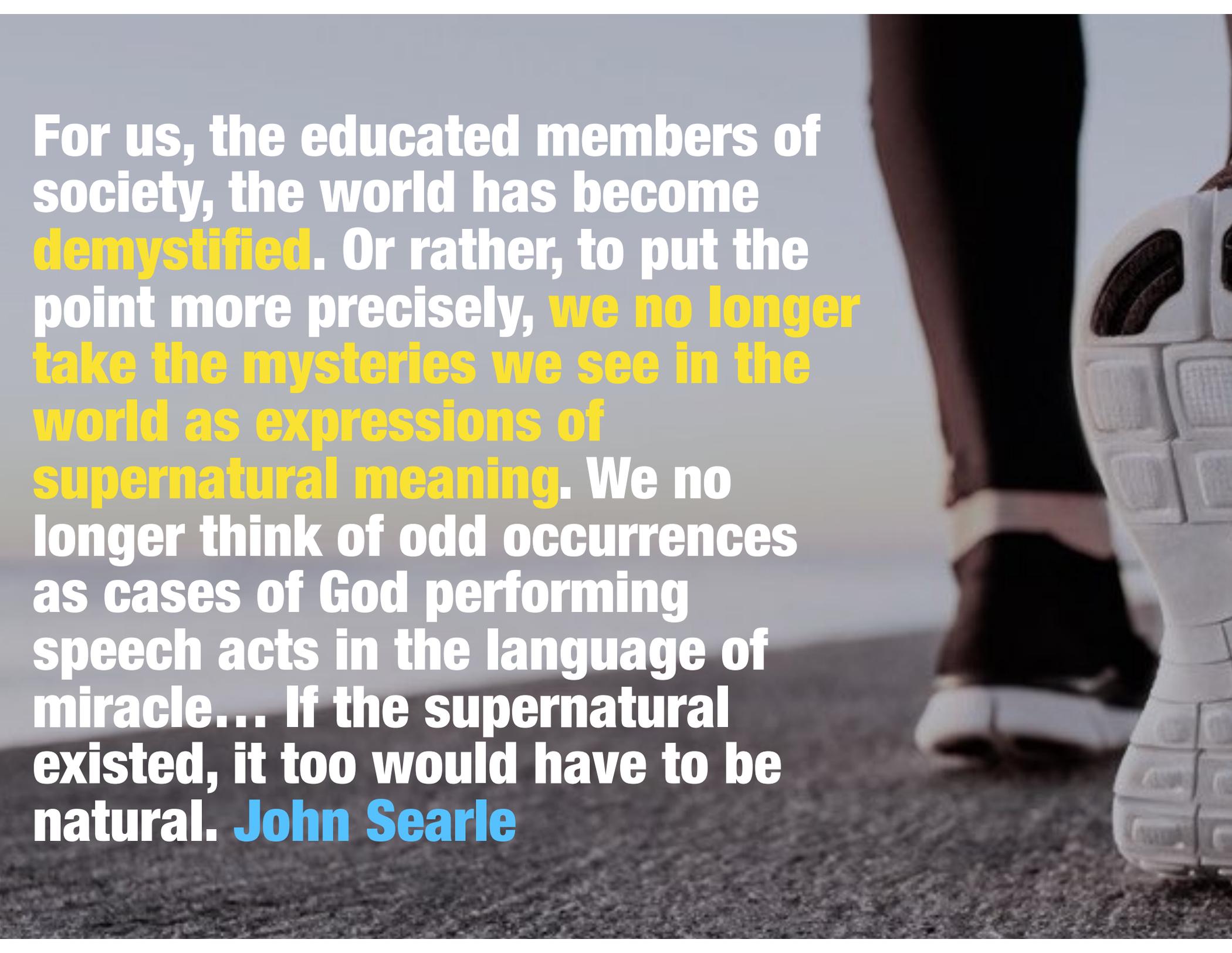


Sin **erodes** God's presence

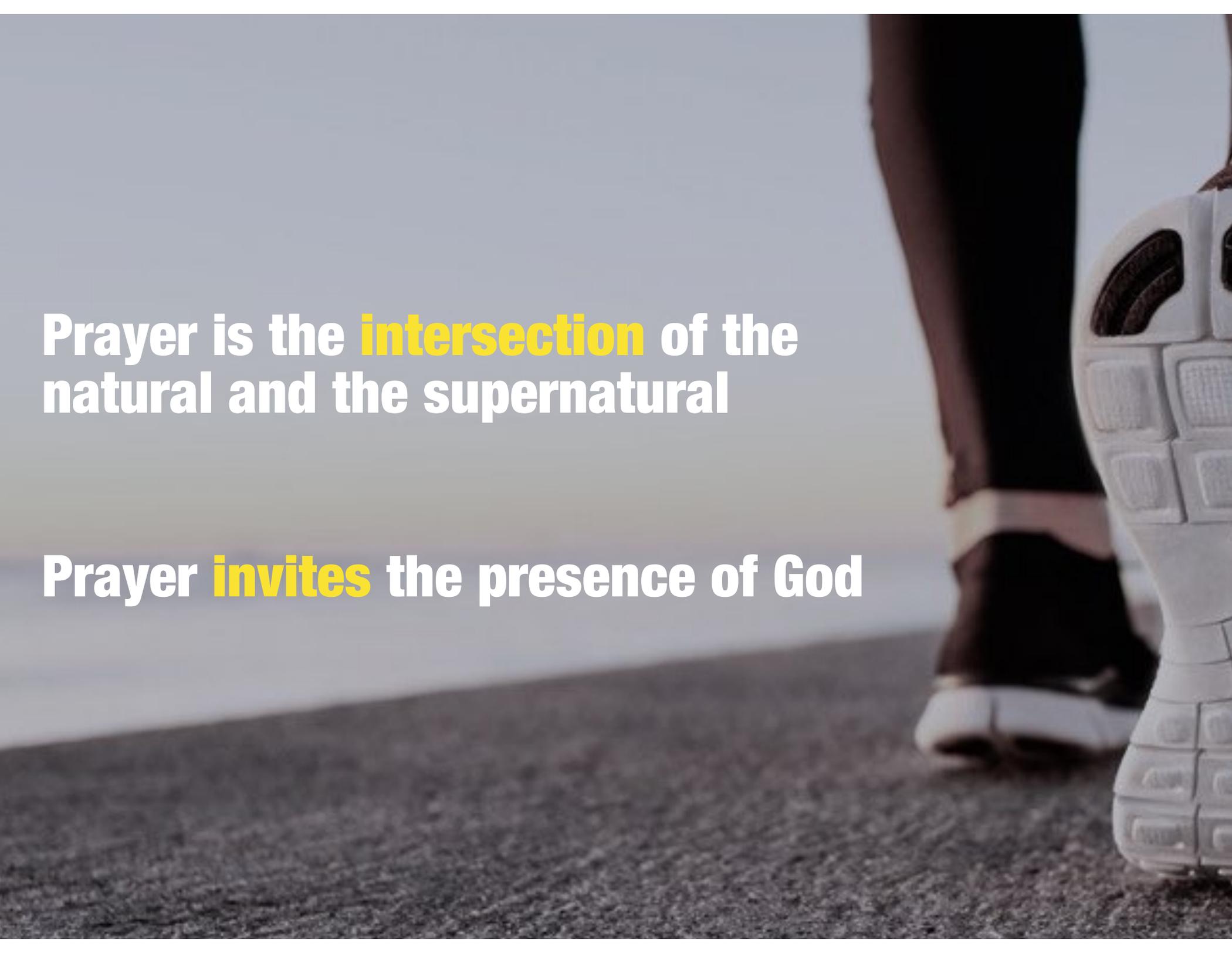
So they **hid** from the Lord
God among the trees. Then
the Lord God called to the
man, "**Where are you?**"
Genesis 3:8b-9a

The first discipline is **Prayer** and it is the establishment/beachhead of God's presence in our lives



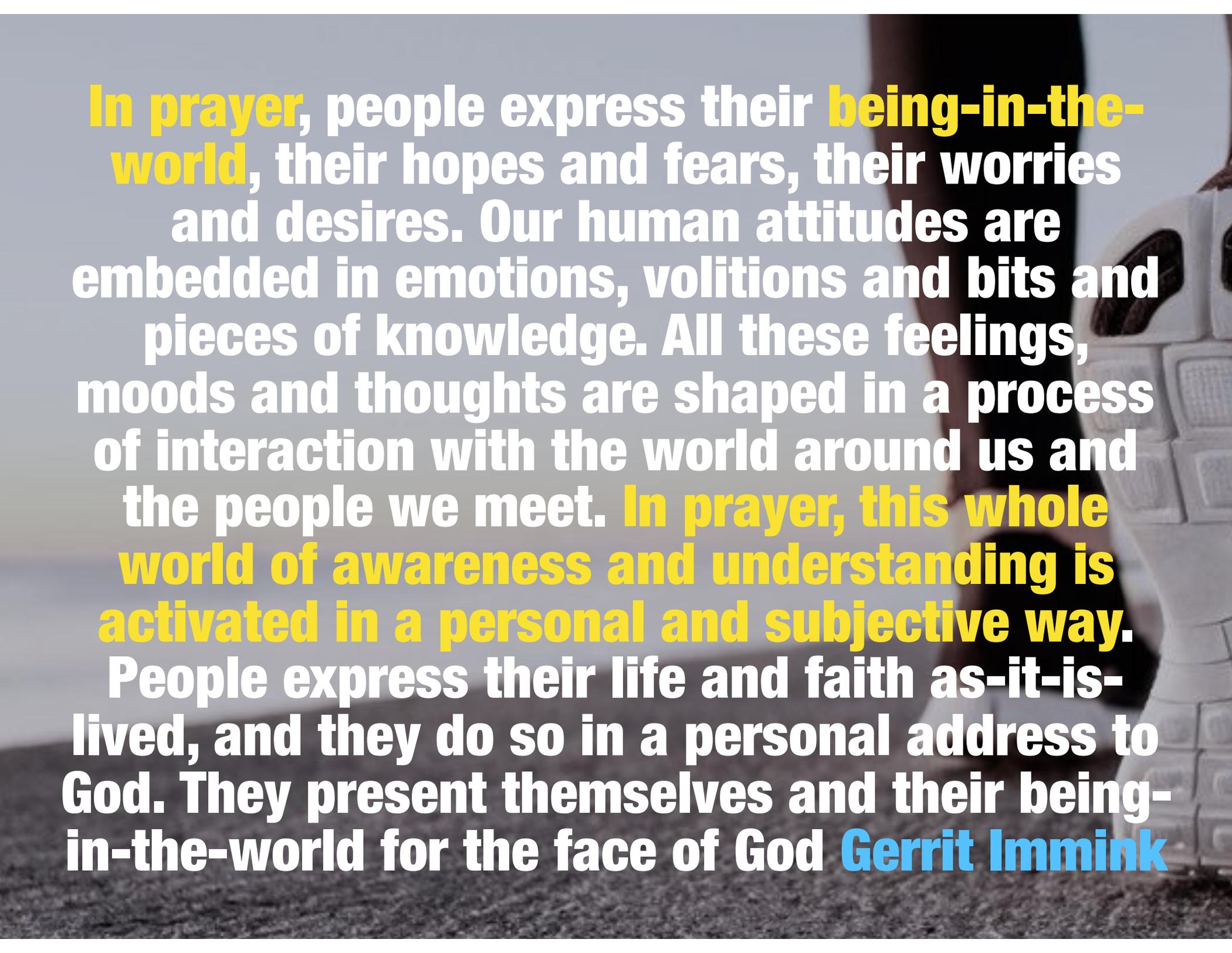
A close-up, low-angle shot of a person's legs and feet. They are wearing dark-colored leggings and white sneakers with a prominent tread pattern on the soles. The person is walking on a grey, textured pavement. The background is a soft, out-of-focus light blue and white, suggesting an outdoor setting like a park or a path. The overall mood is calm and focused on movement.

For us, the educated members of society, the world has become **demystified**. Or rather, to put the point more precisely, **we no longer take the mysteries we see in the world as expressions of supernatural meaning**. We no longer think of odd occurrences as cases of God performing speech acts in the language of miracle... If the supernatural existed, it too would have to be natural. **John Searle**

A close-up, low-angle shot of a person's legs and feet. They are wearing dark leggings and white athletic shoes with a prominent tread pattern on the soles. The person is standing on a grey carpeted floor. The background is a soft, out-of-focus gradient of light colors, suggesting an indoor setting with natural light. The text is overlaid on the left side of the image.

Prayer is the **intersection** of the natural and the supernatural

Prayer **invites** the presence of God

A person wearing a white protective suit, possibly a medical professional, is holding a smartphone. The background is a blurred outdoor setting with a clear sky.

In prayer, people express their **being-in-the-world**, their hopes and fears, their worries and desires. Our human attitudes are embedded in emotions, volitions and bits and pieces of knowledge. All these feelings, moods and thoughts are shaped in a process of interaction with the world around us and the people we meet. **In prayer, this whole world of awareness and understanding is activated in a personal and subjective way.** People express their life and faith as-it-is-lived, and they do so in a personal address to God. They present themselves and their being-in-the-world for the face of God **Gerrit Immink**

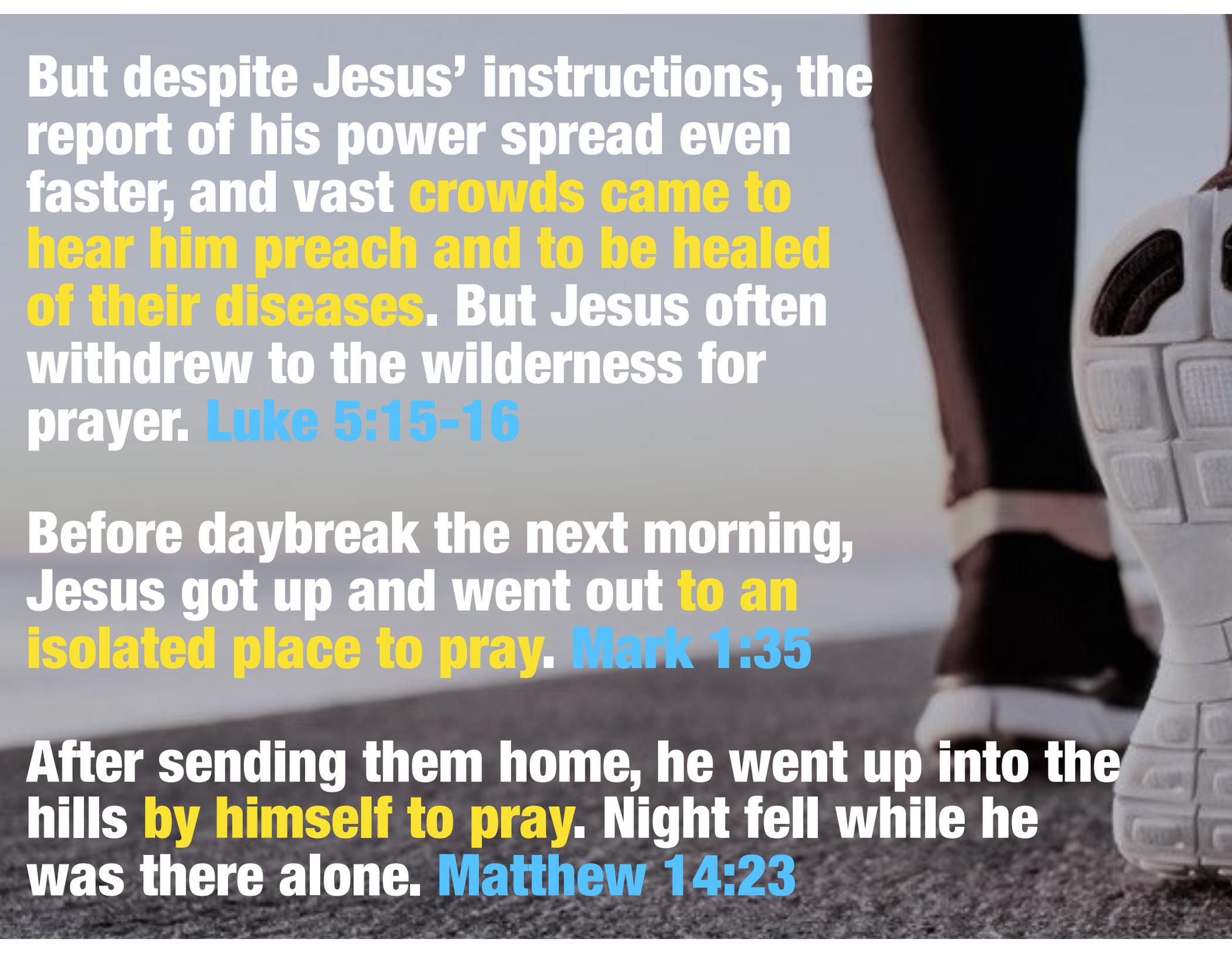
The Pattern of Prayer

Prayer is **static** (habit) and **fluid** (responsive)

Hebrew prayer pattern: wakeup, mid-afternoon, before bed

Responsive: As your day unfolds, as you see need, feel need or encounter need, pray

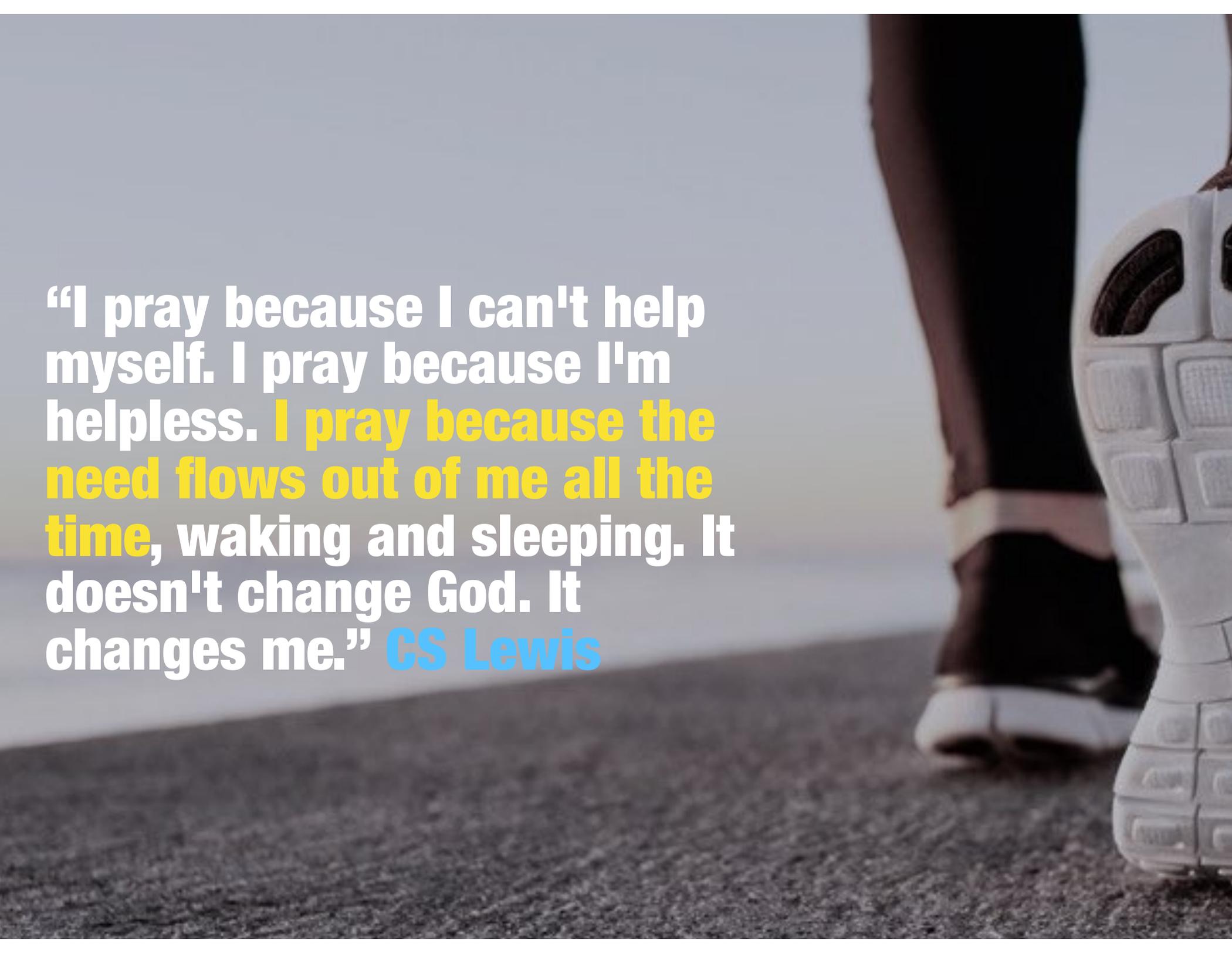
**“Wireless”
Series**



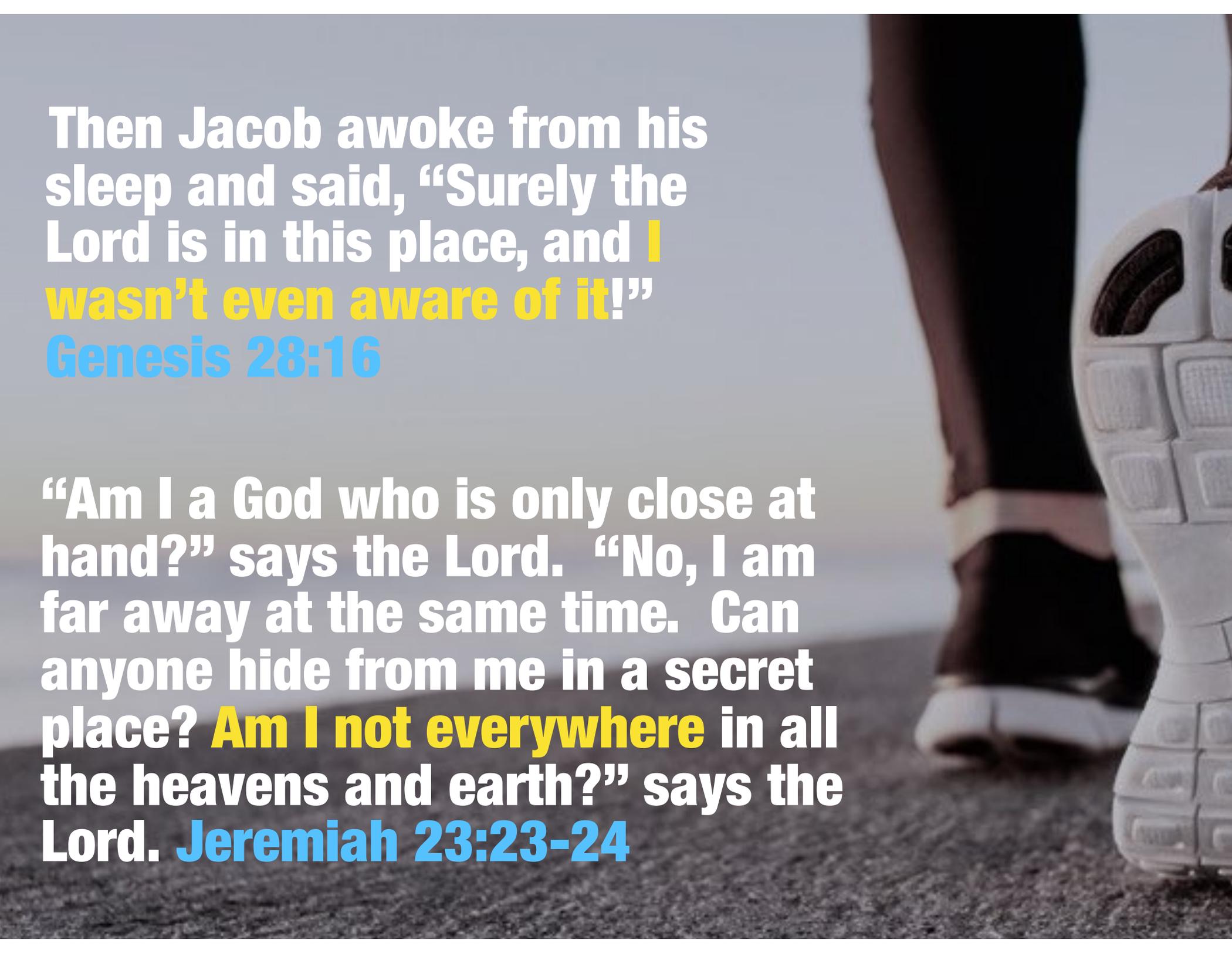
But despite Jesus' instructions, the report of his power spread even faster, and vast **crowds came to hear him preach and to be healed of their diseases**. But Jesus often withdrew to the wilderness for prayer. **Luke 5:15-16**

Before daybreak the next morning, Jesus got up and went out **to an isolated place to pray**. **Mark 1:35**

After sending them home, he went up into the hills **by himself to pray**. Night fell while he was there alone. **Matthew 14:23**

A close-up, low-angle shot of a person's legs and feet as they walk on a paved surface. The person is wearing dark leggings and white sneakers with a textured sole. The background is a soft, out-of-focus sky, suggesting an outdoor setting like a park or a path. The overall mood is contemplative and focused on movement.

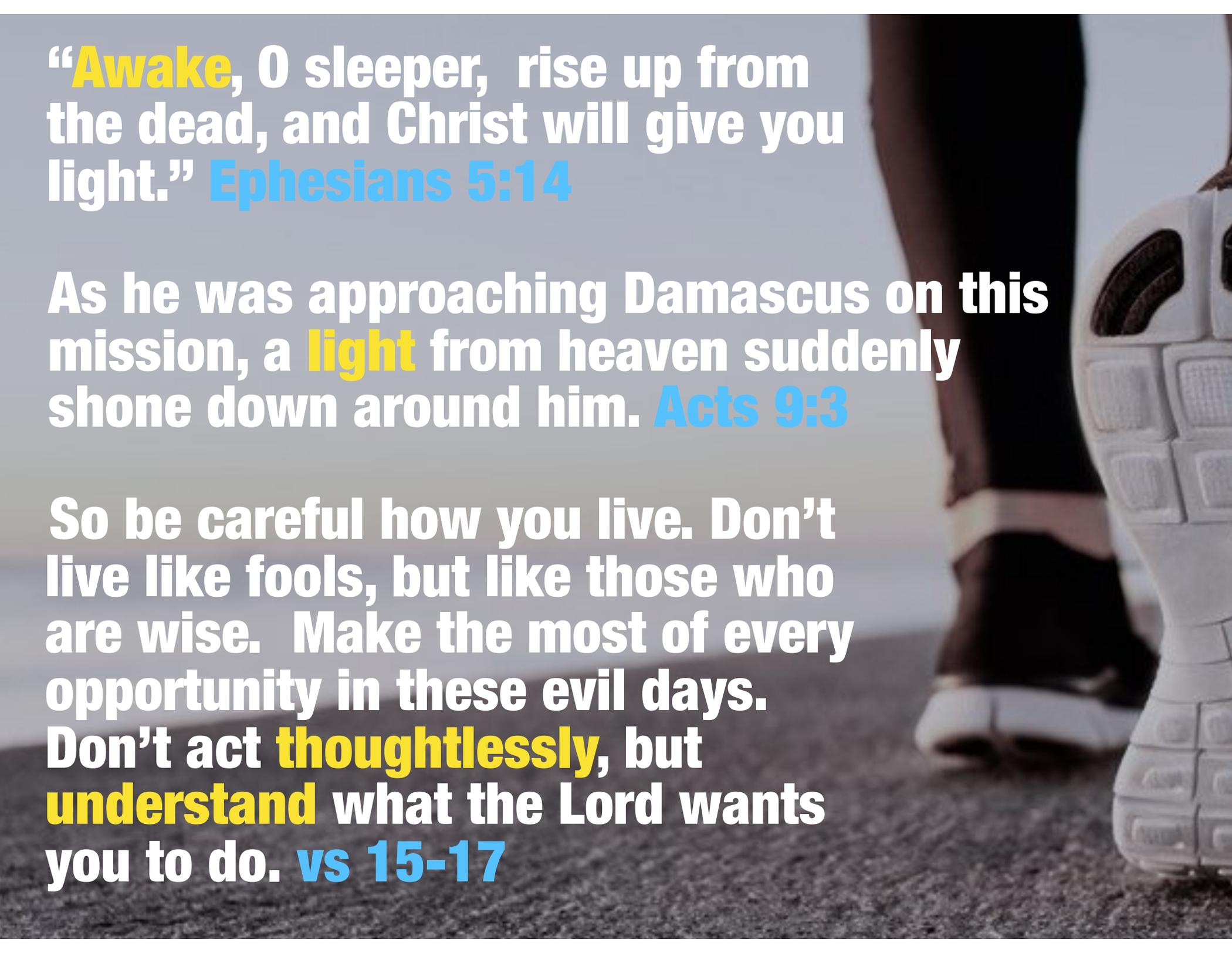
“I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me.” CS Lewis



Then Jacob awoke from his sleep and said, “Surely the Lord is in this place, and **I wasn’t even aware of it!**”

Genesis 28:16

“Am I a God who is only close at hand?” says the Lord. “No, I am far away at the same time. Can anyone hide from me in a secret place? **Am I not everywhere** in all the heavens and earth?” says the Lord. **Jeremiah 23:23-24**



“**Awake**, O sleeper, rise up from the dead, and Christ will give you light.” **Ephesians 5:14**

As he was approaching Damascus on this mission, a **light** from heaven suddenly shone down around him. **Acts 9:3**

So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act **thoughtlessly**, but **understand** what the Lord wants you to do. **vs 15-17**