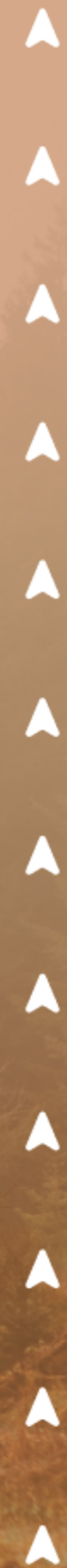




THE WAY

REDEMPTION BIBLE CHURCH



▲ CONNECTING

Getting to know one another

Briefly share at your table:

- Your name (assuming you are sitting with different people)
- What is one thing you would do if you had a day all to yourself?

▲ **CENTERING**

Vespers (Evening Prayers)

- **Responsive Reading from Book of Common Prayer**
- **Corporate Prayer from Following Jesus by Henri Nouwen**
- **Silent Prayer**
- **Pastoral Prayer**
- **Sing Doxology**

▲ CENTERING

Responsive Reading

That this evening may be holy, good, and peaceful,

We entreat you, O Lord.

That your holy angels may lead us in paths of peace and goodwill,

We entreat you, O Lord.

That we may be pardoned and forgiven for our sins and offenses,

We entreat you, O Lord.

That there may be peace in your Church and in the whole world,

We entreat you, O Lord.

That we may depart this life in your faith and fear, and not be condemned before the great judgment seat of Christ,

We entreat you, O Lord.

That we may be bound together by your Holy Spirit in the communion of your saints, entrusting one another and all our life to Christ,

We entreat you, O Lord.

▲ CENTERING

Corporate Prayer

Dear Heavenly Father, We come to you to enter into the mystery of your way - the way of discipleship, the way that leads from the cross to new life. It is not an easy way, but it is a way of peace and joy. Help us to be here with each other, with a heart open to suffering, a mind open to understanding, and a will ready to follow.

There are many struggles we are facing - and we will always have many struggles - but with you, O Lord, we are living in the Light. With you, O Lord, we are moving more and more toward life. With you, O Lord, we know we are safe. Let us celebrate our lives in a spirit of gratitude - grateful that we are here and grateful you are our God. Amen

▲ CENTERING

Doxology

Praise God from whom all blessings flow

Praise Him, all creatures here below

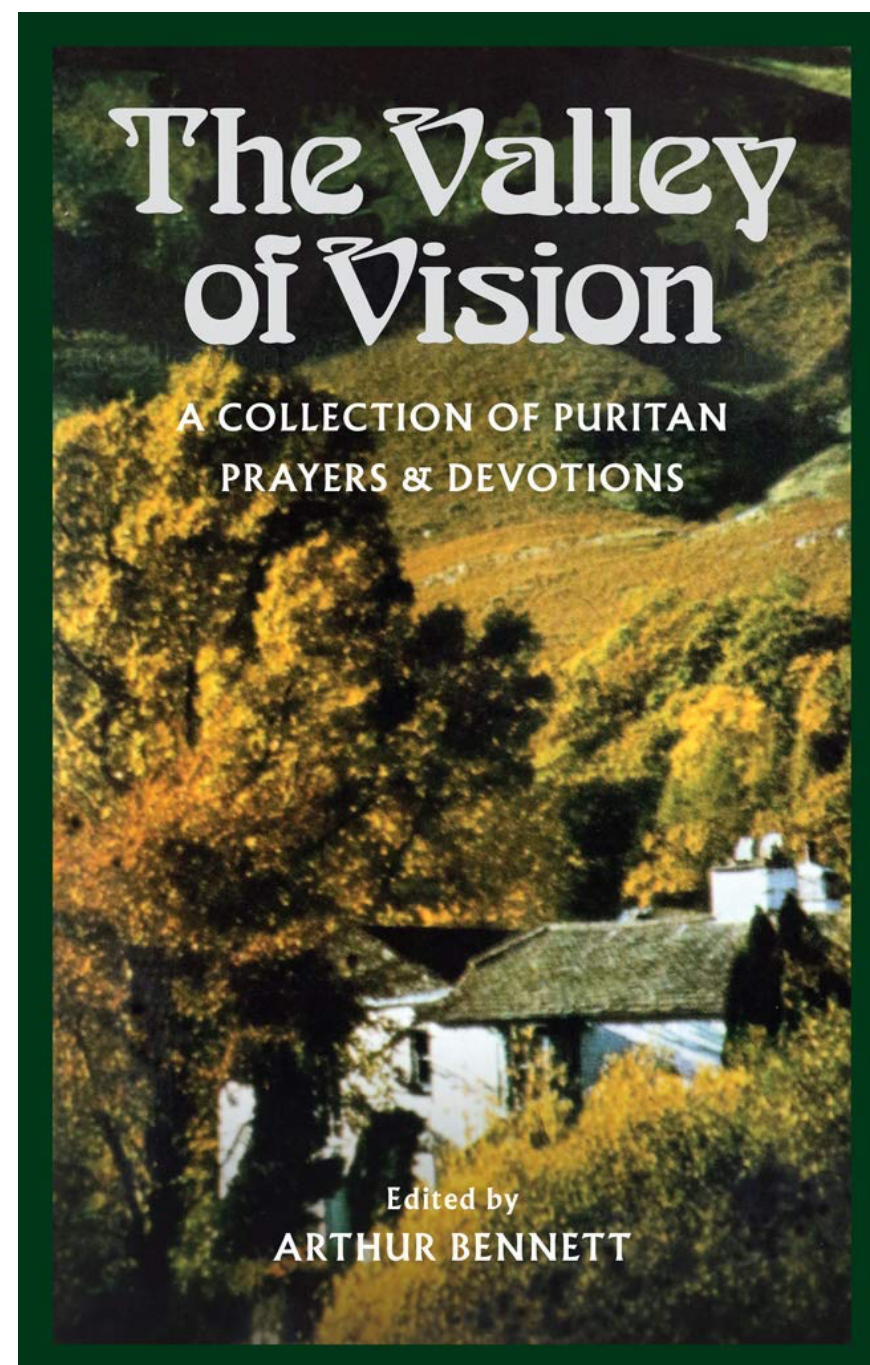
Praise Him above, ye heavenly host

Praise Father, Son, and Holy Ghost.

Amen

▲ CENTERING

Reading from Church History



The Lord's Day from *The Valley of Vision*

“[T]he strength of Puritan character and life lay in the practice of prayer and meditation.”

- Arthur Bennett, editor



▲ SESSION 5:

Embracing God's Gifts of Limits

▲ REFLECTING

Spiritual Practice: Sabbath

1. Sabbath is a gift
2. Sabbath is not your day off
3. Sabbath is not just about restricting, but pursuing
4. Sabbath is unique to you
5. Sabbath is not just about you
6. Sabbath requires intentionality
7. Sabbath stirs anticipation
8. Sabbath results in reflection

▲ REFLECTING


Spiritual Practice: Sabbath

- Evening Sabbath
- Evening into Morning Sabbath
- 24-hour Sabbath

▲ REFLECTING

Spiritual Practice: Sabbath Preparation Questions

- **WHAT** are we going to do (and not do)?
- **HOW** are we going to do it?
- **WHEN** are we going to do it?
- **WHERE** are we going to do it?
- **WHO** are we going to do it with?
- **WHY** are we going to do it?

 **PAUSING**

5 Minute Break

▲ REFLECTING

Spiritual Practice: Sabbath Reflection Questions

- What was most enjoyable about your Sabbath?
- What did you find most difficult regarding your Sabbath?
- How did your actual Sabbath differ from what you intended?
- How did your preparation positively impact your Sabbath?
- How did your lack of preparation negatively impact your Sabbath?
- What is one change you would make going forward as a result?

▲ REFLECTING

Spiritual Practice: Sabbath Reflection Questions

- Describe one misconception or misunderstanding you were able to unlearn about Sabbath?
- Describe something new you learned about Sabbath?
- How has practicing Sabbath changed either your view of who God is or your relationship with God?



▲ SESSION 6:

Loving One Another

▲ PREPARING

Reading: Loving One Another - Leg 1

***Delighting in the Trinity* by Michael Reeves**

- Introduction: Here Be Dragons?
- Chapter 1: What was God Doing Before Creation?
- Chapter 2: Creation: The Father's Love Overflows

***Deeply Formed Life* by Rich Villodas**

- Chapter 9: Missional Presence in a Distracted and Disengaged World
- Chapter 10: Deeply Formed Practices of Missional Presence

▲ PREPARING

Reading: Loving One Another - Leg 2

***Life Together* by Dietrich Bonhoeffer**

- Chapter 1: Community
- Chapter 2: The Day with Others

***Liturgy of the Ordinary* by Tish Harrison Warren**

- Chapter 9: Calling a Friend: Congregation and Community

▲ PREPARING

Reading: Loving One Another - Leg 3

Introduction to a Journey by M. Robert Mulholland

- Part 4: Companions on the Way: Corporate and Social Spirituality

Emotionally Healthy Discipleship by Peter Scazzero

- Chapter 7: Make Love the Measure of Maturity

▲ PREPARING

Optional Reading: Hospitality

The Art of Neighboring by Jay Pathak & Dave Runyon

The Gospel Comes with a House Key by Rosaria Butterfield

▲ PREPARING

Spiritual Practice: Hospitality

NEW TO YOU

- Meet someone new to you each Sunday of this session
- Text the name of who you met to your Formation Group after service

▲ PREPARING

Spiritual Practice: Hospitality - Leg 1

HANDWRITTEN NOTES

- Write a note of gratitude to someone who has played an influential role in your spiritual formation
- Write a note of encouragement to someone regarding their spiritual formation

NOTE: Be as specific as you can be

▲ PREPARING

Spiritual Practice: Hospitality - Legs 2 & 3

HOSPITALITY IN YOUR HOME

- Leg 2: Invite someone into your home you who is familiar with your home
- Leg 3: Invite someone into your home who has never been in your home

▲ PREPARING

Spiritual Practice: Hospitality Preparation Questions

- **WHO** am I going to host?
- **WHEN** am I going to host them?
- **WHERE** in my home will I host them?
- **WHAT** will we eat, drink, and do?
- Remind yourself **WHY** you are hosting them

▲ PREPARING

Spiritual Practice: Hospitality Reflection Questions

- What one thing did you most enjoy about your time together?
- What worked well? How will you incorporate next time?
- What did not work well? How will you adjust for next time?
- What did you prepare? How will you prepare differently for next time?

▲ PREPARING

Formation Groups

- **CENTERING:** silence, Psalm 139, prayer
- **OPENING:** share, hold, pray
- **REFLECTING:** sharing about the past month
- **ANTICIPATING:** sharing about the upcoming month
- **CLOSING:** praying for guidance, confidence, self-education, and continued spiritual formation

▲ PREPARING

Formation Groups: Suggestions

- Meet in a private space, rather than public
- Print out the structure for formation group
- Review the flow before beginning your time of centering

▲ PREPARING

Formation Groups: Modifications

- Begin with Psalm 139 and then move into silence
- Feel free to invite input and solicit feedback **AFTER** holding what was shared in silence and praying for them - **ONLY** if they extend the invitation

▲ UPCOMING SESSIONS

Housekeeping Updates

- Webpage updates with Syllabus and Session Guides
- Information Session Sunday, October 30th, after service
- Syllabus updated with remaining session titles
- Overnight retreat planned for July 14-15 at St Mary's of the Lake

▲ CLOSING

Compline (Night Prayers)

- **Gloria Patri**
- **Lord's Prayer**
- **Psalm 121**
- **Prayer of Protection**

▲ CLOSING

Gloria Patri

Glory be to the Father
and to the Son
and to the Holy Ghost
As it was in the beginning,
is now and ever shall be,
world without end. Amen. Amen.

▲ CLOSING

Lord's Prayer (Matthew 6:9-13)

“Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done, on earth as it is in heaven.
Give us this day our daily bread,
And forgive us our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from evil.”

▲ CLOSING

Psalm 121: My Help Comes from the LORD

I lift up my eyes to the hills. From where does my help come?
My help comes from the LORD, who made heaven and earth.

He will not let your foot be moved; he who keeps you will not slumber.
Behold, he who keeps Israel will neither slumber nor sleep.

The LORD is your keeper; the LORD is your shade on your right hand.
The sun shall not strike you by day, nor the moon by night.

The LORD will keep you from all evil; he will keep your life.
The LORD will keep your going out and your coming in from this time forth and forevermore.

▲ CLOSING

Prayer of Protection

Keep watch, dear Lord, with those who work, or watch, or weep this night,
and give your angels charge over those who sleep.

Tend the sick, Lord Christ;

give rest to the weary, bless the dying,

soothe the suffering, pity the afflicted, shield the joyous;

and all for your love's sake. Amen.

THE WAY

REDEMPTION BIBLE CHURCH

