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**Practicing
the Way of
Jesus**

a 40 Day Experiment



“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

+Jesus (Matthew 11:28-30)

Practicing the Way of Jesus

a 40 Day Experiment

For the next 40 Days as a church, we are going to try a little experiment—40 days given to collectively explore the way of Jesus, with the intention of being with Jesus, becoming like him, and doing what he did.

While there is great power in agreeing on a vision as a community, the way we daily live determines who we become, both individually and collectively. Our *Mark* (the blue circle) is what we are aiming for as a church. We need clarity around both the why and the how of this. We need a clear and challenging path of discipleship that outlines next steps to take. We need an environment where transformation is expected and celebrated. We need a culture where we close the gap between what we profess & practice, between what we say and do. This 40 Day experiment is an attempt at creating such an environment and pathway for us to practice the way of Jesus so that our vision becomes a reality.



We want to see
Vancouverites
transformed into
followers of Jesus,
practicing his way and
becoming like him in
every sphere of life.

Although there are many ways to follow God on a daily basis there is great benefit in committing for a short season to learning new ways to seek God as individuals and a community. These 40 Days of spiritual practice will create opportunities for you to connect with God in ways you may have done before, and in ways that may open new horizons of possibility for you. The objective is not simply to check off a spiritual accomplishment everyday, but to respond to God's ongoing, unfailing love, learning to love God with all your heart, soul, mind, and strength.

There is no obligation here, just opportunity! We encourage you to pursue God in these 40 Days in close step with other people. If you aren't connected to a Neighbourhood Group this season, find 2 or 3 people who will commit to meet occasionally and honestly discuss how you are meeting God in these practices. Pray for and with each other, share the joys, the challenges, the powerful moments, and the failures. Following Jesus is something we do together.

In the pages that follow you will find further descriptions of why this is a process worth committing to, resources to support you, and encouragement.

JESUS SAID ‘FOLLOW ME’

When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.

+John 8:12

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”

+Matthew 16:24

Jesus’ seemingly simple invitation to his disciples is to *follow me*. His call is not only to agree with his teachings or believe in his identity, but to share in his life. Something stirred in this first disciples as they answered his invitation by doing just what he asked.

They followed Him, hearing about the Kingdom of God, eating meals, going to weddings, attending synagogue, visiting friends, sleeping on boats, hiking through grain fields, witnessing miracles, asking questions and on and on.

It is important that Jesus said “follow me” and didn’t merely say “listen to me” or “read this and get back to me” or “meet me here once a week...I’ll have coffee, upbeat worship music, and an interesting talk” or “ Hey guys if you ever need me when you’re upset/mad/or broke I’ll just be over here waiting”.

Jesus’ invitation was and still is, for us to walk with Him in deep relational intimacy, coming to know the power of the Gospel that forgives and heals and fills us with new life. We are invited to follow Jesus and learn His way—to become students, disciples, apprentices in his overall way of life.

A disciple or apprentice is simply someone who has decided to be with another person, under appropriate conditions, in order to become capable of doing what that person does or to become what the person is.

+Dallas Willard





— APPRENTICESHIP

A basic yet crucial question for those that apply the phrase to themselves or are considering it, is: what is a “follower of Jesus”? What does it mean to be a disciple, or apprentice of Jesus?

Put simply, it means you re-organize your life around three goals:

+ Be with Jesus

+ Become like Jesus

+ Do what Jesus did

It's important to note, no where in the Gospels does Jesus invite people to become Christians—only apprentices.

The word ‘Christian’ is used 3 times in the New Testament. The word ‘disciple/ apprentice’ is used 269 times. What’s the difference? Semantics. Sure, but it’s more than that. ‘Christian’ so often means someone who believes in the basic christian ideas, or is semi-moral, or attends religious events sometimes. For many, being a Christian means Jesus following you—that Jesus is more or less at your beckon call when things aren’t going well.

However, all of this is an alien idea to what we see in the gospels. Jesus is not looking for converts to Christianity; he’s looking for apprentices in his new way of being human.

“The greatest issue facing the world today, with all of its heart breaking needs, is whether those who are identified as ‘Christians’ will become disciples—students, apprentices, practitioners—of Jesus Christ, steadily learning from him how to live the life of the Kingdom of the Heavens into every corner of human existence.”

+Dallas Willard

— WAY

Jesus taught with unique authority. His way corresponded with how life actually works. This is what people have always marvelled at—how tangible the way of Jesus is. Jesus came full of grace and truth, but these weren't presented as theoretical ideas, but rather demonstrated and embodied as a way of life—a lifestyle.

So what Jesus invites his apprentices into is an overall lifestyle of grace and truth—to take risks in new ways of being and doing that he taught and demonstrated. Therefore, we derive everything from Jesus:

- Since Jesus welcomed everybody—then so will we
- Since Jesus loved scripture, immersed himself in it, and opened it for others in a way that was invitational—then so will we
- Since Jesus had a reputation of eating long meals, befriending those suspicious of religion, and told stories that reframed the good news as being good—then so will we
- Since Jesus lived a life that rejected autonomy and leaned into active dependency on God through prayer—then so will we
- Since Jesus confronted political and religious hypocrisy—then so will we (first in ourselves)
- Since Jesus reoriented the social fabric of his day by making family based not on kin but on those related to him by faith—then so will we
- Since Jesus came as a humble servant where nothing and no one was beneath him—then so will we
- Since Jesus defended, included, and empowered the least, last, lost, and the little—the marginalized, women, poor, children, outcasts—then so will we

This of course is not an exhaustive list! But it helps us see that following Jesus isn't merely a set of beliefs to be held, but a lifestyle to be lived. This is why Jesus said, "I am the way, the truth, and the life." The Jesus way is the path for becoming fully human and awake to God.

"Like a produce vendor offering free samples at the farmer's market, Jesus seemed to take a "try before you buy" approach. He invited those who were skeptical about the divine origins of his message to test the authenticity of his teaching through experiments in obedience—confident that the truth of what he taught could be proven by experience."

+Mark Scandrette





COUNTER-FORMATION

Following Jesus is not a life we live in a vacuum, free of powerful influences. It is a contested path of obedience. The influence of the world and often our own hearts are not postured toward being like Jesus. Though we may rarely think of it, there are many forces that influence who we are and who we are becoming. The question is not whether or not I am being formed, but by what and by whom.

“All of us arrive on earth with souls in perfect form. But from the moment of birth onward, the soul or true self is assailed by deforming forces from without and within: by racism, sexism, economic injustice, and other social cancers; by jealousy, resentment, self-doubt, fear, and other demons of the inner life.

Most of us can make a long list of the external enemies of the soul, but often we conspire in our own deformation. For every external power bent on twisting us out of shape, there is a potential collaborator within us. When our impulse to tell the truth is thwarted by threats of punishment, it is because we value security over being truthful. When our impulse to side with the weak is thwarted by threats of lost social standing, it is because we value popularity over being a pariah.”

+Parker Palmer

Life as an apprentice of Jesus happens in the daily grind. It happens in the midst of these powerful forces and therefore requires counter-formation. It will require new liturgies, rhythms, and practices that can help us be formed into the image of Jesus.

Transformation is an entire life's pursuit. It is not just an event on a Sunday, but a way of life in community around the person of Jesus. But is this kind of deep, authentic radical change of character possible? Really? Even in the chaos of the modern, digital, urban world? The answer is: absolutely yes. How, then? Practice!

We need an arena of grace where it's safe to fail, the unfailing love of God, the power of the Holy Spirit at each step, and a community of people who are sharing the same radical commitment to practice the way of Jesus.

PRACTICES OF TRANSFORMATION

“The way of Jesus can be verified by direct experience and must be practiced to be understood. Through shared practices of obedience we can know the truth of what Jesus taught about the reality of God’s kingdom. In the well-known parable of the wise and foolish builders, Jesus makes the point clear that putting the teachings into practice is not merely an option—it is the difference between safety and destruction.”

+Mark Scandrette

The Fall of 2017 marks a new season for Artisan Church. We have been anchoring ourselves within the story of the Emmaus Road found in Luke 24:13-35. This is a story of transformation, as we watch Jesus walk two people from disenchantment to re-enchantment, from deconstructed despair to reconstructed hope. We’ve noted how there are 4 movements within this story (that also relate to our 4 directions as a church):

+THE ROAD (inward)
the movement into vulnerability and honesty

+THE STORY (upward)
the movement into the gospel of Jesus

+THE TABLE (withward)
the movement into hospitality and reconciliation

+THE CITY (outward)
the movement into sacrificial mission and shared fascination

This is such a grace-filled story as we watch Jesus make disciples out of some unlikely candidates. There is permission to leave the old faith structures in Jerusalem; there’s permission to doubt and vent and deconstruct on the road; and there is also permission to re-learn the story; permission to discover afresh that it has always been about Jesus and that he is always better than we know; there’s permission to host and be hosted; permission for reconciled relationships; permission to have a burning heart; permission to be sent out with good news. There’s permission for it all. All of it belongs. And church happens when all of it belongs.

This year as a church we want to give greater attention to all 4 of these movements.





INWARD PRACTICE

+The Road – *the movement into vulnerability and honesty*

Inward Practice can include: Story-sharing, Confession, Self-Examination, Silence, Listening

How we do this as a community: Inward Practice in Neighbourhood Group, Confession, Spiritual Direction, Retreats, Spiritual friendship

UPWARD PRACTICE

+The Story – *the movement into the gospel of Jesus*

Upward Practice can include: Solitude, Worship, Prayer, Meditation, Fasting, Study, Teaching, Devotional Reading

How we do this as a community: Upward Practice in Neighbourhood Group, Table Groups, Sunday Gatherings, Prayer-walking, Prayer and personal devotion, Worship Nights, Prayer Nights

WITHWARD PRACTICE

+The Table – *the movement into hospitality and reconciliation*

Withward Practice can include: The Lord's Supper, Reconciliation, Sabbath, Feasting, Hospitality

How we do this as a community: Withward Practice in Neighbourhood Group, Neighbourhood parties, Birthday parties, Welcome Team, "Awktober"

OUTWARD PRACTICE

+The City – *the movement into sacrificial mission and shared fascination*

Outward Practice can include: Generosity, Mission, Service, Justice, Creativity, Evangelism

How we do this as a community: Outward Practice in Neighbourhood Group, Red Clover Initiatives, Local/Global Mission, individual renewal work

40 DAY FORMATION EXPERIMENT

INVITATION

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

+Jesus (Matthew 11:28-30)

As we embark on these 40 Days together, let’s do so in response to this invitation on offer by Jesus. This experiment is about recovering our lives—living lightly and freely. The way of Jesus, though demanding, is always unforced and never ill-fitting. And our action is always in response to the loving action of God.

The following is a bit of a ‘sampler pack’—a variety of practices that provide a simple exposure to what’s possible: “oh...this is what the way of Jesus could look like”. You may find natural affinity with some of the practices and struggle with others. We are all challenged to move in all 4 directions—failing, training, growing as slowly learn the unforced rhythms of grace together.

WEEK 1

Day 1 – UPWARD Read a Gospel (Matthew, Mark, Luke, John) until something catches your attention. Take time to think about what this shows you about Jesus. Ask him for grace for the day to find an opportunity to practice what you’ve read.

Day 2 – INWARD Read Ephesians 4:1-16 and 1 Corinthians 12. Prayerfully think about someone in our community who displays one of these spiritual gifts. Encourage them by letting them know how God has blessed you through them as they’ve used this gifting.

Day 3 – WITHWARD Offer to buy/share with someone a meal. Share it and eat with them. Practice hospitality.

Day 4 – OUTWARD Decide on a thoughtful way to serve someone in our community who is in a different life stage or circumstance than you. If you’re drawing a blank, consider an encouraging note, offering babysitting to a married couple, inviting a single friend on a date night, or inviting someone you know to coffee just to get to know them better.





Day 5 — UPWARD Slowly pray through the sections of the Lord's Prayer (Matthew 6:9-13). Prayerfully write each part in your own words. Meditate on how this prayer can be realized in your day.

Day 6 — INWARD Share a current fear, worry, anxiety or insecurity you have been wrestling with to someone in our community that you trust. Take a risk in vulnerability and ask them to pray for you and to help you surrender to God.

Day 7 — WITHWARD Read Acts 4:32-37. Imagine this sort of generosity coming alive in our church. How would it change the potential of our ministry? How could this change our city? How could it change us? Remind yourself of our Generosity Litany, ask God if there is a way that he is inviting you to mirror his generosity to others. Prayerfully give.

Weekly Reflection

- *As you practiced and experimented this week, what thoughts and feelings surfaced for you?*
- *What did you find challenging? What did you find compelling?*
- *One thing you learned in practicing the way of Jesus was...*

WEEK 2

Day 8 — OUTWARD "As he went..." (Matthew 9:27) Ask the Holy Spirit to show you the love of Christ for someone you meet as you go about your routine.

Day 9 — UPWARD Start the day by asking the Holy Spirit to speak to you as you read over your schedule/iCal/to-do list. Invite God to order your time; surrender your plans to God; ask that he would lead you; ask God to interrupt your day for his purposes. Follow the promptings the Holy Spirit gives and live adventurously expectant.

Day 10 — INWARD Write a note of thankfulness to someone in our community for their friendship, presence, and personality. Practice appreciation.

Day 11 — WITHWARD Invite someone to help you in a task that you could (and normally would) do on your own. Laundry, yard work, errands are better shared.

Day 12 — OUTWARD Prayer walk. Walk and pray for the area around your home or workplace. Pray with eyes open. See with compassion.

Day 13 — UPWARD Try the praying the Daily Office. Visit commonprayer.net for Morning, Mid-day, and Evening prayers.

Day 14 — INWARD What is an area of temptation or compulsion in your life these days? Read 1 John 1. Find a friend, confess your sin, receive forgiveness, live in the light.

Weekly Reflection

- *As you practiced and experimented this week, what thoughts and feelings surfaced for you?*
- *What did you find challenging? What did you find compelling?*
- *One thing you learned in practicing the way of Jesus was...*

WEEK 3

Day 15 – WITHWARD Greet an unfamiliar face. Extend peace. Help someone feel seen and welcome.

Day 16 – OUTWARD Look for a moment to show mercy. Spend time, encourage, love or serve someone that cannot give anything back to you. Set a reminder on your phone to reflect back on this challenge during your commute. Did you show mercy to someone else today? What happened? If not, what go in the way?

Day 17 – UPWARD Listen to music that lifts your focus toward God and nourishes your affections for God. Go for a walk or a drive, listening to worship music. Pray and praise as you go. Try David Baloché's *Labyrinth* or The Brilliance's *Brother* or Mixed Multitude's *There is a Light*.

Day 18 – INWARD Meditate through Psalm 139 using Lectio Divina. Marvel that God is near. There is no part of your experience that is too dark or too unreachable for God.

Day 19 – WITHWARD Today ask God to put someone on your heart from our community and spend time interceding for them. Do so without the need to let them know (Matthew 6:5-6)

Day 20 – OUTWARD Read Luke 15. What does Jesus show you about the heart of God and how God moves toward people? How might you move in the same way today? Look for one opportunity to practice moving like God and write down what happened.

Day 21 – UPWARD Read through the beatitudes (Matthew 5:1-11). Ask God about which blessing He desires to form in you in a deeper way.

Weekly Reflection

- *As you practiced and experimented this week, what thoughts and feelings surfaced for you?*
- *What did you find challenging? What did you find compelling?*
- *One thing you learned in practicing the way of Jesus was...*





WEEK 4

Day 22 – INWARD Read Philippians 2:1-11. Ask Jesus to give you an opportunity today to practice humility. Try taking the role of a servant or try letting go of the need to be right/the best/the winner. Practice taking the low road.

Day 23 – WITHWARD Do an audit of your stuff. What can you share? What can you give away? What can you bless someone with? Take a risk in simplicity. Have fun!

Day 24 – OUTWARD Read 1 Peter 3:15. Start the day by asking Jesus to lead you to someone who needs the hope he has on offer. Spend the day looking for that person in all your interactions.

Day 25 – UPWARD Read a Gospel (Matthew, Mark, Luke, John) until something catches your attention. Take time to think about what this shows you about Jesus. Ask him for grace for this day to find a way to practice what you've read.

Day 26 – INWARD Practice the Prayer of Examen to close out your day.

Day 27 – WITHWARD Invite a few friends out who would never otherwise hangout, for afterwork coffee or drinks. Practice mixing up your friendship circles.

Day 28 – OUTWARD Read Matthew 6:1-4. Do an act of secret service or generosity.

Weekly Reflection

- *As you practiced and experimented this week, what thoughts and feelings surfaced for you?*
- *What did you find challenging? What did you find compelling?*
- *One thing you learned in practicing the way of Jesus was...*

WEEK 5

Day 29 – UPWARD Set reminders on your phone to pause at least 3 times today to pray. In these times of prayer, simply carve out small moments to listen to God. 'Speak Lord for your servant is listening'. If you sense God saying something—respond. Be still. Practice Listening Prayer.

Day 30 – INWARD Be aware of someone you are angry with or have been hurt by. Read Luke 17:3-5. Meditate on the cross. Ask for forgiveness. Practice reconciliation.

Day 31 – WITHWARD Make an excuse for a party. Keep it simple—soup and bread. Make the love of God and your love for one another be what you feast on. Bring out the best wine (or desert) at the end.

Day 32 – OUTWARD Read the news—global, federal, provincial, municipal. Notice what upsets you and what energizes you. Ask God for one action you can take in response to what you’ve read.

Day 33 – UPWARD Read Matthew 26:6-8. Imagine yourself as the woman at Jesus’ feet for several minutes. What do you see, smell, hear, feel? Ask yourself what is more precious to you than your love for God? What would it look like for you to ‘waste’ what’s precious to you to show love for God?

Day 34 – INWARD Pay attention to where fear is lurking in your life. Find out a few promises from scripture that address fear. Take a risk and let someone in the community know where you are struggling with fear. Ask them to pray for courage.

Day 35 – WITHWARD Practice hospitality where the food is simple. Keep your time screen free. Prepare a question for everyone to discuss over the meal—something about Jesus and his way of eating with people. Begin and end your time in prayer.

Weekly Reflection

- *As you practiced and experimented this week, what thoughts and feelings surfaced for you?*
- *What did you find challenging? What did you find compelling?*
- *One thing you learned in practicing the way of Jesus was...*

WEEK 6

Day 36 – OUTWARD At the next Sunday Gathering, participate in the Prayers of the People. Ask God for a fresh heart of mercy for others.

Day 37 – UPWARD Try the “Read Scripture” App. Explore if this is a helpful way for you to read the Bible.

Day 38 – INWARD Practice *Kavanah* (see Resources page) at your work today. Ask yourself, “is my love for God evident in my work today?”

Day 39 – WITHWARD Practice listening today. Hold space for someone else by offering curiosity and inquiry. Ask questions you might like to be asked. Listen longer than seems necessary.

Day 40 – OUTWARD Acts 2:17 promises that God will give women and men new dreams and new vision. Spend some time today asking God for new vision for our neighbourhood

Weekly Reflection

- *As you practiced and experimented this week, what thoughts and feelings surfaced for you?*
- *What did you find challenging? What did you find compelling?*
- *One thing you learned in practicing the way of Jesus was...*





“And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful, Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, which thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

+Colossians 3:15-17

FAQ

1. What if I'm not a Christian or am not sure about God?

Anyone, regardless of their faith background and their current relationship with God, is invited into this shared journey. Our hope is that you will find yourself more deeply immersed in the shared rhythms and a bit nearer to God as you seek Him. If you discover through these practices a deeper longing to know God, email our pastoral staff or connect with a leader from our church.

2. Why 40 Days?

We acknowledge that 40 day “programs” are everywhere. That’s because studies have shown that it takes at least three weeks for new habits to form. We want to give enough time for those of us who are not currently in a rhythm of spiritual disciplines to practice until it feels more natural.

3. I don't have a Neighbourhood Group or any group, so can I still participate?

Yes you can do this with your roommate, your spouse, a friend or two that will make time each week to meet and share. If you're very new to our community and don't know anyone at all, join a Table Group or a Service Team or meet with a Pastor so we can get you connected.

4. What happens if I miss a day?

All of us are likely to miss a day, have a lackluster experience, or question whether or not this is “working.” The goal is not perfection. If you miss a day, start fresh the next morning. If you aren't “feeling” what you think you should, talk it over with friends. We don't measure transformation by our emotions. Learning to follow Jesus is a lifelong process and the end goal is not success or to complete each day, but Jesus himself.

5. What happens on Day 41?

We are going to celebrate together at the end of this shared journey. We hope to have collected a few stories from our community of what we heard from God, what we experienced of him, and how we learned. And, hopefully, we will continue in our apprenticeship. We encourage you to either continue or begin to meet regularly in a group where similar spiritual rhythms are practiced. See resources to learn more.





RESOURCES

PRAYER

Lectio Divina from *Quiet* by AJ Sherrill

In the sixth century, St. Benedict developed a meditative approach to Scripture reading called *lectio divina* (Latin for “divine reading”). This method prioritizes what God is speaking to us just as much as what God spoke to our ancestors. In other words, *lectio divina* invites the Holy Spirit into the reading and moves the reader into four distinct directions: Read, meditate, pray, contemplate.

So as not to get bogged down with new terminology, follow this simple pathway in your scripture reading today:

- 1) Create an inviting/inspiring space. Perhaps this means lighting a candle, tidying a room, creating a playlist to underscore, and sitting in your favorite chair.
- 2) Select a passage to read from Scripture.
- 3) Have paper/journal and a pen handy.
- 4) Give yourself to these four directions (20 minutes total, 5 minutes for each).
 - a. READ - Slowly read the selected text 3 times.
 - b. REFLECT - Select a word or phrase off the page that sticks out.
 - c. WRITE - Spend time writing about why you selected that word or phrase.
 - d. REST - suspend all thought and sit quietly with God. Trust that God heard your worry, anxiety and/or longings, and is acting on your behalf (Romans 8:28).

Prayer of Examen

The *Prayer of Examen* is a daily spiritual exercise typically credited to St. Ignatius of Loyola, who encouraged fellow followers to engage in the practice for developing a deeper level of spiritual sensitivity and for recognizing and receiving the assistance of the Holy Spirit. At the heart of the practice is becoming aware of God’s presence and movement throughout your day.

This *Prayer of Examen* is primarily an exercise in remembering one is invited, through four portions [presence, gratitude, review, and response], to concentrate on experiences and encounters from the past 24 hours. The beauty of the practice is its

simplicity; it is more a guide than a prescription. If some portion feels especially important on a given day, feel the freedom to spend all or most of your time in that portion. The purpose is to increase awareness and sensitivity, not to finish or accomplish a task.

For a full description go to <http://www.tinyurl.com/AudioExamen>

Prayer Walk

Prayer is our communication with God; the way we learn both to talk and listen to him. We are learning to do this in all types of environments. As you move through the streets of your neighbourhood or an area of the city, direct your attention to God. Pray that God would make you aware of his presence and ask the Holy Spirit to lead you. It can be good just to simply share your heart in prayer, that you would like to go on this walk WITH God. As you walk, pray for the things that come to your mind but also be aware of your surroundings. Expect that God may direct you to pray for specific needs of the streets you are on, or the people you pass, or issues facing that area. Prayer is a conversation. Resist the compulsion to talk to God with increased formality. Address God as a friend (John 15:5). As you walk, try to make intercession for the specific area of the city you are in and that the kingdom of God would come there as it is in heaven

MEDITATION

Kavanah

The word *kavanah* comes from the Hebrew for direction, and means to pay attention, to direct the mind and heart in order to maximize the level of intentionality in our actions. It applies to our study of scripture and to action but goes beyond action itself to the notion of attentiveness to God himself, primarily to the God who commands. The focus shifts us from what we do toward the inner meaning of why we do it.

In practicing *kavanah* in your workplace, you may find it helpful to focus on one simple task at a time. Try to view each task with holy intent—why has God invited you to do it In this way, work becomes worship and a place to act in missional accordance with Gods command to go and make disciples. Ask God as you begin your work day to reveal himself to you through work, and be mindful of his presence in each action and interaction. Try and see where your attention is easy to focus on God and where it is more challenging. Make note of these, and any distractions from your practice of *kavanah*.





SCRIPTURE

The Bible Project

The Bible Project is a non-profit in Portland, Oregon. It is a series of short videos that help you read through the bible without getting lost or giving up. This series has a video for every book of the Bible that outlines its literary design and main ideas, showing you how it fits into the entire biblical story.

thebibleproject.com

“Read Scripture” App

The goal of Read Scripture is that everyone would read the Bible for themselves and discover the truth and beauty of God’s Word. Download at the Apple Store.

WORSHIP

A few albums to stoke the heart...

- *Labyrinth*—David Baloché
- *There is a Light*—Mixed Multitude
- *Sisterbrother*—Sisterbrother
- *Ill*—Housefires
- *You Are the Avalanche* —John Mark Mcmillan & Sarah Mcmillan
- *Burn This As A Light*—Tom Wuest
- *He Will Not Cry Out*—Bifrost Arts
- *Wonder*—Hillsong United
- *Brother*—The Brilliance

FAMILY

Resources to help families practice the way...

- *Imaginative Prayer: A Yearlong Guide for your Child’s Spiritual Formation*—Jared Patrick Boyd
- *The Jesus Storybook Bible: Every Story Whispers His Name*—Sally Lloyd-Jones
- *Children Can You Hear Me: How to Hear and See God*—Brad Jersak
- *I Am: 40 Reasons to Trust God*—Dianne Stortz

BOOKS/HELPS

A reading list of books we think could be helpful for practicing...

- *You are What You Love: The Spiritual Power of Habit*—James K.A. Smith
- *Practices of Love: Spiritual Disciplines for the Life of the World*—Kyle David Bennet
- *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*—Ruth Haley Barton
- *Recapturing the Wonder: Transcendent Faith in a Disenchanted World*—Mike Cospers
- *Practicing the Way of Jesus*—Mark Scandrette
- *Quiet* —A.J. Sherrill
- *The Spirit of the Disciplines*—Dallas Willard
- *The Power of Habit: Why We do What We do in Life and Business*—Charles Duhigg
- *God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God*—Ken Shigematsu

Podcasts

Stay connected with Sunday teachings throughout this series as we look at a different practice each week. Sermon podcasts can be found on iTunes and artisanchurch.ca

Weekly Reminder (Say 'hello' to Art)

Text 'Hello' to 604-243-8999 and Art the Textbot will get you the details. With one text a week, you'll receive all the information you need along with each day's practice for the week.

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“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

+Philippians 4:8-9

