

Summer of Intentionality

intentional MARGIN

**Writing Your
Own Prayer**

**Sabbath
Choreography**

**How to Simplify
Hospitality**

And More!

A COLLECTION OF RESOURCES TO HELP YOU
DIVE INTO AND PRACTICE THE RHYTHMS
THAT PRODUCE NECESSARY MARGIN
FOR A FLOURISHING WALK WITH JESUS

Summer of Intentionality

Intentional Margin

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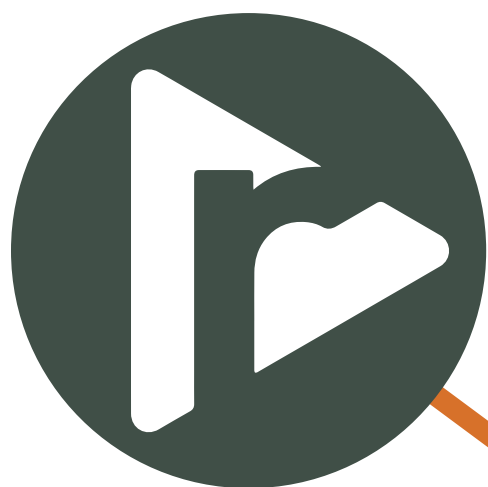
How to use this guide

The way that we live our lives matters. God has created us to be people who embrace rhythms and who are led fully by Him. When we create intentional margin in our lives we are opening our hearts and minds to His pathways and allowing ourselves to walk more closely with Him. Through this resource guide we will be providing different opportunities for you to both internalize and practice rhythms of intentional margin in your life. You can take our recommendations for practices and resources that go along with each week of the series or work through the guide at your own pace and in your own timing. We hope it helps you grow and provides new and different opportunities to take a step closer to Jesus.



RIGHT NOW MEDIA & RUTHLESS ELMINATION OF HURRY

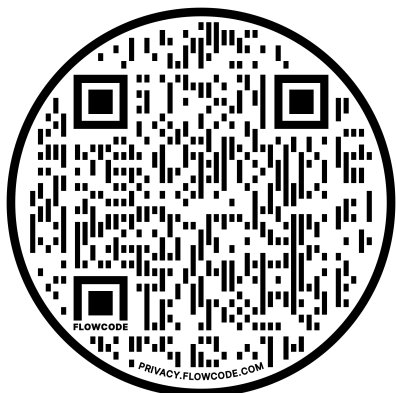
WE HAVE A PODCAST!



Much of the framework for this season has been gleaned from the book, *The Ruthless Elimination of Hurry* by John Mark Comer. He has recently released a five-part video teaching series about this book on Right Now Media.

Check it out here:

<https://app.rightnowmedia.org/en/content/details/729101>



If you don't have access to Right Now Media, contact Julie Johns at julie.johns@gracespringchurch.org.



The Ruthless Elimination of Hurry
by John Mark Comer

"For me, each chapter of *The Ruthless Elimination of Hurry* felt like a call to intentionality, providing practical ways to be present while crafting rhythms that brought life instead of hustle and burn out. I enjoyed finding practical applications, while also feeling encouraged versus being scrutinized for living in a wake up and grind world. It allowed me the ability to see ways I could walk in rest and be present, while still providing for my family."

- Joey Gamrat



gracespring has a podcast! With vacations, a break from school, and the beautiful outdoors beckoning, we want to encourage you to enter into a season of intentionality; intentionality with your family, intentionality with your neighbors, and intentionality with God. We are always looking for opportunities to help you take a step closer to Jesus and we want to reflect that in the resources that we provide to our body. On June 5th, we are launching our new summer podcast -

Spirited Formation. This podcast will be a weekly conversation with gracespringers and friends of gracespringers to delve into the practical and important rhythms of being more intentional in our lives. Our hope is that this resource will meet you where you are and encourage your heart, mind, and soul as we all step closer to Jesus together.

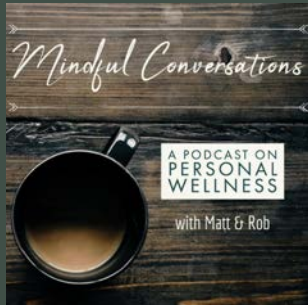
We hope you'll join us!

Lear more at gracespringchurch.org/spirited-formation

OTHER RECOMMENDED RESOURCES

Check out some of the following podcasts which lean into the ideas from this series.

You can find all these resources by searching for them on podcast apps.



Mindful Conversations with Matt and Rob

by Dr. Rob Cook
and Matt Hayman,
LPC



Fight Hustle, End Hurry

by John Mark
Comer and
Jefferson Bethke



The Emotionally Healthy Leader Podcast

by Pete Scazzero

DON'T EXPECT INSTANT GRATIFICATION FROM YOUR 'QUIET TIME'

FIFTEEN MINUTES OF BIBLE READING MAY NOT TURN EVERY DAY AROUND, BUT IT'LL YIELD FRUIT AT THE RIGHT TIME.

JEN WILKIN | MARCH 21, 2022

When the first ATM was installed in my hometown in the 1980s, it felt like magic: Insert your card, take out cash.

Since then, we've learned to love not having to wait in just about every area of our lives. Products arrive at our doors within a day. Meals in a matter of minutes. Movies, books, and music appear on our devices instantly.

It's wonderful. And it's also worth weighing carefully. Rapid delivery teaches us that waiting is an enemy to be eliminated, standing between us and what we desire. With each quicker, more convenient development, we are attenuating our ability to wait.

But being able to wait is distinctly Christian. In fact, it is a mark of Christian maturity. The Bible speaks of waiting on the Lord, of being steadfast, and of bearing the spiritual fruit of patience. While most of us recognize that instant gratification is the habitat we inhabit, few have assessed how "waitlessness" may be forming us spiritually—specifically, how it may be shaping our approach to the Bible.

Around fourth grade, I was taught the spiritual discipline of spending "time in the Word." Like many, I was encouraged to have a "quiet time," 15 or 20 minutes in Scripture, preferably in the morning (because, you know, Jesus rose early in the morning). This practice was supposed to calibrate my day, to fill my spiritual tank for whatever the rest of that day might hold.

The underlying message: Have a quiet time, have a good day. Skip a quiet time, good luck. Combine that with an inclination toward instant gratification, and I began to see any quiet time that didn't yield immediate emotional warmth or peace as essentially a fail.

I grew to approach spending time in the Word primarily as transactional instead of formational. It was a time to get what I wanted, when I wanted it, exactly how I wanted it. And I don't think I'm alone.

One of the most common frustrations I hear is that, despite daily quiet times, Christians feel God is distant. And judging from the pervasiveness of Bible

illiteracy in the church, our daily quiet times may not be yielding the formative effect we hope.

When we think of quiet time as transactional, we treat Scripture as a debit account that offers us meaning or feeling on our timetable. Each day we insert our debit cards and withdraw 15 minutes of inspiration.

Instead, we should take a savings account perspective, where we make faithful deposits, investing ourselves over days and weeks and years without expecting immediate emotional or intellectual yield.

If we stick to a debit account approach, we will studiously avoid the parts of Scripture that take longer to understand, or we will misinterpret them to meet our wrong expectation that they serve our timetable. We will gravitate toward devotional reading over straightforward Bible reading.

By contrast, a savings account mentality understands how to wait. It is steadfast and patient. It knows faithful daily deposits will absolutely yield fruit—in season. At just the right time.

If you have ever walked through the valley of trial, you know what it is like to find years of faithful deposits bearing dividends. A patient, long-term approach is key. The Book of Ezekiel may not fix your day, but it may just sustain you in a lengthy trial if you give it your quiet times. The formational profit of spending time in the Word is more likely to emerge over 15 years than 15 minutes.

TIME IN THE WORD IS MEANT TO BE NOT MERELY INFORMATIONAL OR INSPIRATIONAL, BUT RELATIONAL.

It trains us to listen to the voice of God in his Word, and it teaches us who he is. It is God inviting us into conversation for the purpose of relationship.

As in any relationship, quality time is essential. But quality time is a function of regularly occurring quantity time. It does not give us what we want when we want it, exactly how we want it. We can't schedule it or demand it. It happens according to its own timetable and often when we least expect it.

Don't buy the instant gratification, debit account perspective that you're owed measurable wins, deep insights, or warm feelings because of your daily quality time with God.

Consider instead that your quiet time is a daily contribution to the savings account of quantity time. Relationships deepen and flourish with patience and steadfastness. In your time in the Word, wait on the Lord





SABBATH CHOREOGRAPHY

Sabbath is a difficult concept for our western brains to wrap around. It was originally a literal 24 hours to stop work and rest. We like to define our Sabbath rhythms as movements that will help us to rest in God and help us delight in Him. This exercise will help you to develop a choreography of Sabbath. Remember that this isn't about legalism - it's about your relationship and rhythms with God as an individual, family, and community.

Choreography is a beautiful way to think about engaging in the liturgies or practices we have been invited into as believers. These things won't save us, nor earn us any more love or reward in Heaven; they are simply activities and avenues of deeper participation in the relationship we have been granted with our Father in Heaven. If you have never joined in on a dance before, it can be helpful to have some of the steps or moves planned out or taught to you before you start. It helps you navigate the flow until you know it so well you can improvise and bring your own renditions each time you hear the song, leaning more into one move, or skipping another altogether. So let's plan some Sabbath choreography together.



Next, take stock of some of the typical movements of Sabbath that you should consider including in your choreography. We've left some room for you to fill in other rhythms that might be helpful.



Now that you have some basic ideas, it's time to build your choreography. Many times people begin their Sabbath at sundown one night and end it at sundown the next day. Consider starting and ending your Sabbath with a meal as well as prayer and liturgy. Fill in the hours and work towards what a fruitful Sabbath choreography might look like. Keep in mind that this isn't a to-do list, so if you don't do everything in your choreography, that's totally fine! God loves you and is pleased with you!

6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	
1:00 AM	
2:00 AM	
3:00 AM	
4:00 AM	
5:00 AM	
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	

In a world so wired and interconnected,
our anxious hearts are pummeled by
an endless barrage of troubling news.
We are daily aware of more grief, O Lord,
than we can rightly consider,
of more suffering and scandal
than we can respond to, of more
hostility, hatred, horror, and injustice
than we can engage with compassion.

But you, O Jesus, are not disquieted
by such news of cruelty and terror and war.
You are neither anxious nor overwhelmed.
You carried the full weight of the suffering
of a broken world when you hung upon
the cross, and you carry it still.

When the cacophony of universal distress
unsettles us, remind us that we are but small
and finite creatures, never designed to carry
the vast abstractions of great burdens,
for our arms are too short and our strength
is too small. Justice and mercy, healing and
redemption, are your great labors.

And yes, it is your good pleasure to accomplish
such works through your people,
but you have never asked any one of us
to undertake more than your grace
will enable us to fulfill.

Guard us then from shutting down our empathy
or walling off our hearts because of the glut of
unactionable misery that floods our awareness.
You have many children in many places
around this globe. Move each of our hearts
to compassionately respond to those needs
that intersect our actual lives, that in all places
your body might be actively addressing
the pain and brokenness of this world,

A LITURGY FOR
THOSE FLOODED BY

Too Much Information

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DOUGLAS MCKELVEY

THE VOICE OF THE
LORD IS OVER THE
WATERS; THE GOD OF
GLORY THUNDERS,
THE LORD, OVER MANY
WATERS. THE VOICE OF
THE LORD IS POWERFUL;
THE VOICE OF THE LORD
IS FULL OF MAJESTY.
PSALM 29:3-4

each of us liberated and empowered by
your Spirit to fulfill the small part
of your redemptive work assigned to us.

Give us discernment
in the face of troubling news reports.

Give us discernment
to know when to pray,
when to speak out,
when to act,
and when to simply
shut off our screens
and our devices,
and to sit quietly
in your presence,

casting the burdens of this world
upon the strong shoulders
of the one who
alone
is able to bear them up.

Amen.

HOW TO SIMPLIFY HOSPITALITY

HE HAS FOR US TO FOSTER THE RHYTHM OF SEEING PEOPLE AS HIS CHILDREN,
AS HIS BELOVED ONES, AND OFFERING TO THEM WHATEVER IT IS WE MAY HAVE TO GIVE.

Jesus is the ultimate example - as in many other facets of His life and spirit - of hospitality. From greeting any who He encountered to making breakfast for His disciples (as the risen King!) to preparing a place for us in Eternity, Jesus laid a groundwork for accepting friend and stranger alike in the Father's name.

Hospitality is something God calls us to, both through His word (*see list of scriptures at the bottom of the next page*) and through His deed. In Luke 14, The Parable of the Great Banquet challenges us to extend hospitality not for elevation of self or to mark a task from a list, but to do it in His name in a way that demands nothing in return.

Offering hospitality doesn't always mean inviting people into your home or offering a meal. It may be offered through the extension of a greeting to a stranger or the offer to watch the children of a friend in need; through picking up the item that fell from a shelf in the grocery or through dropping a note or small token to someone in need of encouragement.

The Lord is not asking us to maintain a checklist of 'giving of ourselves' every so often so that we can call things good. He has for us to foster the rhythm of *seeing people as His children, as His beloved ones*, and offering to them whatever it is we may have to give. He's asking us to reflect the love of Christ through the conscious choice to show care and hospitality.

As already noted, hospitality does not always entail having people over for a meal. But for when it does, we have compiled a list of tips and a recipe plan that encourages an unhurried, unpressured process of serving others in love.

TIP 1: LET GO OF PERFECTION

As believers, we already know that we are not going to achieve any type of perfection on this side of Heaven—so let it go! We often place ourselves into the classic Mary and Martha situation where we choose presentation over presence, and we miss the chance to just be together. Those you invite in are already blessed by the invitation, and they receive greater blessing still when you are fully in the moment with them and not out of breath and harried from the full house clean that happened before they arrived. Don't be afraid to show them that your home is lived in and *enjoyed*, that life is happening and they are welcome to step into that with you.

TIP 2: KEEP YOUR HEART FOCUSED

What is your motivation for hosting? If you find that your delight in time with people is overcome by the stress of preparation, it may be time to refocus. Continue to remind yourself (use that list of scriptures!) of *why* Jesus offered hospitality in the ways He did. It was not to be seen a certain way or because He felt like He had to—it was to bless those He was with. As you prepare your space, and perhaps a meal, ask God to center your heart with His. Prepare from a place of anticipation instead of expectation, a place of presence over a place of stress. Let Him lead.



TIP 3: BE READY

There are times when you know you will be hosting a dinner in two months, and there are times when the Spirit may just drop an opportunity to extend a welcome and a meal right into your lap. If we are following tips 2 and 3, we know that we are looking to avoid the stress that can come with hosting. To help on a practical level, let's talk about the '15 minute movement'. If you are someone who really struggles to feel at peace in the midst of "mess", especially in a way that may keep you from saying 'yes' when the Spirit moves, then getting into the rhythm of keeping things more organized may help. Turn on a song that offers you joy, take a deep breath, set yourself a 15 minute timer, and *move*. Move through your space, make note of the items or areas that are causing you stress, and address them within that span of time. Maybe you spend all 15 minutes in one spot or maybe you spend that 15 minutes collecting random papers and wayward items or toys. You might not even get them put away—that can be for the next day. If creating this rhythm helps that 'yes' come a little easier, then do this each day to foster a more open heart towards opportunities for hospitality.

Scriptures on Hospitality: Matthew 25:35, Hebrews 13:2, 1 Peter 4:9, Romans 12:13, Leviticus 19:34, Titus 1:8, 1 Timothy 3:2, 1 Timothy 5:10, 2 Kings 4:8, 3 John 1:5, Acts 28:2, Ephesians 6:7, Galatians 5:13, Hebrews 13:16, Isaiah 58:7

HOW TO SIMPLIFY HOSPITALITY

MEAL PREP

In order to keep things simple and somewhat inexpensive, and to prepare foods that can be easily adjusted for allergies or sensitivities, let's do a 'one pan chicken meal' with sides of salad and focaccia bread.

HERE'S OUR GROCERY LIST:

Chicken Pan Meal: All the elements of this one pan meal come out super flavorful after baking together for an hour.

- 3 medium yukon gold potatoes (diced)
- 2 cups fresh green beans
- 1 pound chicken breasts (can be pounded down to ½" thick if desired or pressed for time)
If you have a vegetarian guest, you can cook a small pan of potatoes and green beans separately.
- ½ cup butter
Use dairy free butter like Myoko's to accommodate dairy allergies or vegan diets.
- 1 pack dry Italian dressing mix (ranch mix works, too!)

Salad: Let's keep this salad light—extra toppings are optional!

Bag salad
(if it's in the budget, save yourself the time, friend! They taste great and all you have to do is dump and mix. If not, keep reading for another delicious option.)

- 3-4 cups baby spinach (rinsed; use romaine if that's a better fit)
- 1 Gala apple (diced)
- ½ cup dried cranberries
- ½ cup feta cheese (crumbled; use shredded mozzarella if that's a better fit)
- 3 tablespoons chopped almonds (optional)
- ¼ cup olive oil
- 1 tablespoon honey
- ¼ cup apple cider vinegar
- 2 teaspoons Dijon mustard (yellow mustard works too, it's just a little less tangy)

Focaccia: There's nothing like warm bread.

Focaccia!
(if it's in the budget, buy it! Save yourself some time and just heat it up before serving. If you prefer to grab the ingredients or like breadmaking, keep reading.)

- 2 cups all purpose flour or bread flour (bread flour works well during humid Michigan seasons!)
- 1 teaspoon kosher salt
- 1 teaspoon active dry yeast
- 1 cup lukewarm water
- Butter for greasing
- 2 tablespoons olive oil (divided)

Optional:

- Flaky sea salt
- 1 teaspoon whole rosemary leaves

For a gluten-free, dairy-free option, visit:

<https://www.theglutenfreeblogger.com/gluten-free-focaccia/>

Note: if you want to bake your chicken pan meal and focaccia at the same time, split the temperature difference at 375° and account for time difference.

RECIPE:

Make Ahead: If you've got the time, prepare your focaccia and salad dressing the day before!

Focaccia: If time allows, start or make your focaccia the day before so that it can rise overnight or be ready the day before. If not, follow the recipe for day-of baking.

Prep: 2.5 hours (for rising time) | **Cook Time:** 30 minutes

Dough: In a large bowl, whisk together the flour, salt, and instant yeast. Add the water. Using a rubber spatula, mix until the liquid is absorbed and the ingredients form a sticky dough ball. Rub the surface of the dough lightly with olive oil. Let the dough rise at room temperature for 1-2 hours. For overnight: cover the bowl with a damp tea towel, cloth bowl cover, or plastic wrap and place in the refrigerator immediately for at least 12 hours. Make sure the dough is well oiled if leaving overnight.

Line an 8 or 9-inch pie plate with parchment paper or use butter or spray to grease. Don't think the butter is too much. You don't want this sticking!

Pour a tablespoon of oil into the center of your pan. Using two forks, deflate the dough by releasing it from the sides of the bowl and pulling it toward the center. Rotate the bowl in quarter turns as you deflate, turning the mass into a rough ball.

Place your dough into the prepared pan. Roll the dough ball in the oil to coat it all over, forming a rough ball. Let the dough ball rest for about 30 minutes depending on the temperature of your kitchen. Set a rack in the middle of the oven and preheat it to 425°F. If using the rosemary, sprinkle it over the dough.

Pour a tablespoon of oil over your dough. Rub your hands lightly in the oil to coat, then, using all of your fingers, press straight down to create deep dimples. If necessary, gently stretch the dough as you dimple to allow the dough to fill the pan. Sprinkle with flaky sea salt all over.

Transfer the pan to the oven and bake for 25 to 30 minutes, until the underside is golden and crisp. Remove the pan from the oven and transfer the focaccia to a cooling rack. Let it cool for 10 minutes before cutting and serving.

Chicken Pan Meal:

Prep: 10 minutes | **Cook Time:** 1 hour

Spray or butter the bottom of a 9x13 pan (you don't need much, as you will be adding more butter!)

Dice your three potatoes. Line one side of the pan with green beans, line the chicken breasts down the middle, and line the opposite side with diced potatoes.

Cut the butter into pats and layer over the green beans, chicken, and potatoes. Sprinkle the Italian dressing mix over the entire pan. Cover with foil.

Bake at 350° for 1 hour. Test the temperature of the chicken or check for pinkness to ensure it's done.

Salad: Remember, feel free to make your dressing the day before if you have the time! If not, prep your salad when you know your chicken meal and/or focaccia are about ready to come out of the oven.

Prep: 10-15 minutes

Dressing: Whisk the olive oil, honey, apple cider vinegar, and mustard together in a small jar or bowl. Chop the apple, and almonds if needed. Crumble the feta if needed. Toss the salad ingredients together. Drizzle with dressing when ready to serve.



CONTEMPLATIVE PRAYER TEMPLATE

Figure out the time that works best for you to pray.
Start small - it doesn't need to be an hour, or even 30 minutes.
Start with what works. Start where you are and not where you "should be."

Plant your feet on the ground, open your hands, and practice deep breathing.

Begin with silence and solitude.

Clear your mind and make sure you're in a quiet place.
Set an anchor point prayer - "Jesus, here I am." "Be still and know God." For when distractions come - it draws us back to the heart of the prayer. It's the key to come back home.

Pray the Psalms. (Not reading. Praying.)

The goal is not to get *through* them. It's to get them *into you*. Start with Psalm 1 and pray it out.

Journal. Focus on lifting your mind and heart to God.

Answer the following questions:

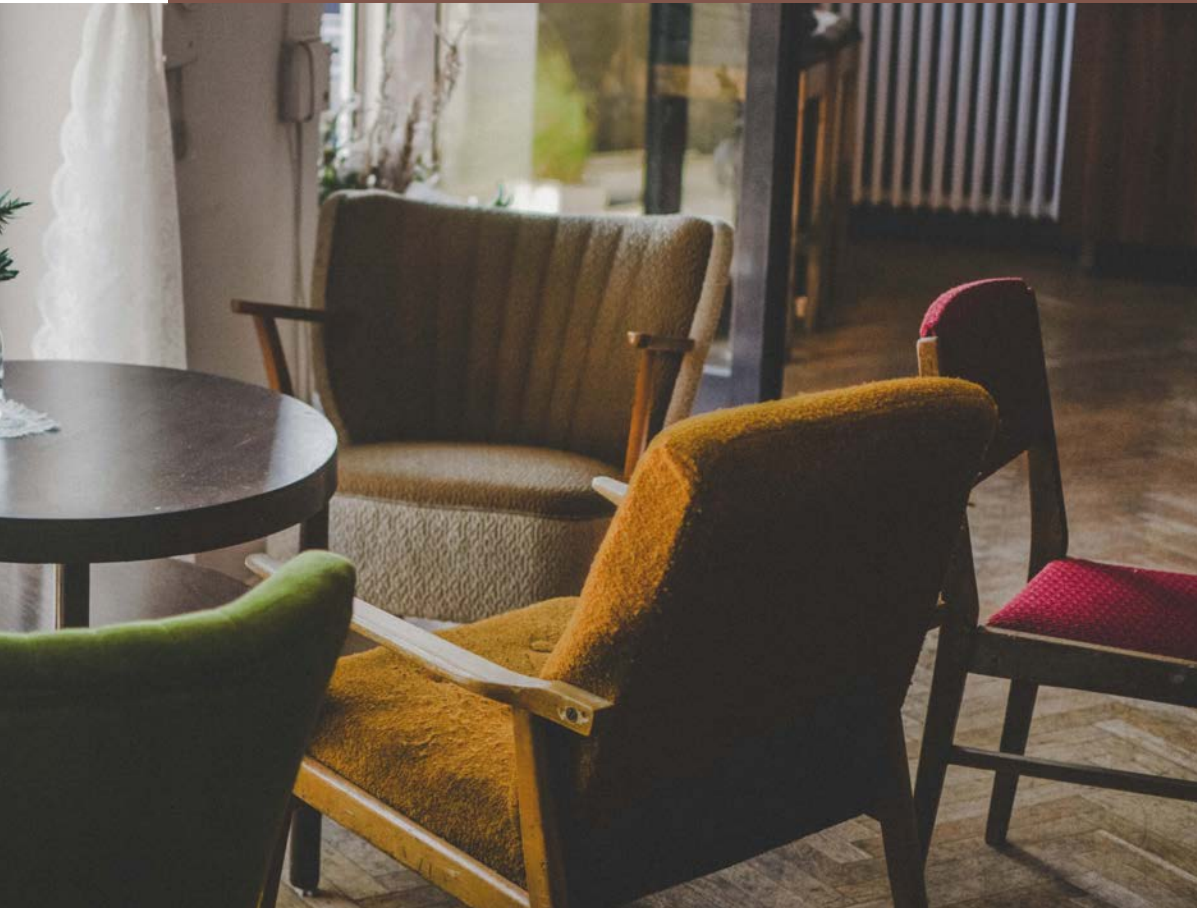
"What am I thinking about? What am I feeling? What am I anxious about?
What am I angry about? What am I glad about?"

Pray the Lord's Prayer slowly and contemplatively.

End by asking the Lord to help you be present to Him, to yourself, to your family, and to your neighbors.

SIMPLIFY DAILY ACTIVITIES

by: Lauren Doorlag



Return to a space (daily, if possible) that brings peace and rest.
If you want a reader example, I spend 1-5 minutes looking over my shade garden each day. It brings me joy, it prompts me to slow down, and it is something that produces a prayer of thanks to God every time. Maybe for you it's a favorite chair, a special piece of art, or a window that lets in just the right light.

The practice of redefining a need

Maybe this can have something to do with identifying what 'enough' is. We know that the Lord is more than enough for us; this doesn't mean He wants us to have nothing else in life, but it does mean that His wholeness should be sufficient for us—and all else follows.

Limit media consumption/amount and avenues of communication

- o Limit actual/physical time watching/engaging with media
- o Limit how many minutes you spend emailing, texting, messaging, on phone calls, etc.

Edit your space

Spend time in your home/work area, really looking at what is there and what can be edited 'out'. This may be taking out the unnecessary or the distracting, creating an external space that helps to encourage a focused and simplified internal space.

Leave space around activities or appointments in your day, when you can

Give yourself the opportunity to process meetings, time with friends, appointments, and so on. Thank God for how He showed up to you in that space, and offer to Him any concerns or worries that may have come from it. Make this a ritual, a constant returning to Him, before moving on to the next thing.

Create a simplicity-minded statement that helps to keep you focused

This isn't simplicity for simplicity's sake, but rather a phrase that helps you return to the Lord; to focus on what He has given to you as priorities and to help you set aside the rest.

Writing Your Own Prayer

Studying and re-writing a Psalm helps us integrate the beautiful ancient words into our minds. It also helps us connect them to a deeper level of our heart and emotions. We aren't trying to change scripture; this exercise simply stimulates our whole self to a place of worship as we connect the reality of what it feels like to be a human being and allow that truth to sit next to what we know is true about God.

Read through the Psalm slowly. Look for how it connects to you. Observe the flow and the purpose. How does it point you to worship? Take time to pray. Assess what you've been thinking about in excess. Take inventory of your current emotions.

Direct these words to God. Write in a heartfelt, honest way. Use metaphors and similes and exaggerations. Compare and contrast. Take the example Psalm line by line and let it shape your personal prayer. If you want, write the same sentiment but with contemporary language.

Pray your prayer out loud to the Lord.

The Lord Is My Light and
My Salvation
PSALM 27 Of David

1
The Lord is my light and my
salvation;
whom shall I fear?
The Lord is the stronghold of my life;
of whom shall I be afraid?
2
When evildoers assail me
to eat up my flesh,
my adversaries and foes,
it is they who stumble and fall.
3
Though an army encamp against me,
my heart shall not fear;
though war arise against me,
yet I will be confident.
4
One thing have I asked of the Lord,
that will I seek after:
that I may dwell in the house of the
Lord
all the days of my life,
to gaze upon the beauty of the Lord
and to inquire in his temple.
5
For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover
of his tent;
he will lift me high upon a rock.
6
And now my head shall be lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the
Lord.

7
Hear, O Lord, when I cry aloud;
be gracious to me and answer me!
8
You have said, "Seek my face."
My heart says to you,
"Your face, Lord, do I seek."
9
Hide not your face from me.
Turn not your servant away in anger,
O you who have been my help.
Cast me not off; forsake me not,
O God of my salvation!
10
For my father and my mother have
forsaken me,
but the Lord will take me in.
11
Teach me your way, O Lord,
and lead me on a level path
because of my enemies.
12
Give me not up to the will of my
adversaries;
for false witnesses have risen
against me,
and they breathe out violence.
13
I believe that I shall look upon the
goodness of the Lord
in the land of the living!
14
Wait for the Lord;
be strong, and let your heart take
courage;
wait for the Lord!

An example from a gracespringer

This is my song to YOU, Lord, as I
accept Your gift of life today.

Ps 27:1-3
YOU Lord, ARE the Light of my life
and my salvation. Whom or what
should I dread or have confidence
in??

I trust YOU ARE my strength, my
refuge, the only source of truth in
my life.

In the days of trouble, YOU have protected me. Never do I dread that YOU hide from me; YOU strengthen and nourish me 24/7!!

vs.4-6
One thing I need constant assurance of: that I will dwell in Your house Lord, all my days, to behold you.

I can ask this only of YOU. I sing praises to YOU.

vs. 7-8
When I cry out for mercy, YOU always answer "seek My face".

Your face, Your presence, I will seek.

vs.10-12
Many of my very loved ones have left my world, Lord. Yet YOU will take care of me.

YOU teach me, making the path smooth and delivering me, protecting me from the deceit of the world.

vs.13-14
I would have lost heart unless I believed that YOU stand in the valley of decision with me all the days of my life,

in the land of the living.

I see the goodness of YOU.

Lord, I wait on YOU.

My courage is of YOU, Lord.

YOU alone are my strength and Redeemer, the lifter of my head.

I will wait on YOU, Lord.





SABBATHS

BY WENDELL BERRY

Sabbaths 1979 (II)

The mind that comes to rest is tended
In ways that it cannot intend:
Is borne, preserved, and comprehended
By what it cannot comprehend.

Your Sabbath, Lord, thus keeps us by
Your will, not ours. And it is fit
Our only choice should be to die
Into that rest, or out of it.

Sabbaths 2002 (X)

Teach me work that honors Thy work,
the true economies of goods and words,
to make my arts compatible
with the songs of the local birds.

Teach me the patience beyond work
and, beyond patience, the blest
Sabbath of Thy unresting love
which lights all things and gives rest.

Sabbaths 1979 (III)

To sit and look at light-filled leaves
May let us see, or seem to see,
Far backward as through clearer eyes
To what unsighted hope believes:
The blessed conviviality
That sang Creation's seventh sunrise,

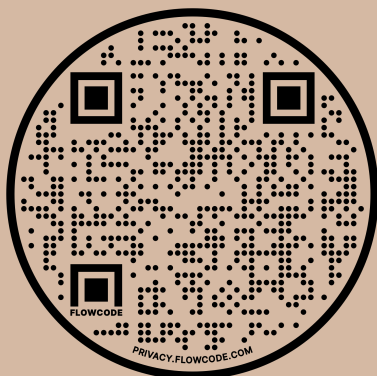
Time when the Maker's radiant sight
Made radiant every thing He saw,
And every thing He saw was filled
With perfect joy and life and light.
His perfect pleasure was sole law;
No pleasure had become self-willed.

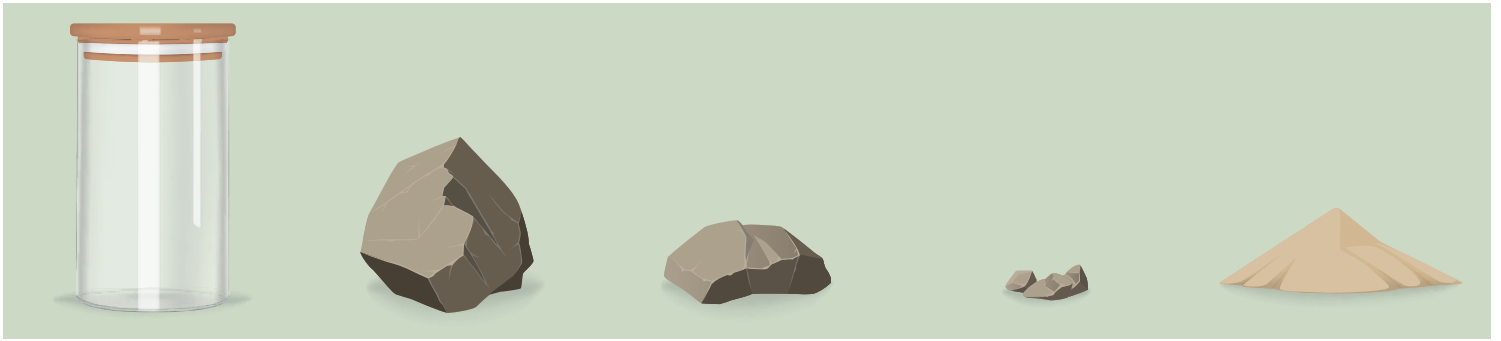


JAR OF ROCKS

The jar represents your life and time. As you add different rocks to your jar, it helps filter your priorities and helps you to see what you truly value. Take time to fill out the following lists and then use those to help you pursue a weekly rhythm that will keep the main things the main things.

Scan the QR code to view an example of this exercise:





LIFE VALUES
& CURRENT
CIRCUMSTANCES

MOST VALUABLE
PRIORITIES

SECONDARY
PRIORITIES

PERIPHERAL
PRIORITIES

NON-ESSENTIAL
ACTIVITIES

Curated Playlist for Margin

Heaven Meets Earth

All Sons & Daughters

Fear Thou Not

Josh Garrels

Not in a Hurry

Will Raegan, United Pursuit

Closer

Lifepoint Worship

You're the Only One

Chris Renzema, Moriah Hazeltine

New Wine

Hillsong Worship

I Don't Wanna Go

Chris Renzema

Goodness of God

Bethel Music

God Of Revival

Bethel Music

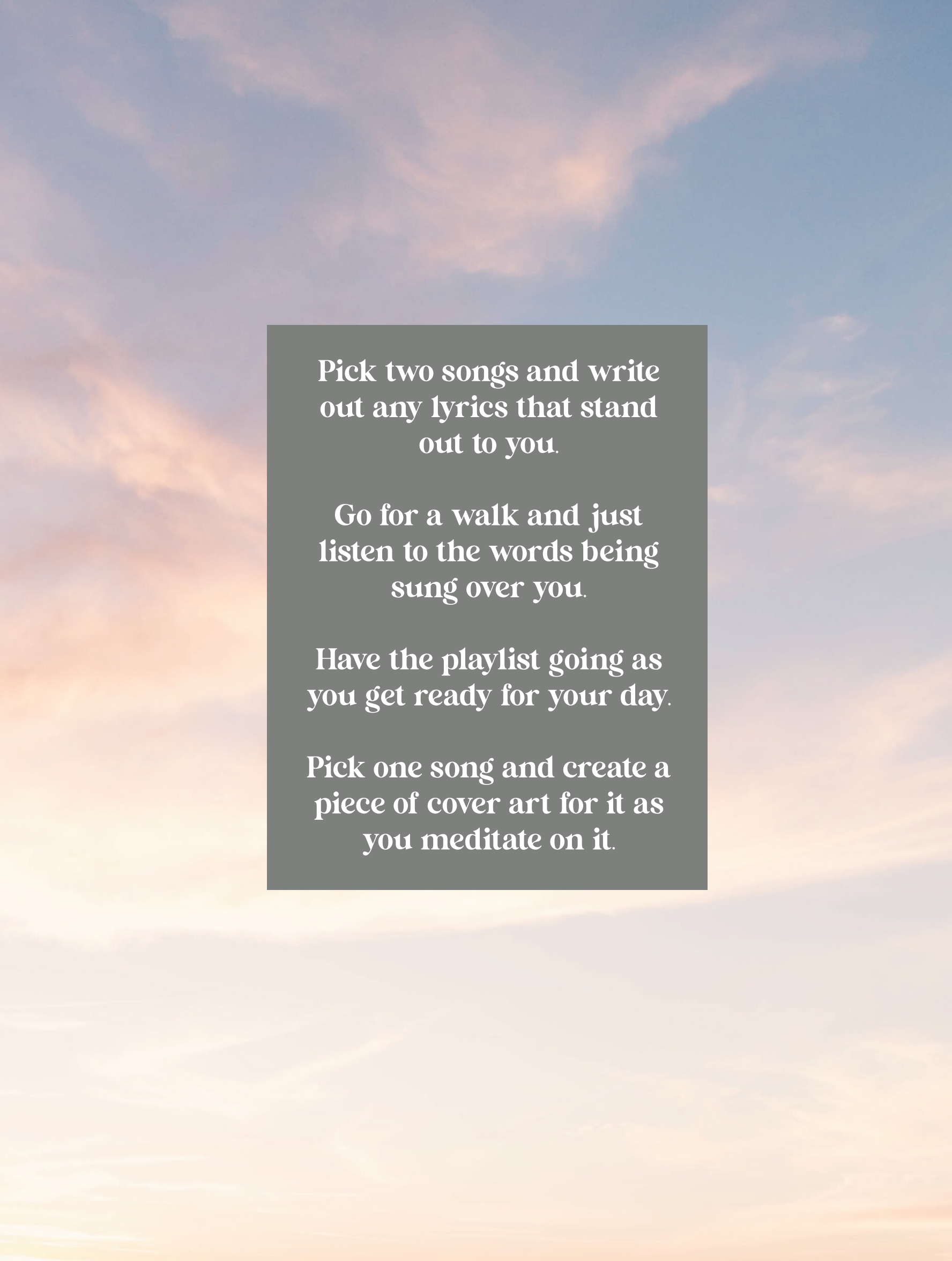
Steadfast

Josh Garrels

Sanctuary

SEU Worship





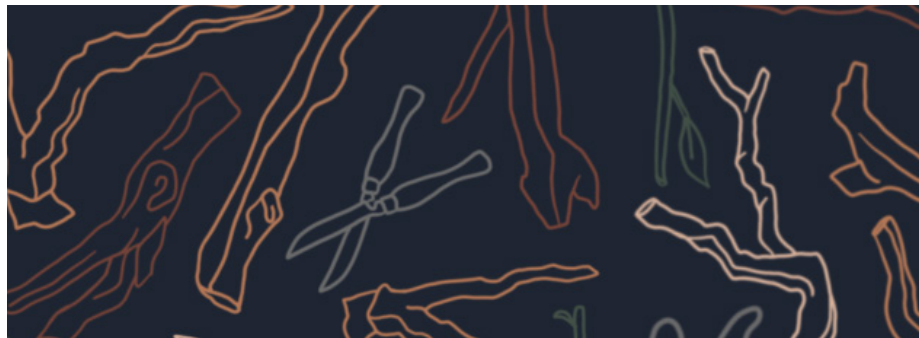
Pick two songs and write out any lyrics that stand out to you.

Go for a walk and just listen to the words being sung over you.

Have the playlist going as you get ready for your day.

Pick one song and create a piece of cover art for it as you meditate on it.

COMMUNITY GROUP QUESTIONS



WEEK ONE

Divide into two groups. Each group will need paper and a pen. Members of each group will look at and interact with one of the two key passages from scripture from this week's sermon in the following ways:

Look up your passage in several different versions of the Bible. You may find it convenient to use the YouVersion app or online at <https://www.bible.com/>. Make notes on the different variations in how key terms are translated.

Group One will look at Matthew 11:28-30. Some key terms include: labor, heavy laden, rest, yoke, learn, gentle, lowly in heart, easy, burden, light.

Group Two will look at John 15:5-8. Some key terms include: vine, branch, abide, bear, fruit, gathered, thrown away, withers, burned, fire, remain, ask, wish, given.

Look up key terms using a thesaurus and list synonyms for key terms. You may find the Merriam Webster Online Thesaurus at <https://www.merriam-webster.com/thesaurus> to be helpful.

Using the above information, paraphrase the passage into your own words. What insights into the meaning of this passage did this exercise provide?

Come back to the larger group and share your group's paraphrase and any insights on this passage.

Using Matthew 11:28-30, discuss the following questions:

What types of burdens are you carrying? How did you come to carry them?
Who can you rely on for help to carry these? Do you ask for help when you need assistance? Why or why not?
What does Jesus offer His followers in this passage? Does this appeal to you? Why or why not?
When have you felt heavy laden? Why? What did you do to resolve your weariness? Who, if anyone, did you turn to for help?

Looking at John 15:5-8 and 11, consider the following questions:

What is a yoke? What does it represent in this passage? Would you consider your 'yoke' to be easy? How would you describe it? How would sharing your yoke with Christ make your yoke easier to bear?
What 'fruit' is mentioned in John 15? Have you been experiencing this fruit? Why or why not? What steps can you take to increase your fruitfulness?
What is the purpose of the 'fruit' mentioned in this passage?
How are fruit and the development of Christian character related?
What does it mean to abide in Christ (vs. 15:7; for deeper study, also see John 1:12, 15:12, 1 John 2:25, 3:24, and 4:15)? How can you abide in Him? How can His Word abide in you?

Considering Matthew 11:28-30 and John 15:5-8, compare and contrast the world's definition of productivity with Christ's definition of fruitfulness. What worldly strategies do you use? Which of Christ's strategies do you use? How does Jesus invite us to move away from hurry and into a wise rhythm? How would doing so improve your fruitfulness? How would it affect your witness to nonbelievers?

WEEK TWO

Luke 11:1-13
Jesus teaches about prayer.

BELONG

1. Understand that the subject

of our prayers should be His knowing Him well and making Him known to others.

2. The concerns we bring to Him should revolve around knowing Him and making Him known.

3. God's character is such that He will give believers what they need to know Him and to make Him known. He will not give us things that make this harder to do.

Using this lens to understand prayer should change what we pray for.

It will also force us to acknowledge the selfishness we allow to remain in our lives. This shouldn't make us feel guilty. It should be a daily reminder of God's love for us and our need for Him.

GROW

1. Who do you interact with only when you need something from them? How does this impact the health of this relationship?

2. What is the biggest hindrance you have in your prayer life? What would it take to remove it?

REACH

1. Read Luke 11: 2-4 and list the topics Jesus instructed His disciples to talk to the Father about.

2. What is the main point of Luke 11: 5-10? What is Jesus telling his followers to do?

3. Luke 11: 11-13 use parent / child relationships to help us understand prayer. What insight does this give you into God's character?

GOING DEEPER

1. What do you need to do to improve the quality and quantity of your prayer life?

2. How can you help someone who doesn't know God to know Him better?



WEEK THREE

1. How would you describe the concept of success in America to someone from another culture? What typically characterizes the “look” of success? Do you ever find yourself wishing you had a bigger house, a newer car, or more money?

2. What do you find most often gives you anxiety? Do you get anxious in social situations? Do you get anxious about the future? Do you get anxious about finances?

3. In Luke 12, Jesus is surrounded by a crowd of thousands of people and is asked to settle a dispute between two brothers that pertains to the dividing of their financial inheritance. Have a member of your group read Luke 12:13–21, and discuss what Jesus tells this man about covetousness. What does this parable teach us about focusing on building wealth? Is building and storing/saving wealth wrong, or was it purely the heart with which the man pursued this goal?

4. In a similar passage in Matthew 6:25–34, Jesus teaches about the pitfalls of worry and anxiety surrounding things like food, clothes, wealth, and time. Why do you think that the pursuit of God’s kingdom and righteousness is the solution to these worries? Do you think that Jesus was indicating that wealth and long life would be guaranteed to all who pursue God’s kingdom? Is Jesus indicating eternal rewards that will be given? Or do you think that He was indicating that the freedom from worry surpasses the pleasure of accumulated food/clothes/wealth/time?

5. In both passages, we see the underlying theme of contentment. Have a member of your group read 1 Timothy 6:6–11 and discuss Paul’s statement: “godliness with contentment is great gain.” What kind of “gain” do you think Paul is alluding to here?

6. In looking at your life and your lifestyle, do you think that you are in any risk of the “temptation” of riches that Paul talks about in 1 Timothy 6? If so, what actions can you take this week to flee from this temptation and protect yourself and your family from this “root of evil”?

7. What areas of your life have you felt hurried in so far this week? How could you combat this hurry with simplicity?

WEEK FOUR

There are no guided questions this week: Instead have a Sabbath meal together and plan out what Sabbath looks like in each of your lives.

Tonight, delegate different members to bring a big, delicious meal and break bread together.

Spend time taking prayer requests and praying for them all together.

Turn to the Sabbath Choreography exercise in this guide and walk through it as a group, filling one out for each family/person.

Discuss when each group member will try to take a Sabbath in this next week and set a plan for holding each other accountable.

***“Some people think they are in community, but they are only in proximity.
True community requires commitment and openness.
It is a willingness to extend yourself to encounter and know the other.”
–David Spangler***



gracespring
BIBLE CHURCH