
- S E N D -

How can those around the table be praying for you this week?

TABLE PRAYERS
DOXOLOGY

EMOTIONALLY HEALTHY SPIRITUALITY
THROUGH THE WEEK

PRACTICE

This week, experiment with practicing the Daily Office.
Set an alarm for five minutes in the middle of your day,
take a deep breath, and slowly pray the words "Jesus, here I am."
Whenever your mind gets distracted, gently return to that phrase.

The goal is not to "get anything" from this time of prayer;
the goal is to share presence with God.
Consider asking a friend to join you in this practice and take the time to
process together.

Remember that we are working to expand the space between
stimulus & response to make room for God to speak and move.

What has impacted you most during this series?

What is the most challenging lesson or practice?

Where do you sense God inviting you to grow right now?

United Church of Cohoes

AUGUST 21, 2022

EMOTIONALLY HEALTHY SPIRITUALITY

WEEK 7: DEVELOPING SPIRITUAL RHYTHMS

ORDER OF SERVICE

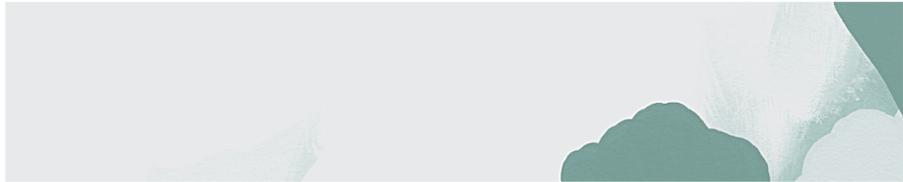
GATHER
Welcome
Morning Office

PRAISE
Jesus Paid it All
Awake My Soul
Holy, Holy, Holy

LISTEN
Deuteronomy 5: 12-15
Mark 1:29-35 & 2:23-28
John 15
Reflection

APPLY
Table Conversations

SEND
Prayer
Doxology



United Church of Cohoes

EMOTIONALLY HEALTHY SPIRITUALITY

WEEK 7: DEVELOPING SPIRITUAL RHYTHMS
AUGUST 21, 2022

- GATHER -

Breath Prayer
Silence

PSALM 46: 1-3 & 10

God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.

He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."

You are invited, in this silence, to return to God in stillness
and experience his unconditional love.

Silence

- PRAISE -

Jesus Paid it All
Awake My Soul
Holy Holy Holy

- LISTEN -

Deuteronomy 5: 12-15
Mark 1:29-35 & 2:23-28
John 15: 1-8

MESSAGE

- APPLY -

TABLE CONVERSATION

- In the Gospel passage, Jesus makes a point to step away for prayer as part of his rhythm of life, he teaches about the gift of sabbath, and he urges his followers to abide in him.
 - What stands out to you the most in these readings?
 - Jesus' message about "abiding" in Him comes as his death is near, why do you think it was so important to get this message out?
- What thoughts rise up within you about Jesus stepping away?
 - Why do you think Jesus needed to step away?
- Why do you think Sabbath is so important in Scripture?
 - Why do you think it's so difficult to practice today?

PERSONAL APPLICATION

- Which of the contemplative rhythms resonate with you?
- Which do you think would be the most difficult to incorporate?
- What would it look like for you to embrace these practices? What might need to change?
- What current demands of life surround you? What would it look like in your life to "step away"?

SABBATH

Pete's 4 components of Sabbath practice are below,
use them to consider what it would look like for you to develop a sabbath rhythm.

- **Stop:** When can you stop? What preparations will you need to make? Who will be involved?
- **Rest:** What do you need to rest from? What causes rest in your soul?
- **Delight:** What causes you to feel delight? What moves you to wonder? Where do you find joy?
- **Contemplate:** How can you focus on seeing and receiving God during this time?