

# UNITED CHURCH OF COHOES

## WELCOME & ANNOUNCEMENTS

### MORNING OFFICE

Breath Prayer

Silence & Stillness

Scripture: Psalm 63: 1-5

Silence & Stillness

### WORSHIP TOGETHER

You're Beautiful

Abide

I See the Lord

### HEAR THE WORD

Daniel 1: 3-17

Daniel 6: 6-10

Reflection: "Developing a Rule of Life to Keep Growing"

### APPLY THE WORD

Table Conversations

Pray Together

### BENEDICTION

SUNDAY, SEPTEMBER 4, 2022

# UNITED CHURCH OF COHOES

## Emotionally Healthy Spirituality

Week 9: Develop a Rule of Life to Keep Growing

### MORNING OFFICE

**Breath Prayer**

**Silence & Stillness**

**Listen: Psalm 63: 1-5**

**You, God, are my God,  
earnestly I seek you;  
I thirst for you,  
my whole being longs for you,  
in a dry and parched land  
where there is no water.  
I have seen you in the sanctuary  
and beheld your power and your glory.  
Because your love is better than life,  
my lips will glorify you.  
I will praise you as long as I live,  
and in your name I will lift up my hands.  
I will be fully satisfied as with the richest of foods;  
with singing lips my mouth will praise you.**

**Silence**

**Collect: God, we want to take time to be amazed by your infinite beauty and endless wonder.  
Help us to create rhythms in our life that keep us from missing it. Make us people of wonder.**

### WORSHIP TOGETHER

**You're Beautiful**

**Abide**

**I See the Lord**

### HEAR THE WORD

Daniel 1:3-17

Daniel 6:6-10

**Reflection: "Develop a Rule of Life to Keep Growing"**

### APPLY THE WORD

#### Table Discussion Questions:

- **Read Acts 2:42-47 |**
  - What speaks to you about this passage?
  - How would you describe the "Rule of Life" for the early church?
  - Do you think it's important that their rhythm included both spiritual and social activities in the same list?
- **Developing a RULE |**
  - Have you ever tried to make a plan or resolution for spiritual growth? What was it? How did it go?
  - Does the Rule of Life seem similar or different than your past plans?
- **Reflect |**
  - As you look back over the work we have done this summer:
    - Where do you sense God's invitation to something new?
    - Where do you notice you need to continue growing?
    - What has had the most impact on your Spiritual formation?

#### Share Communion Around the Tables & Close With Prayer

### BENEDICTION

#### Developing a Rule of Life

The goal of a Rule of Life is to help create a plan and structure that helps you GROW in the direction God is calling you. It should not be a checklist, source of guilt or anxiety, or a fixed and unchanging document. On the worksheets for this week, you will find questions that will help guide you as you develop your rule. Don't skip over them! The work we have done together has (hopefully) laid a foundation for spiritual growth and formation that you can continue working on for life!