

# Sacred Rhythms

**Urban Monk**



# Recap

## The Spiritual Disciplines: Study and Self-Examination, Brett & Kate McKay

Rather than cramming for a test — filling one's head with facts that are quickly regurgitated and just as soon forgotten — the spiritual studier aims to **deeply absorb knowledge** and make it a **permanent part of his soul.**

## Recap

For everything that was written in the past was written to teach us, so that through the **endurance taught in the Scriptures** and the encouragement they provide we might have hope.

**Romans 15:4**

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. **It exposes our innermost thoughts and desires.**

**Hebrews 4:12**

## Recap

**“I enjoy reading the Bible more than the wealthy enjoy all their houses, cars, technology, and vacations. God, your word will be my first priority and focus each day. I will read and read the Bible, until I cannot forget it. Give me more grace, O God, and enable me to obey what I’ve read. Help me see more today than I’ve already seen before, even in these same pages. I only wish I had more time to read more of my Bible.”**

**Paraphrase of Psalm 119:14-20**



# **Transformation: How Does It Happen?**

## **Nancy Leigh Demoss**

**To the contrary, the experience of many believers looks like this:**

- **Commit. Fail. Confess.**
- **Re-commit. Fail again. Confess again.**
- **Re-re-commit. Fail again. Give up.**



**“If the church exists to see people transformed, shouldn't we be clear about **what a transformed Christian looks like?**”**

**Gordon MacDonald**



**to be holy, set  
apart, setting more  
of our lives apart  
for God**

**Sacred Rhythms**

**the everyday  
mundane aspects  
of our lives**







**your life is perfectly designed to to  
keep everything in its current state**

**When someone announces they want  
to lose weight they think they've  
spoken **the process**, they haven't.  
They are telling you the **end result**  
with no idea how to get there**

**Likewise we say we want to  
be more like Jesus with no  
**plan** to achieve that result**

**“You greatly delude yourself and err, if you think that one thing is demanded from the layman and another from the monk; since the difference between them is in that whether one is married or not, while in everything else they have the same responsibilities. . . .**

**Because all must rise to the same height; and what has turned the world upside down is that we think only the monk must live rigorously, while the rest are allowed to live a life of indolence.”**

**St. John Chrysostom, 349-407 AD**



**city dweller**

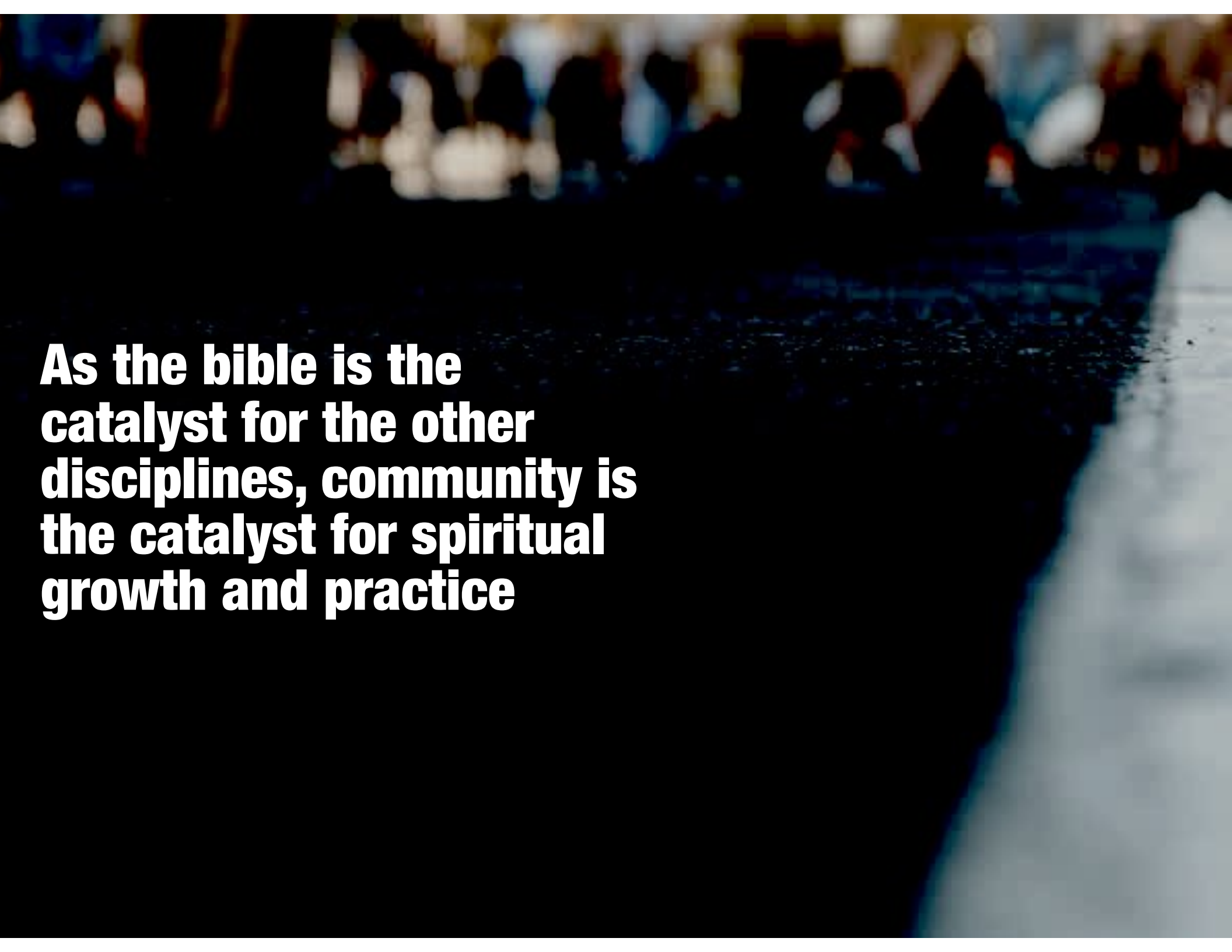
# **Urban Monk**

**member of a religious community that  
practices disciplines in order to live a  
life focus on God**



**Our final discipline is  
that of community**

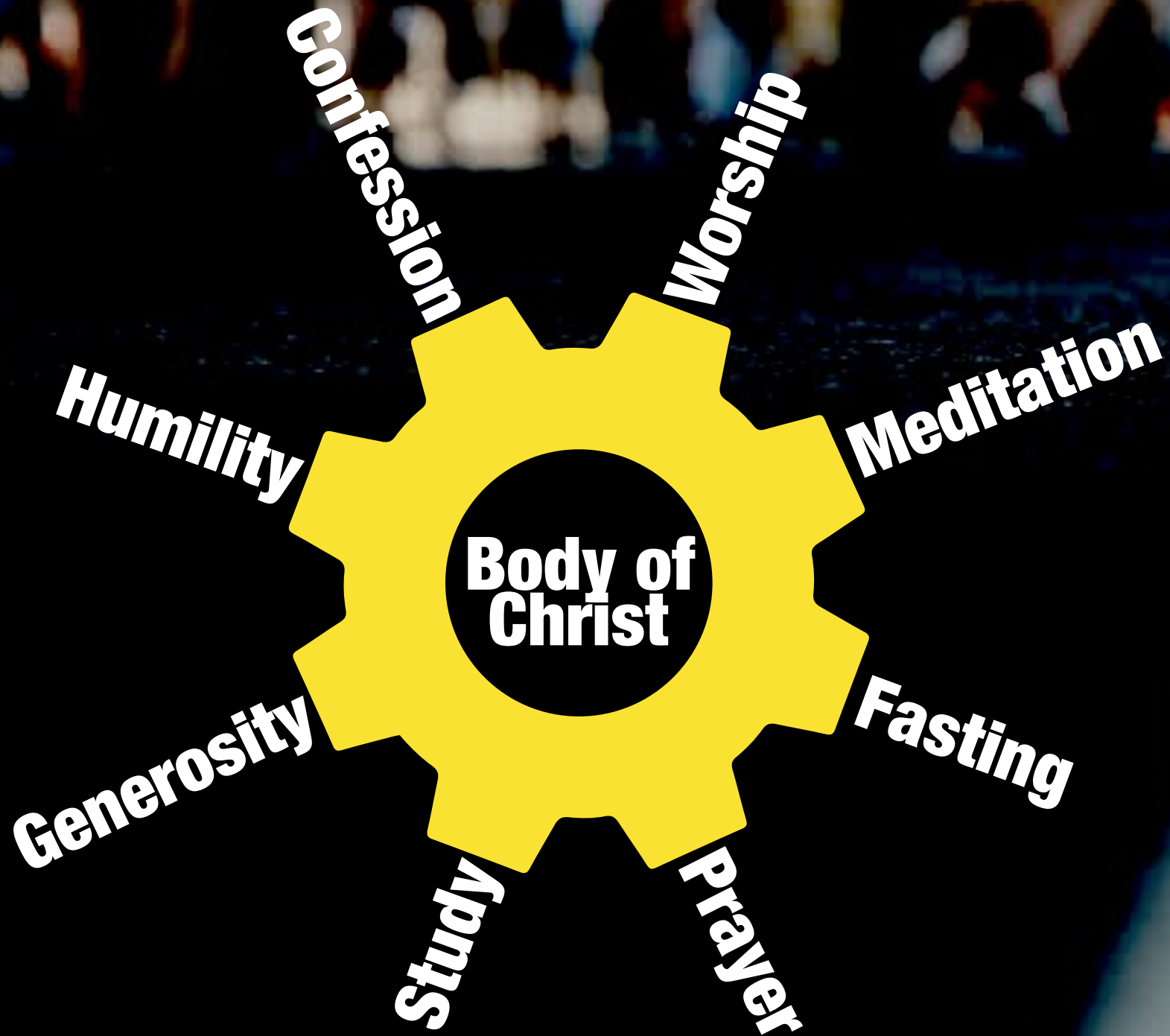




**As the bible is the  
catalyst for the other  
disciplines, community is  
the catalyst for spiritual  
growth and practice**



**“We come to faith as  
individuals, but we  
grow in community.”  
Kenneth Boa**



**“The New Testament picture of the church as a family flies in the face of our **individualistic cultural orientation**. God’s intention is not to become the feel-good father of a **myriad of isolated individuals** who appropriate the Christian Faith as yet another avenue toward personal enlightenment...What we find in the Bible, rather, **is a God who seems at least as concerned with His group** (me in relationship with my brothers and sisters in Christ!) as he is with the individual (me in relationship with God).” **Joseph H. Hellerman****

**brothers and sisters, 124x in the New Testament**

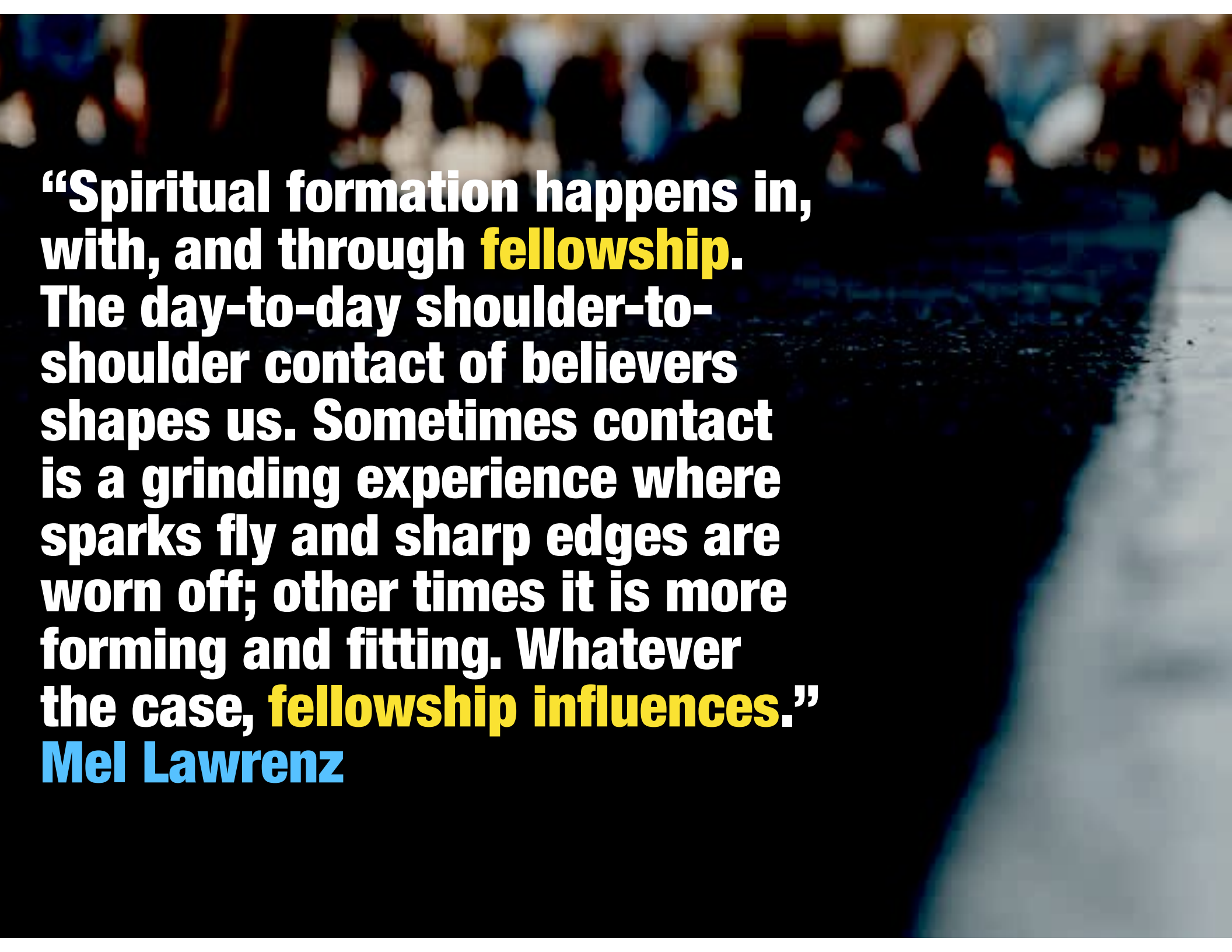


Very few people in America have relationships like this, which is why very few American Christians practice many of **the New Testament's 59 "one-another's"** on a regular basis. There's simply no opportunity to develop the kind of relationships with others in which the "one another's" are appropriate **if your idea of church is getting together with people you hardly know once a week for a religious service that allows for little if any meaningful social interaction.** Conversely, when people try to apply some of the "one another's" of the New Testament to people they aren't in relationship with, it comes across as judgmental. **Greg Boyd**



**Your relationship to church/  
community will define your  
relationship with God**

**God saves the individual  
but calls the community**



**“Spiritual formation happens in, with, and through **fellowship**. The day-to-day shoulder-to-shoulder contact of believers shapes us. Sometimes contact is a grinding experience where sparks fly and sharp edges are worn off; other times it is more forming and fitting. Whatever the case, **fellowship influences**.”**

**Mel Lawrenz**

**As the Scriptures say, “A man leaves his father and mother and is joined to his wife, and the two are united into one.” This is a great mystery, but it is an illustration of the way Christ and the church are one. Ephesians 5:31-32**

**Jesus and the church are one**

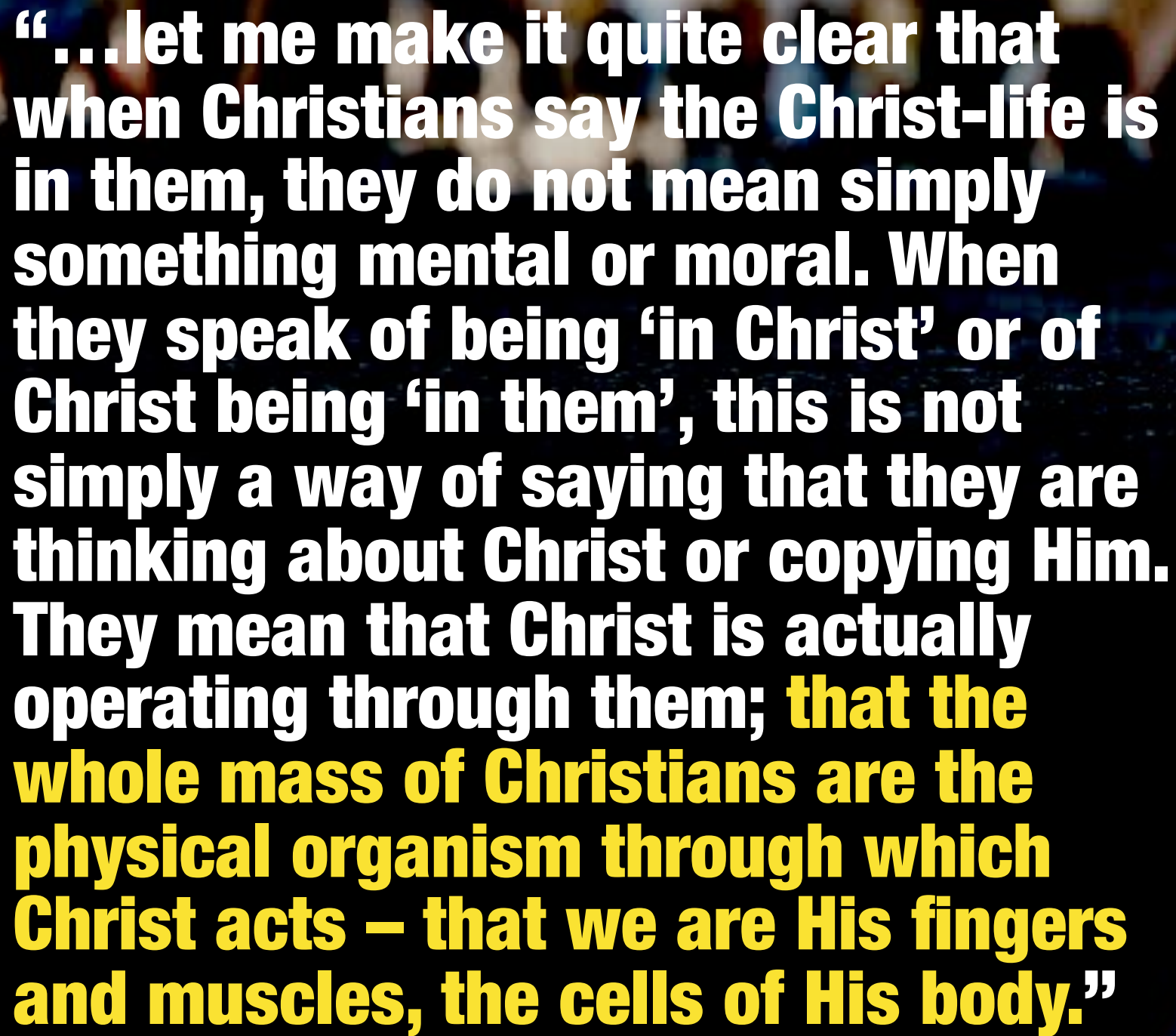


**Don't you realize that your bodies are **actually parts of Christ**? Should a man take his body, which is part of Christ, and join it to a prostitute? Never!...Don't you realize that your body **is the temple of the Holy Spirit**, who lives in you and was given to you by God? You do not belong to yourself **1 Corinthians 6:15, 19****

**the body is filled with the Spirit**

so it is with **Christ's body**. We are many parts of one body, and we all belong to each other. **Romans 12:5**

**We belong to each other**



**“...let me make it quite clear that when Christians say the Christ-life is in them, they do not mean simply something mental or moral. When they speak of being ‘in Christ’ or of Christ being ‘in them’, this is not simply a way of saying that they are thinking about Christ or copying Him. They mean that Christ is actually operating through them; **that the whole mass of Christians are the physical organism through which Christ acts – that we are His fingers and muscles, the cells of His body.**”**

**CS Lewis**

## **Matthew 25**

### **Parable of the Ten Bridesmaids**

**Then the Kingdom of Heaven will be like ten bridesmaids who took their lamps and went to meet the bridegroom. Five of them were foolish, and five were wise vs 1-2**

### **Parable of the Three Servants**

**To those who use well what they are given, even more will be given, and they will have an abundance. But from those who do nothing, even what little they have will be taken away. vs 29**

### **The Final Judgment**

**All the nations will be gathered in his presence, and he will separate the people as a shepherd separates the sheep from the goats. vs 32**



# Matthew 25

## Parable of the Ten Bridesmaids

Then the Kingdom of Heaven will be like ten bridesmaids who took their lamps prepared for the bridegroom. Five of them were foolish, and five were wise vs 1-2

## Parable of the Three Servants

To those who use well what they are given, even more will be given, and they will have an abundance. But from those who do nothing, even what little they have will be taken away. vs 29

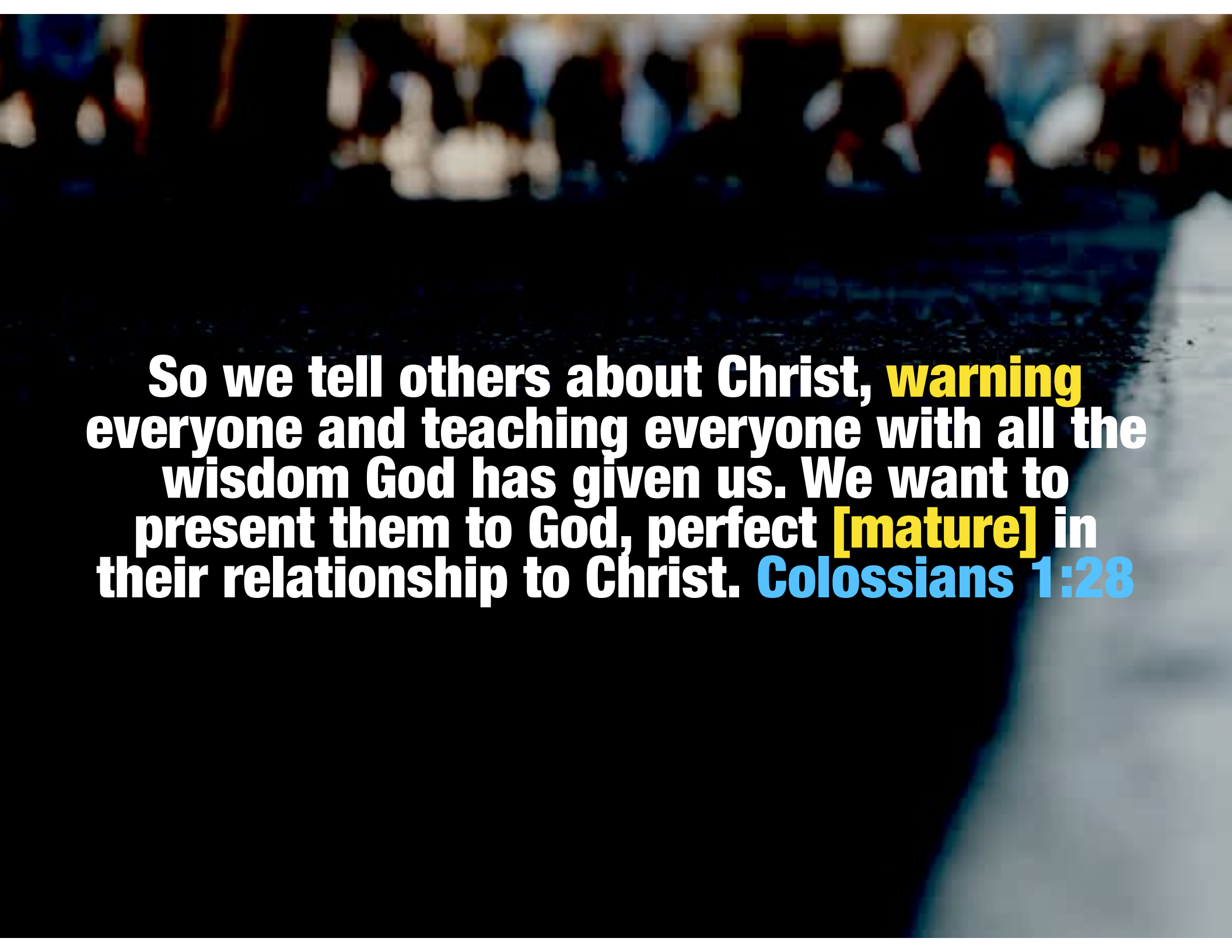
## The Final Judgment

All the nations will be gathered in his presence, and he will separate the people as a shepherd separates the sheep from the goats. vs 32

**“Not everyone who calls out to me, ‘Lord! Lord!’ will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter. On judgment day many will say to me, ‘Lord! Lord! We prophesied in your name and cast out demons in your name and performed many miracles in your name.’ But I will reply, ‘I never knew you. Get away from me, you who break God’s laws.’ **Matthew 7:21-23****

**we believe (our relationship) and because of that belief we behave differently. God sees our behaviours as proof of our belief**

**So you see, faith by itself isn’t enough. Unless it produces good deeds, it is dead and useless. **James 2:17****



**So we tell others about Christ, warning everyone and teaching everyone with all the wisdom God has given us. We want to present them to God, perfect [mature] in their relationship to Christ. Colossians 1:28**