

Practice.



SCRIPTURE

Choosing to engage with Scripture on a regular basis is an active way to engage in our formation into the image of Christ.

PRAYER

Be patient with yourself and trust the slow work of God in your life, forming you into the likeness of your Lord and Savior.

COMMUNITY

Rooting ourselves in community can help us grow and stretch in ways that we never expected or could do alone.

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Welcome



The roots of a tree grow deep. They are an anchor, a life source, and allow the tree to grow and interact with the world around it. A healthy root system stores up important nutrients during winter and drought, keeping it alive in even the leanest and coldest seasons. Psalm 1 describes the person who meditates and delights in Scripture like a “tree planted by streams of water”.

The Rooted Life refers to a deepening life with God, alive and growing. In this seasonal rhythm, we practice returning to a few of the major foundations of practicing the way of Jesus and we are invited to turn our attention, intentionally, towards:

- Prayer (John 15)
- Scripture (Psalm 1)
- Community (1 Cor 12:27)

As a community of people radically committed to spiritual formation (the process of becoming more like Jesus, together) for the sake of others, we see this life with God more like a garden than a machine, more like a field than a factory, and more like a challenging invitation than a heavy-handed demand. Life with Jesus is something to be nurtured, rather than controlled.

Orienting our hearts and activities towards Prayer, Scripture and Community are vital to our life with Jesus and integral to the forming and deepening of our roots, grounded and strong.

In this season, our primary practice is daily Bible engagement. Together, we will hop into the discipline and the joy of interacting with God’s living and active word (Hebrews 4:12). More than quantity, we are inviting God’s Presence and His Word to form our hearts.

The Intentional Life

The word “intention” is defined
as an aim, target or purpose.
Something that you shoot for,
regardless of whether you hit it or
not, it’s a direction.

At Open Door, we have a desire to
be a community of people radically
committed to spiritual formation
(the ongoing, lifelong process of
becoming more like Jesus), for the
sake of others. This sort of
commitment allows our very
selves (mind, heart, soul and body)
to be transformed by the Spirit into
the likeness of Christ.

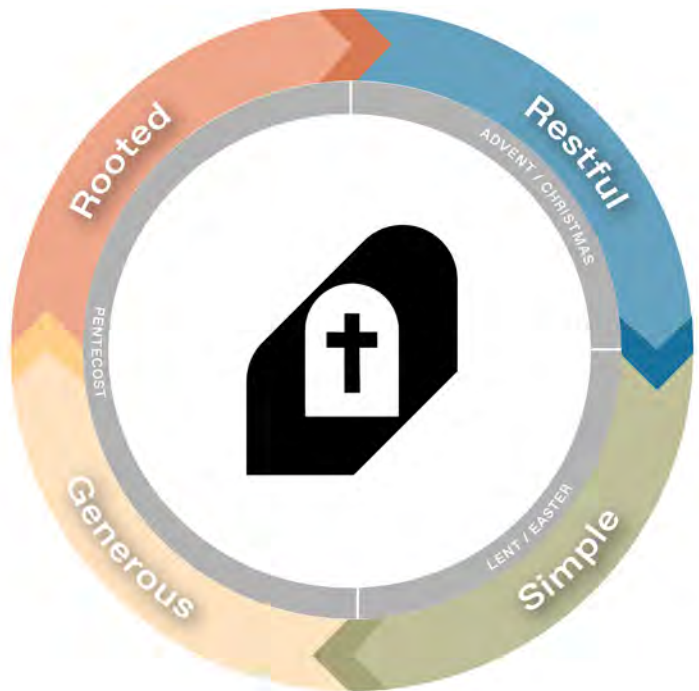
This incredible and mysterious
formation process requires both
our attention and our intention,
an aim and a bit of a rhythm to help
us practice, together.

That said, we have identified four seasonal rhythms that help us practice living more intentionally.

They include:
The Rooted Life
The Restful Life
The Simple Life
and The Generous Life.

These rhythms are informed by the ancient church calendar, and are a part of the larger desire we have to live an intentional life.

They invite us into and equip us to practice the Presence and Way of Jesus in an authentic way where we can grow in our faith while actively living in community and loving others.



The Intentional Life

Hidden In My Heart



SARAH PEDERSON
Kids & Students Pastor

I have always been a bit of an achiever, motivated by goals and healthy competition, so in 3rd grade when my family became involved with a new church that hosted an AWANA club, it felt like a match made in heaven!

The club's stated purpose is to reach and disciple kids with the Gospel of Christ and it places a high value on the memorization of Scripture in accomplishing this goal.

As a child, each Wednesday I would proudly sport my uniform (picture a boys scout shirt in the 90's) and join my friends at church for large group teachings, songs, games and my favorite part - small group time! It was during small group

time that kids could recite the verses they had memorized throughout the week to their leader. These verses were not randomly selected, rather, they were part of a workbook assigned to a particular age group. The workbook was filled with Bible studies, activities and memory verses for kids to work through over the course of a school year. The "best" part was that as kids completed each section of the workbook, they received a reward!

Rewards were bountiful in my club. We could earn Bible bucks to spend on trinkets in our church AWANA store and we could earn badges and jewels to adorn our uniforms. It became my "mission" to accumulate as many

rewards as possible, and I embraced my mission with tenacity. I can recall reciting up to 17 verse's one night!

I did not recognize it then, but as I was memorizing verse after verse, I was receiving a much greater "reward" than jewels, badges & Bible bucks. I was developing a familiarity with the Bible and with the words and life of Jesus that was shaping me for a lifetime.



ROMANS 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.

Scripture

We are all being formed by something. Choosing to engage with Scripture on a regular basis is an active way to engage in our formation into the image of Christ. The Spirit does the hard work of transforming our hearts and minds.

Scripture is foundational in this process, and in the Rooted Life, we are invited as a community to practice daily engaging with God's word.

Let's ditch any pressure or guilt, we're not talking about perfection or performance here - let's simply practice being grounded in God's Word together.

A FEW WAYS TO START OR RESTART:

Choose a particular passage and meditate on it. Read it over and over and enjoy it!

Commit a passage to memory! Consider Matt. 5:1-12

Choose one of the stories of Jesus's life (Matt., Mark, Luke, or John) and read one chapter per day.

PRACTICE

Pick one of the three ways mentioned to engage daily with Scripture and start practicing!

Dive Deeper

Whether you find it easy to engage with Scripture or not, let's pause and pay attention to where you're at today and resist judgment. Our life is full of ups and downs, ease and challenge and seasons that ebb and flow. Our journey with the Bible is similar. Wherever you are at, we invite you to wonder, with God, about your engagement with Scripture below. Here are some questions to get started:

What are ways you have enjoyed Scripture in the past?

How are you engaging with Scripture these days?

Would you like that to stay the same or change in some way?

What might change look like?

Holy Spirit we desire to soak more deeply in Scripture every day. Please help us as we practice. In Jesus name we pray,
amen

Prayer

AN INTENTIONAL APPROACH
USING AN ANCIENT PRACTICE



In this season of the Rooted Life, we are entering in together to a reading practice called *Lectio Divina*.

Lectio Divina is Latin for "Divine Reading." A simple way to put it is that we are reading the Bible prayerfully. It dates back to the early centuries of the Christian Church and was established as a practice/tool to pray the Scriptures in a

way that leads to deeper connection with God's Presence and God's Word. Below is one of many adaptations of this ancient practice.

As we begin, let's remember that the practice below is not a "rule" and not the "point." The point is simply to develop an awareness of God's Presence and voice in our everyday life over time.

That said, as you take part in this practice, we encourage you to hold loosely to a specific outcome (a certain feeling/insight/word from God). There may be a tangible outcome, but if there's not, know that simply practicing is enough and will deepen your awareness of God's Presence with you, over time.

Be patient with yourself and trust the slow work of God in your life, forming you into the likeness of your Lord, Savior, and Rabbi Jesus.

Lastly, if you're not sure where to start in your Bible, you could start with Psalm 23, a short passage from the gospel of John, or anything that we are currently teaching on.

PRACTICE

Lectio Divina

Choose a passage of Scripture and practice reading it in this slow and prayerful way.

Lectio Divina

1. READY

- Find a quiet place with your Bible (preferably a paper Bible rather than digital).
- Choose a passage of Scripture.
- Remember God is with you, and ask Him to lead and guide this time.

2. READ

- Read the passage a couple times slowly, letting your awareness rest on each word.
- Listen for the still small voice of God.
- Be aware of any word or phrase that catches your attention. Take note of it here.

4. RESPOND

- Ask God why this word caught your attention.
- What is He trying to say to you?
- Talk with God about what you're hearing or feeling. Write your thoughts here:

5. REST

- Let go of productivity and simply rest in God's presence (this kind of stillness can be a stand-alone practice in and of itself).

3. REFLECT

- Meditate on the word or phrase that caught your attention.
- Use your mind to analyze the word/phrase.
- Be aware of any emotion or memories the word may stir up.

6. RETURN

- In the hours that follow, keep returning to the passage and your reflection with the intention of integrating the Word into your daily life. Take a moment to write down what you may want to return to with God later.

REFLECTIONS

Community

1 Corinthians 12:27 "Now you are the body of Christ, and each one of you is a part of it."

"Part of what we want to nurture in our life with Jesus is practicing community like He did. Jesus's life was a beautiful example of this as we see how intentional He was in being in relationship with God the Father, and with those who followed Him. Jesus certainly preached to many, but much of His time He spent in smaller settings."

- Comer, *Practicing the Way*.

As followers of Jesus, we are invited to be intentional too.

Loneliness and isolation continue to be an enormous challenge in our society. However, in the Kingdom of God, we are known and loved, there is a spot for us and we are never on the outside of God's love looking in.

Being in community with others can be both wonderful and messy - AND it is necessary for us to live out our life with Jesus, together. Rooting ourselves in community can help us grow and stretch in ways that we never expected or could do alone. We need each other.

Since the beginning of creation, we can see that we were made to live in relationship with others. (Gen 2:18).

Whether you're an introvert or an extrovert, community has the potential to look really different and unique!

I wonder where God might be inviting you, and us, to take a step deeper into community with others and into a deeper life with Him, together.

PRACTICE

Regularly and intentionally share life with other followers of Jesus.

Consider inviting someone to church or over for a meal, serving together, making yourself known at a Newcomer's Gathering, joining a group, or lingering a little longer after church.

"...Jesus's call to community goes far beyond church attendance to relationships of depth, vulnerability, and a commitment to transformation."

JOHN MARK COMER,
PRACTICING THE WAY



Dive Deeper

Share what your current rhythm of being in relationship with other followers of Jesus looks like or maybe what you hope it could look like?

How might you move towards an authentic way of sharing your life with those you want to grow in relationship with?

What would one step towards a regular rhythm of intentional relationship with other believers look like for you and is there anything preventing that from happening?



CLOSING PRAYER

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge - that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3:14-21 (NIV)^v





HEARING GOD

Dallas Willard

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THE WONDER OF RHYTHMS & SEASONS PODCAST

Church of the Open Door

<https://qr.me-qr.com/obf4V1Md>



THE BLUE PARAKEET

Scot McKnight

<https://qr.me-qr.com/AiVhiO4H>

RES OUR CES



SHAPED BY THE WORD

Robert Mullholland

<https://qr.me-qr.com/uUJOjxa2>



HOW TO READ THE BIBLE FOR ALL IT'S WORTH

Gordon Fee & Douglas Stuart

<https://qr.me-qr.com/14nuRYSA>

PRAYER ROOM

Anyone is welcome, and
there are no sign-ups or
time restrictions.
Just take the elevator to
the second floor
and enjoy.