

## Outline

Sacred Spaces: What it is and What it isn't

Timeline and Time ask

"Functional Liturgy" Exercise

Devotions, Examen, Retreat, and Reflection

Q and A



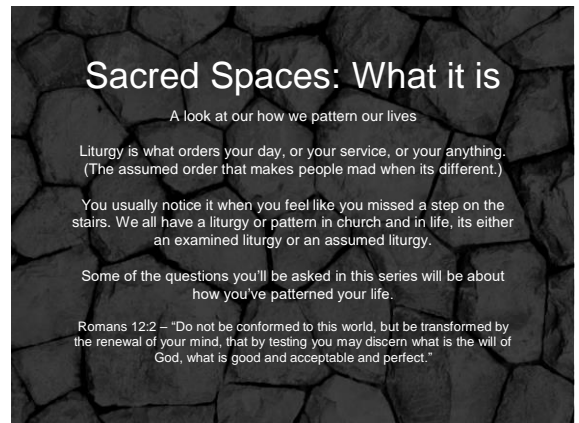
## Sacred Spaces: What it is

A look at our how we pattern our lives

An effort to intentionally make space for God.

An equipping (or re-equipping) of tools

A posture of reflection on God at work in the world



## Sacred Spaces: What it is

A look at our how we pattern our lives

Liturgy is what orders your day, or your service, or your anything.  
(The assumed order that makes people mad when its different.)

You usually notice it when you feel like you missed a step on the stairs. We all have a liturgy or pattern in church and in life, its either an examined liturgy or an assumed liturgy.

Some of the questions you'll be asked in this series will be about how you've patterned your life.

Romans 12:2 – "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."



## Sacred Spaces: What it is

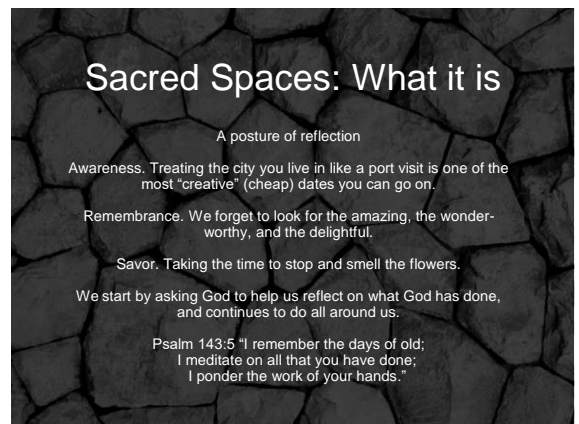
An effort to intentionally make space for God

The intentional space between notes.

It's what prevents them from being a jumble of noise. This is called a "rest". In the same way, our intentional break from patterns, business, and striving for accomplishment is more than just permission to breathe. Its designed to stop us from jamming so many notes together.

If God is already playing notes, sometimes our job is to just be quiet. When we try to overfill the song, we tend to make it into a mess of competing sounds.

God's Rest (Hebrews 4)



## Sacred Spaces: What it is

A posture of reflection

Awareness. Treating the city you live in like a port visit is one of the most "creative" (cheap) dates you can go on.

Remembrance. We forget to look for the amazing, the wonder-worthy, and the delightful.

Savor. Taking the time to stop and smell the flowers.

We start by asking God to help us reflect on what God has done, and continues to do all around us.

Psalm 143:5 "I remember the days of old; I meditate on all that you have done; I ponder the work of your hands."

## Sacred Spaces: What it is

An equipping or re-equipping  
Seminary Tools and everyday tools.

We're revisiting some of the "tools" that help us participate in the work that God is doing in our lives.

This is the tiny plastic shovel that you bring along to play with God as God works. We don't do this to make ourselves into new creations, but because we are new creations we've been instructed to discipline yourself to Godliness

1 Timothy 4:7 "Have nothing to do with irreverent, silly myths. Rather train yourself for godliness;"

## Sacred Spaces: What it isn't

An introduction into inward meditation

A working out of our faith in our own strength

Secret knowledge for super Christians

A hidden map of places where God hangs out most often

A way to be more loved by God

A new checklist to complete

## Timeline / Time Ask

Sermon Series – Already in progress!  
3/19 to 6/25

Devotions – Either in print or online  
5/8 to 6/17

Retreat – Raft Island  
6/16 at 5:00pm to 6/17 at 5:00PM

## Timeline / Time Ask

Sundays - Reflections on the Sermon: About 10 minutes

Monday – Saturday - Devotions: About 10 minutes

Every evening of the week - Examen: About 10 minutes

End of Series Retreat: 24 hours

## Functional Liturgy

"The question isn't if someone will sign up for spiritual formation; it's just who and what our spirits will be formed by."  
- John Ortberg

**Liturgy:** A basic pattern of worship. (Stand up, sit down, etc.)

**Functional Liturgy:** The unexamined order we operate in.

- When do you sleep? (Often, not at all, naps?)
- When do you eat? (Major meals, snacks, just coffee?)
- When do you use technology? (Never, constantly, at work, for leisure?)
- When do you work? (Commute, daily tasks, meetings)
- When do you play? (Not at all, all the time, on the weekends, after work?)
- When do you pray/read scripture? (In the AM, before meals, devoted time?)

## Functional Liturgy

### Formation Sources:

- God at work in your life. Always primary.
- Cultural traditions
- Family of origin.
- Your "official" church home.
- Classes and schools.
- Rhythms of pursuing God.

### Passive Formation Sources:

- Media you consume. (Books, tv, movie, internet, music, art)
- Places you spend time. (Workplaces, recreational destinations, etc.)
- People you associate with. (Socio-economic, racial, cultural, etc.)
- Established Self-identity. (Have/have not, developed/developer, in/out)

# Functional Liturgy

Exercise – Part 1: List off the "liturgy" of your day.

(Take 5-10 minutes for a quick sketch of yesterday.)

- How we spend our days is how we are spending our lives.

Exercise – Part 2: Describe this person's beliefs.

(Take 15 minutes to describe the person your paper represents, based only on their actions.)

- The way we order our lives rarely says we believe the space we inhabit is sacred.

Exercise – Part 3: Respond.

"The best time to plant a tree..."

# Devotions

Six Week Series Outline

1. God's Love for me – Who does God say I am?
2. God's ongoing creation – Where is God at work?
3. Friendship with God – Developing a relationship
4. God's Invitation to greater freedom – What are we free from?
5. What matters most – How will I interact with the world?
6. God's call – How do we respond in the everyday?

# Devotions

1 Timothy 4:7 "Have nothing to do with irreverent, silly myths. Rather train yourself for godliness"

**T.R.A.I.N.**

1. Turn off your phone. Seriously. If at all possible turn it completely off.
2. Routine. A habit means its easier to do it than to not do it.
3. Accountability. One of the best predictors of success is accountability.
4. Investigate. Be curious. Read the scripture yourself, make connections.
5. Notice. Listen to what God is saying to you, even (and especially) when its different from what the devotional is saying.

# Examen

# Examen

Revisiting the day through the lens of scripture

1. (James 1:17) "Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change."
2. (Psalm 139:23-24) "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"
3. (2 Corinthians 13:5) "Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!"
4. (1 John 1:9) If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.
5. (Proverbs 28:13) Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.
6. "Pray like this..." (Matthew 6:9-13)

# Reflection (Contemplation, meditation, awareness, etc.)

Psalm 46:10 "Be still and know that I am God"

"In place of our exhaustion and spiritual fatigue, God will give us rest. All He asks is that we come to Him...that we spend a while thinking about Him, meditating on Him, talking to Him, listening in silence, occupying ourselves with Him - totally and thoroughly lost in the hiding place of His presence."

- Chuck Swindoll

# Reflection

- During this series we're focusing on the ways that the world is full of the presence and majesty of God.
- First this is rooted in the reality that God has torn down the curtain. The holy of holies is no longer separated from us. We live in the inner court of the temple, with full access to God.
- All creation sings his praise. Reflection is the invitation to be quiet long enough to listen.
- We also have an opportunity to focus (Psalm 119:15), to understand (Psalm 119:27), and to delight (Psalm 1:2).
- *Hagah* and savoring.
- "If you know how to worry, you already know how to meditate."

# Reflection

A few ways to misuse reflective disciplines:

Sunyata: Emptiness or voidness

Incurvatus in se: Curved inward

Pantheism: All nature is God

Condemnation or aggrandizement: Works righteousness







# Reflection

A few ways to misuse reflective disciplines:

- Sunyata: Emptiness or voidness
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- Pantheism: All nature is God
- Condemnation or aggrandizement: Works righteousness

# Retreat

- An opportunity to be quiet.
- An opportunity to practice these disciplines in community
- An opportunity to meditate on the word of God
- An intensification of some of the ideas we've been considering
- Breakout sessions

# Devotions, Examen, Retreat, and Reflection

- Devotions as one bookend of the day
- Examen as the other bookend of the day
- Sermon series as the ongoing instruction
- Retreat as an intentional break from routine
- Reflection as a continual orientation toward God

