



Part 3: Following Jesus's Way – Rhythms & Practices Luke 6:12-19

Jesus's way is one of thriving, life-giving rhythms of community, worship, and mission.

We can learn from the way of Jesus as seen in Luke 6:12-19. We see that He went up to the mountain to pray, called His disciples in community, and then out in mission. The parallel passage, Mark 3:14 says,

“He appointed twelve that they might be with him and that he might send them out to preach, and to have authority to drive our demons.”

Jesus models and calls all of us to rhythms of Worship, Community, and Mission. Rhythms of worship, community and mission should be in all parts of our lives.

Worship

- Luke 6:12, “went out to a mountainside to pray.”
- C. Baxter Kruger, *The Great Dance*
“And there and then, in that moment, I suddenly realized the problem of my life. All along I had been thinking about God the wrong way. All along I had misjudged the very being of God. I had been a blind idiot. God is not some faceless, all-powerful abstraction. God is Father, Son and Spirit, existing in a passionate and joyous fellowship. The Trinity is not three highly committed religious types sitting around some room in heaven. The Trinity is a circle of shared life, and the life shared is full, not empty, abounding and rich and beautiful, not lonely and sad and boring. The river begins right there, in the fellowship of the Trinity. The great dance is all about the abounding life shared by the Father, Son, and the Spirit.”

- “How we spend our days is, of course, how we spend our lives.” –Annie Dillard
- “They remind me that today is the proving ground of what I believe and of whom I worship...Examining my daily liturgy as a liturgy – as something that both revealed and shaped what I love and worship – allowed me to realize that my daily practices were malforming me, making me less alive, less human, less able to give and receive love throughout my day. Changing this ritual allowed me to form a new repetitive and contemplative habit that pointed me toward a different way of being-in-the-world.” –Tish Harrison Warren, *Liturgy of the Ordinary*
- We all have rhythms of the day – wake up, brush our teeth, check the news, go to school or work, eat dinner, exercise, watch a show, and go to bed. The question is if we have rhythms that align ourselves with Christ, the source of all life.
- Daily rhythms

“...if we open our eyes wide in wonder and thankfulness, our joy multiplies and our intimacy with God grows exponentially. We can draw close to God *only* through adoration, appreciation, and gratitude. This is how we bond with Him. So God exhorts us to give thanks always not because God is a narcissist who demands praise before He will let us close, but because He made our hearts and brains to be delighted by His beauty and goodness, and we tap into this joy and intimacy with Him only by the practice of gratitude. We ‘enter His gates with thanksgiving and His courts with praise!’”–Jasona Brown, “The Practice of Gratitude”

Community

- Luke 6: 12, “called His disciples to him”
- Mark 3:14, “He appointed the twelve so that they might be with Him.”

Brain science has recently revealed the importance of attachment for development. Many of us know the devastating realities of attachment disorder. Jim Wilder and Michel Hendricks speak of the value of attachment in their book, *The Other Half of the Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation*:

“Jesus intends His church to function as a family that is bonded together with joyful attachments of love. Like a baby with her two smiling parents, our church can create environments for developing our joyful identities as children of God. When we live in a family of joyful *hesed* [enduring love and attachment] relationship, we put our brains into the

ideal zone for developing us into the image of Christ. We are filled with joy and surrounded with stable, deep attachments. Our prefrontal cortex is energized to build a stable identity.”

Just as a child needs steadfast loving parents to develop well, we need steadfast loving relationships in community to develop. We cannot grow in isolation.

Are you a part of community here at Greenwood? Are you a part of a Greenwood Group?

Mission

- Luke 6:18, “who had come to hear him and to be healed of their diseases. Those troubled by impure spirits were cured, and the people all tried to touch him, because power was coming from him and healing them all.”

Two paradigms

God’s Heart, His Mission



Prayer, Care, Share

