

Navigating the New Normal Series
Week 2 outline
6.21.20
Mk 1:35

Daily Rhythm

I. Moving from Hurried to Present; From Dissatisfied to Aware

A. Hurried and Dissatisfied

- Our lives become hurried and dissatisfied when we believe that our worth is derived from either the QUANTITY of our work or the QUALITY of our work.
- Hurried in all we do
- Dissatisfied with who we are

B. Actively Aware and Fully Present

1. Awareness and Presence:

- to be actively aware of the Holy Spirit at work, HERE and NOW.
- to be fully present with those who are with me, HERE and NOW.

2. The Enemy of Awareness and Presence:

- a. The greatest enemy to the ministry of awareness is the *IDOL OF BUSYNESS*.
 - where we believe our worth is derived from the QUANTITY of our work
 - the Idol of busyness leads us to be HURRIED in all we do
- b. The greatest enemy to the ministry of presence is the *IDOL OF PERFORMANCE*.
 - where we believe our worth is derived from the QUALITY of our work
 - IT leads us to be DISSATISFIED with who we are

OUR ABILITY TO BE BOTH AWARE AND PRESENT DIRECTLY CORRELATES TO THE DEGREE
IN WHICH WE CONSISTENTLY RETUNE OUR HEARTS TO THE FATHER'S VOICE.

II. Abide (John 15)

11 times in 17 verses:

- (To remain; dwell. live. Settle in and stay connected)
- a. Jesus, our Vine
 - the one who produces the fruit
- b. Our Father God, the Vinedresser (gardner)
 - the one who grows the fruit
- c. We are the Branches
 - the one who bears the fruit

OUR HOPE AND PRAYER IS FOR
OUR LIVES TO BE TRANSFORMED BY THE GOSPEL.

III. Learning a Daily Rhythm

A. Developing a Daily Rhythm

1. A daily rhythm is **cultivating**
 - it's a rhythm of stopping to be with God at set times each day so to cultivate a personal relationship with him throughout the day.
2. A daily rhythm is **revolutionary**
 - it's a rhythm that shifts the emphasis from "getting something from God" to make it through your day, to an emphasis of "being with God" all throughout your day.
3. A daily rhythm brings **congruency**
 - it's a rhythm that helps eliminate any separations or partitions we falsely create between the sacred and the secular actions in our daily routines.
4. A daily rhythm is **ancient**
 - it's a rhythm that is revolutionary but also an ancient practice
 - Judaism Practiced daily prayers 3 times a day
 - Psalm 55:17**
 - the Early Church observed this rhythm of prayer
 - Acts 2:42; Acts 3:1**
5. A daily rhythm is **life-giving**
 - a rhythm for bringing life not legalism

B. Practicing a Daily Rhythm

(from Emotionally Healthy Spirituality by Peter Scazzero)

1. Stop
2. Center
3. Silence
4. Scripture

GOD INVITES US INTO A LIFE KEENLY AWARE OF HIS HOLY SPIRIT AT WORK
AND FULLY PRESENT WITH THE OTHERS AROUND US.