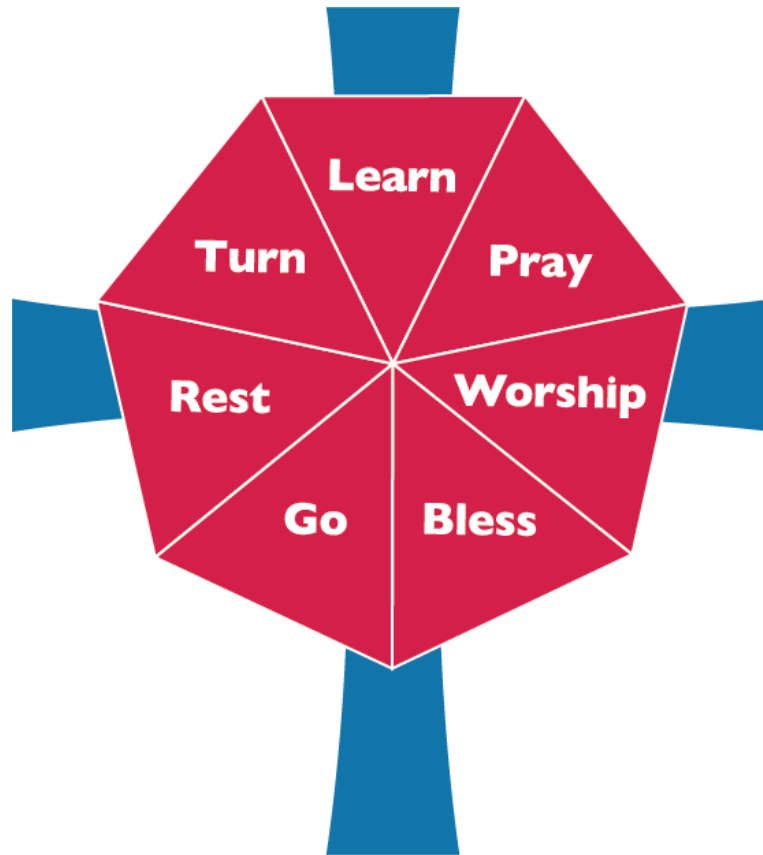


# Being and Becoming God's Beloved

*A Journal for The Way of Love*



## **THE WAY OF LOVE**

*Practices for Jesus-Centered Life*

The following journal was offered as part of a workshop  
at the 184<sup>th</sup> Convention of the Diocese of Michigan  
October 26, 2018

*“Take our hands and work through them,  
take our lips and speak through them,  
take our hearts and set them on fire for you”*



For more information go to: [www.edomi.org](http://www.edomi.org)



## **TURN: Pause, listen, and choose to follow Jesus**

*As Jesus was walking along, he saw Levi son of Alphaeus sitting at the tax booth, and he said to him, "Follow me." And he got up and followed him. – Mark 2:14*

*"Do you turn to Jesus Christ ...?" – Book of Common Prayer, 302*

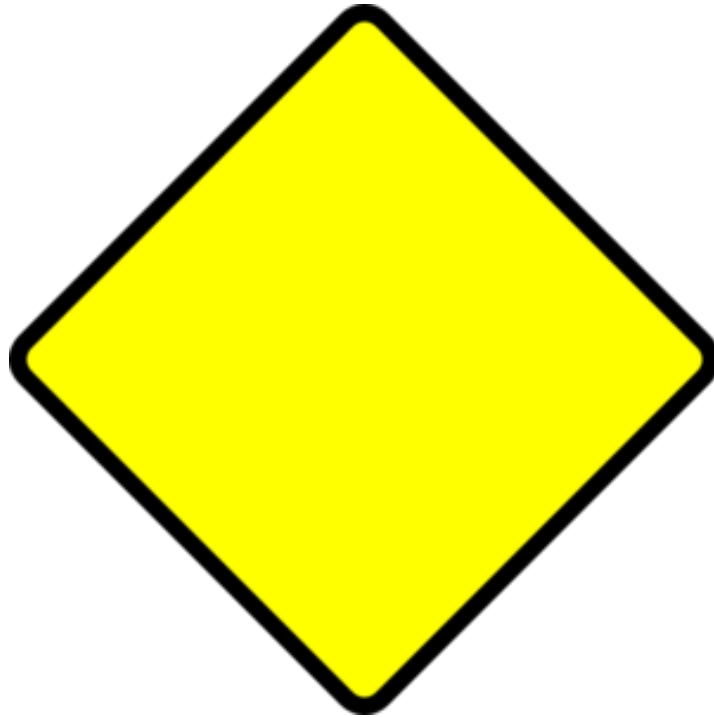
Like the disciples, we are called by Jesus to follow the Way of Love. With God's help, we can turn from the powers of sin, hatred, fear, injustice, and oppression toward the way of truth, love, hope, justice, and freedom. In turning, we reorient our lives to Jesus Christ, falling in love again, again, and again.

Review how this practice is a part of your life.

Name the "powers of sin" that you need to turn away from.

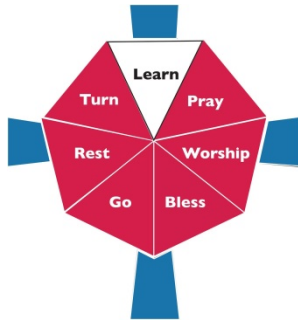
Think about the different symbols and/or signs you've seen that make you think of pausing and turning.

Reflect on and choose one symbol that means “pause and turn.” Draw that symbol in the sign below.



How can you use this symbol in your life to remind you to turn, pause, listen, and choose to follow Jesus?

Who will be your companion in your turning?



## **LEARN: Reflect on Scripture each day, especially on Jesus' life and teachings**

*"Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them."* – John 14:23

*Grant us so to hear [the Holy Scriptures], read, mark, learn, and inwardly digest them.* – Book of Common Prayer, 236

By reading and reflecting on Scripture, especially the life and teachings of Jesus, we draw near to God and God's word dwells in us. When we open our minds and hearts to Scripture, we learn to see God's story and God's activity in everyday life.

Review how this practice is a part of your life.

Think about a short scripture passage that is meaningful to you. Write it out on the space below.

Write it out on the space below. (cont.)

How will you set aside time to read and study scripture in your day?

With whom will you share this scripture reading?



## **PRAY: Dwell intentionally with God daily**

*He was praying in a certain place, and after he had finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” – Luke 11:1*

*“Lord, hear our prayer.” - Book of Common Prayer*

Jesus teaches us to come before God with humble hearts, boldly offering our thanksgivings and concerns to God or simply listening for God’s voice in our lives and in the world. Whether in thought, word or deed, individually or corporately, when we pray we invite and dwell in God’s loving presence.

Review how this practice is a part of your life.

In the Book of Common Prayer (p. 383) we pray for:

1. The Universal Church, its members, and its mission.
2. The Nation and all in authority.
3. The welfare of the world.
4. The concerns of the local community.
5. Those who suffer and those in any trouble.
6. The departed.

For each of these categories, name or who that is for you:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

When and how can you pray each of these daily?

With whom will you share your commitment to pray?





## **WORSHIP: Gather in community weekly to thank, praise, and dwell with God**

*When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him. – Luke 24:30-31*

*Celebrant: Lift up your hearts.*

*People: We lift them to the Lord. – Book of Common Prayer, 361*

When we worship, we gather with others before God. We hear the Good News of Jesus Christ, give thanks, confess, and offer the brokenness of the world to God. As we break bread, our eyes are opened to the presence of Christ. By the power of the Holy Spirit, we are made one body, the body of Christ sent forth to live the Way of Love.

Review how this practice is a part of your life.

Think about a time of communal worship that you have experienced that was particularly meaningful. What did you see? What did you hear? What did you taste? What did you smell? What did you touch? Write those words in the space below.

Create an image that represents what you felt during that time of worship. Draw it in the space below.

What other communal worship practices can you commit to regularly (and note what regular will mean for you)?

With whom will you share your commitment to worship?



## **BLESS: Share faith and unselfishly give and serve**

*“Freely you have received; freely give.” – Matthew 10:8*

*Celebrant: Will you proclaim by word and example the Good News of God in Christ?  
People: We will, with God’s help. – Book of Common Prayer, 305*

Jesus called his disciples to give, forgive, teach, and heal in his name. We are empowered by the Spirit to bless everyone we meet, practicing generosity and compassion and proclaiming the Good News of God in Christ with hopeful words and selfless actions. We can share our stories of blessing and invite others to the Way of Love.

Review how this practice is a part of your life.

For each letter of the alphabet, write a WORD beginning with that letter, that represents how we can bless each other. Begin with the letter of your first name.

- A
- B
- C
- D
- E
- F
- G
- H
- I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

With whom will you share these commitments to bless others?



## **GO: Cross boundaries, listen deeply and live like Jesus**

*Jesus said to them, "Peace be with you. As the Father has sent me, so I send you." – John 20:21*

*Send them into the world in witness to your love. – Book of Common Prayer, 306*

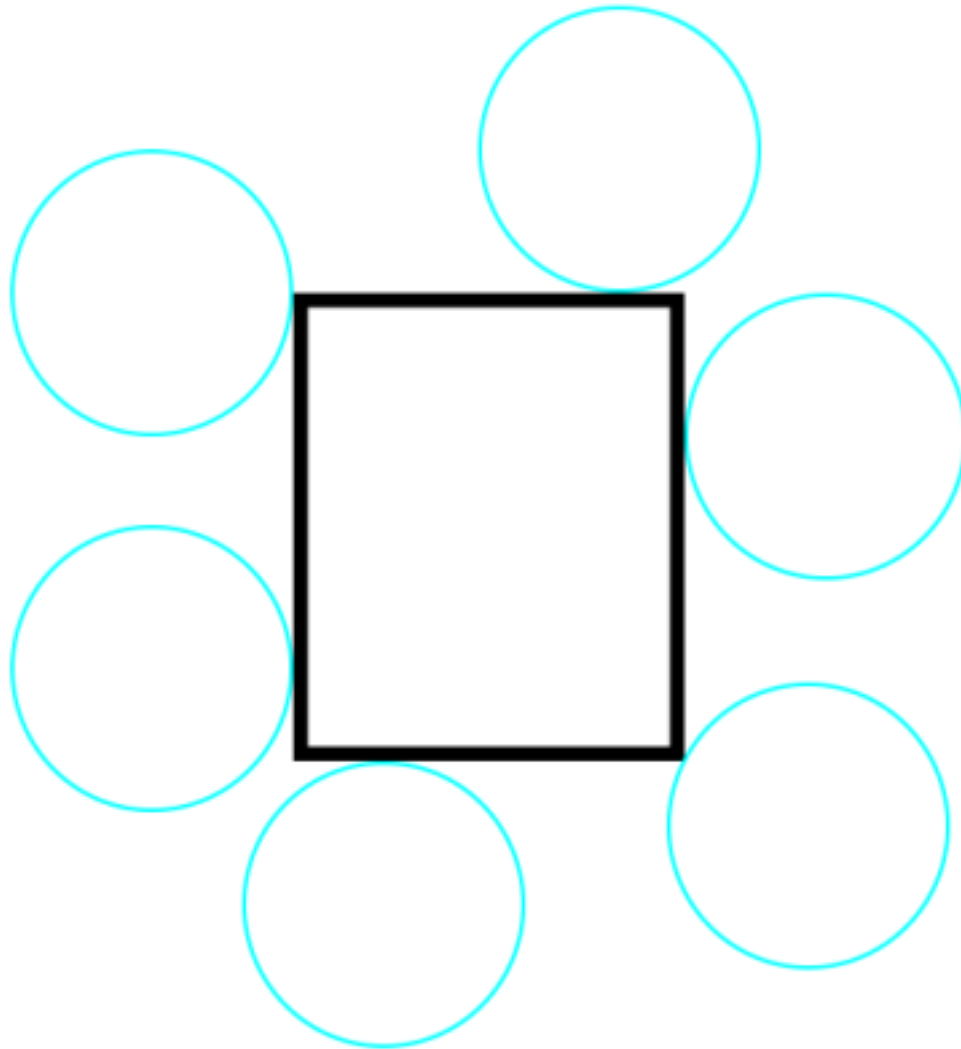
As Jesus went to the highways and byways, he sends us beyond our circles and comfort, to witness to the love, justice, and truth of God with our lips and with our lives. We go to listen with humility and to join God in healing a hurting world. We go to become Beloved Community, a people reconciled in love with God and one another.

Review how this practice is a part of your life.

List all the communities that you are a part of such as church, school, work, sports, neighborhood, associations, etc.

In the image below, write those communities that you are a part of most of the time in the center box.

Think about some places or communities that are different than the ones you usually are in, write these in the outer rings.



How might God be calling you to cross these borders?

Who will you invite to go with you to cross these borders?



## **REST: Receive the gift of God's grace, peace, and restoration**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. – John 14:27*

*Blessed are you, O Lord ... giving rest to the weary, renewing the strength of those who are spent. – Book of Common Prayer, 113*

From the beginning of creation, God has established the sacred pattern of going and returning, labor and rest. Especially today, God invites us to dedicate time for restoration and wholeness - within our bodies, minds, and souls, and within our communities and institutions. By resting we place our trust in God, the primary actor who brings all things to their fullness.

Review how this practice is a part of your life.

Breathe deeply. Think of a time in which you felt a deep peace, a time when all was well with your soul.

Using pictures and/or words, create an image that represents that time of peace and soul-wellness. Use the space below.

How can you invite regular rest into your life?

With whom will you commit to sharing your “rest” practice?





**THE WAY OF LOVE**  
*Practices for Jesus-Centered Life*

Take a moment to list seven short action verbs that support your Jesus-Centered Life

	A way that makes my life Jesus-Centered	With whom I will share this
Turn		
Learn		
Pray		
Worship		
Bless		
Go		
Rest		

*Notes*

Make a mark on the continuum for each of the practices:

**TURN: Pause, listen and choose to follow Jesus**

At what level do you incorporate these practices into your rhythm of life?

+-----+-----+

Low High

**LEARN: Reflect on Scripture each day, especially on Jesus' life and teachings**

At what level do you set aside time to read and reflect on Scripture in your day?

+-----+-----+

Low High

**PRAY: Dwell intentionally with God daily**

At what level do you incorporate intentional prayer into your daily life?

+-----+-----+

Low High

**WORSHIP: Gather in community weekly to thank, praise, and dwell with God**

At what level do you incorporate regular worship?

+-----+-----+

Low High

**BLESS: Share faith and unselfishly give and serve**

At what level do you incorporate blessing others in your life?

+-----+-----+

Low High

**GO: Cross boundaries, listen deeply and live like Jesus**

At what level do you take part in healing and reconciling what is broken in the world?

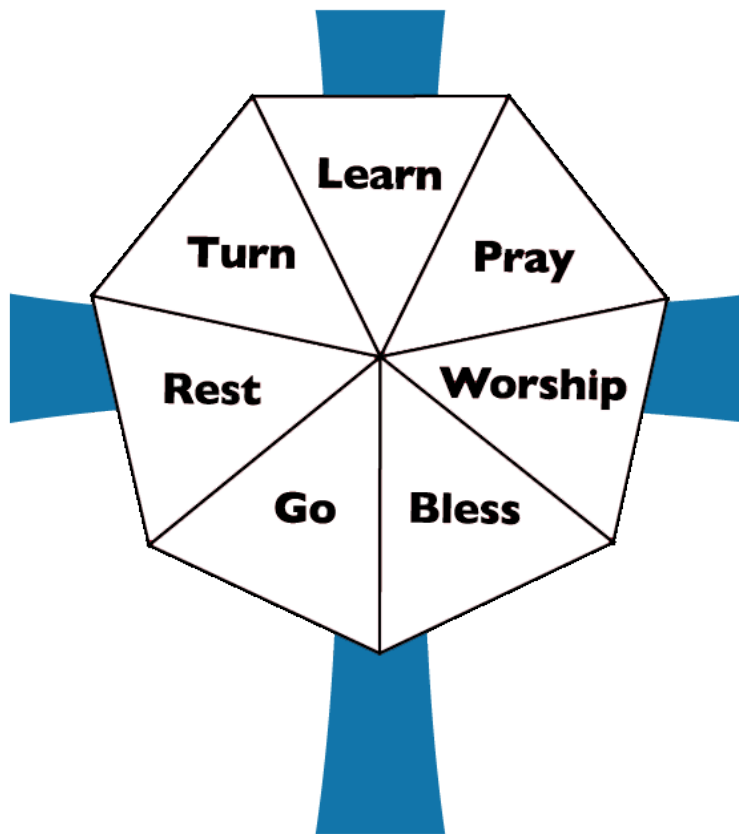
+-----+  
Low High

**REST: Receive the gift of God’s grace, peace, and restoration**

At what level do you observe rest and renewal on a regular basis?

+-----+  
Low High

Fill in each wedge of the 7-fold shape to the level that corresponds to your place on each continuum.



**THE WAY OF LOVE**  
*Practices for Jesus-Centered Life*

Reflect:

Where is your greatest strength?

Where do you hope to grow?