

# WAYS

## DEVOTIONAL

### **What are the Ways?**

From reflecting on Scripture and on lives lived with God, FPCM's Staff and Session have distilled 25 Ways that God calls us to live our faith in community and in devotion to Him.

These Ways are meant to help us create an "atmosphere thick with love," and a culture where God's character is evident in all we do. In short, they show who we aim to be.

# How do I Devote?

## 1. Pick your Best Time and Space

Give God your best time, not your leftovers. Look for a time in your day when you are alert and uninterrupted. It can be helpful to find a location which feels prayerful to you.

## 2. Be Attentive to Yourself

Before you Devote, be attentive to your own heart and mind. Are you feeling preoccupied... disappointed... resentful? Your personal state will impact your prayer life. Make it known to God.

## 3. Be Attentive to God

This is your time with God. It is personal and relational. Jesus is listening and the Spirit is present with you. Be with God in this time. Even in silence you can know and enjoy His presence.

## 4. Read. Think. Pray.

Devoting yourself to God is simple. **Read** scripture, **Think** about what it means and means to you, and **Pray** about it. This can be a time to engage your heart and mind toward God's calling. Don't rush it. Savor your time in the word and in prayer with God.

## 5. Live it Out

Now do something about it.

# Rest and Reflect

Each Sunday is an opportunity to Rest with God and Reflect on His presence and power in the previous week and how you will respond in the next.

Sabbath can be a powerful force in your life. Take a break and recline into God's grace. Let work take a back seat to joy and peace. Remember all that God has done for you this week. *God* is in control.

# Sabbath Pointers

As we dive into the way *Rest and Reflect*, we encourage you to try to take a Sabbath. A Sabbath is an ancient practice of taking one day of rest each week. Below are some pointers to do it well.

1. **Get your work done.** Sabbath starts in by preparing in the week to give a full day to rest.
2. **Sabbath with someone.** This isn't essential, but a Sabbath is normally better together.
3. **Start in prayer.** Sabbath is a day with God. Go to Him. Confess, give thanks, and enjoy His presence.
4. **Enjoy the day.** Walk, play, worship, nap, hangout with friends and family. Sabbath isn't spending all day in church, it's partaking of God's good gifts with Him and His people.
5. **End in prayer.** Recap the day with God. Thank Him for the gift of rest, maybe pray together with someone you enjoyed the day with.

While it might look simple, we understand that Sabbath is a hard practice to start and a harder one to continue. It takes planning and intentionality to take a full day of rest. If the idea of one full day is too much for you, consider starting with an evening or a morning. Take a half a day and see how God uses it.

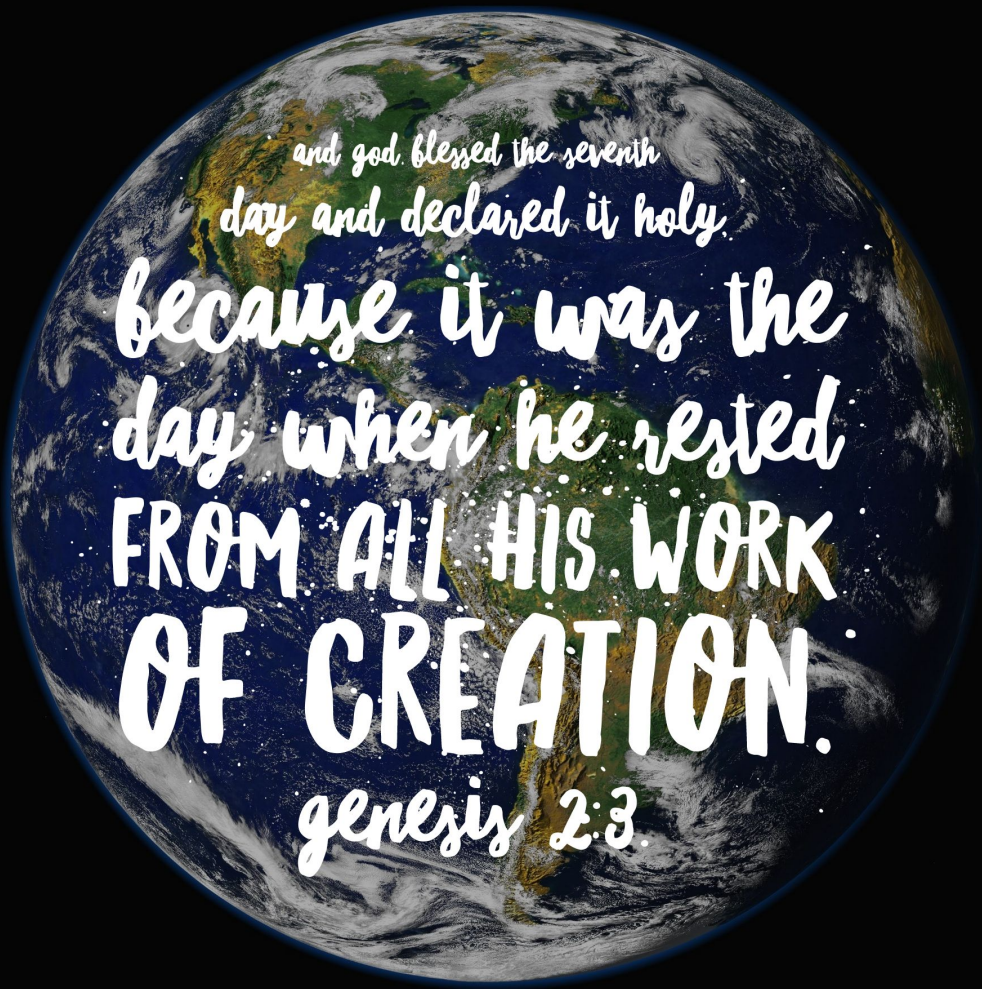


# | REST + REFLECT

Sunday

Make time in your week to step back from work, school, and stressful demands. Since Christ has freed us, we no longer have to be obsessively driven. Take a walk, play, nap, meet up with friends, share a meal, or just take some time in solitude.

Remember to Rest and Reflect on God's goodness and how you can *Find Strength in Belonging* this week.



Monday


**READ:** Genesis 2:1-3.

**THINK:** Notice that God doesn't finish all His work, only the work of creation. There is still much more God can and will do, but instead of getting a jump on next week's work, God rests. There is always more work, there will always be one more thing you can do or that is expected of you. *Rest and Reflect* anyway. Set a day aside where work takes a back seat to rest. Consider taking a Sabbath this week.

**PRAY:** to God about your difficulties with letting go.

*Rest and Reflect today.*





Come to me,  
all you that  
are weary and  
are carrying  
heavy burdens,  
and I will give you rest.  
Matthew 11:28

Tuesday

**READ:** Matthew 11:25-30.

**THINK:** A yoke is placed on two animals so they can work side by side working at the same goal. The yoke of Jesus isn't easy because the work is easy. It is easy because He works at your side. *Rest and Reflect* by letting Jesus shoulder the burden and work at your side. You are not in this alone, but the Savior of the universe is with you.

**PRAY:** through areas in your life where you feel burdened and ask Jesus for help.

*Rest and Reflect today.*



OBSERVE THE SABBATH DAY,

TO KEEP IT HOLY. WORK SIX DAYS

AND DO EVERYTHING YOU NEED

TO DO. EXODUS 20:8

Wednesday

**READ:** Exodus 20:8-11.

**THINK:** God gave ten things He wanted people to do and one was rest. Sabbath, though, doesn't come easy. Resting for a full day, often means working for a full week. We prepare for the Sabbath by working as best we can in the other six days to accomplish what needs to be done. Just as our work on earth prepares us for an eternal rest with God, our work during the week prepares us to *Rest and Reflect* on a Sabbath.

**PRAY:** that the Spirit would continue to sanctify you towards restfulness.

*Rest and Reflect today.*

AND I SAY, "OH,  
THAT I HAD  
WINGS LIKE  
A DOVE!  
I WOULD  
FLY AWAY  
AND BE  
AT REST;  
PSALM 55:6



Thursday

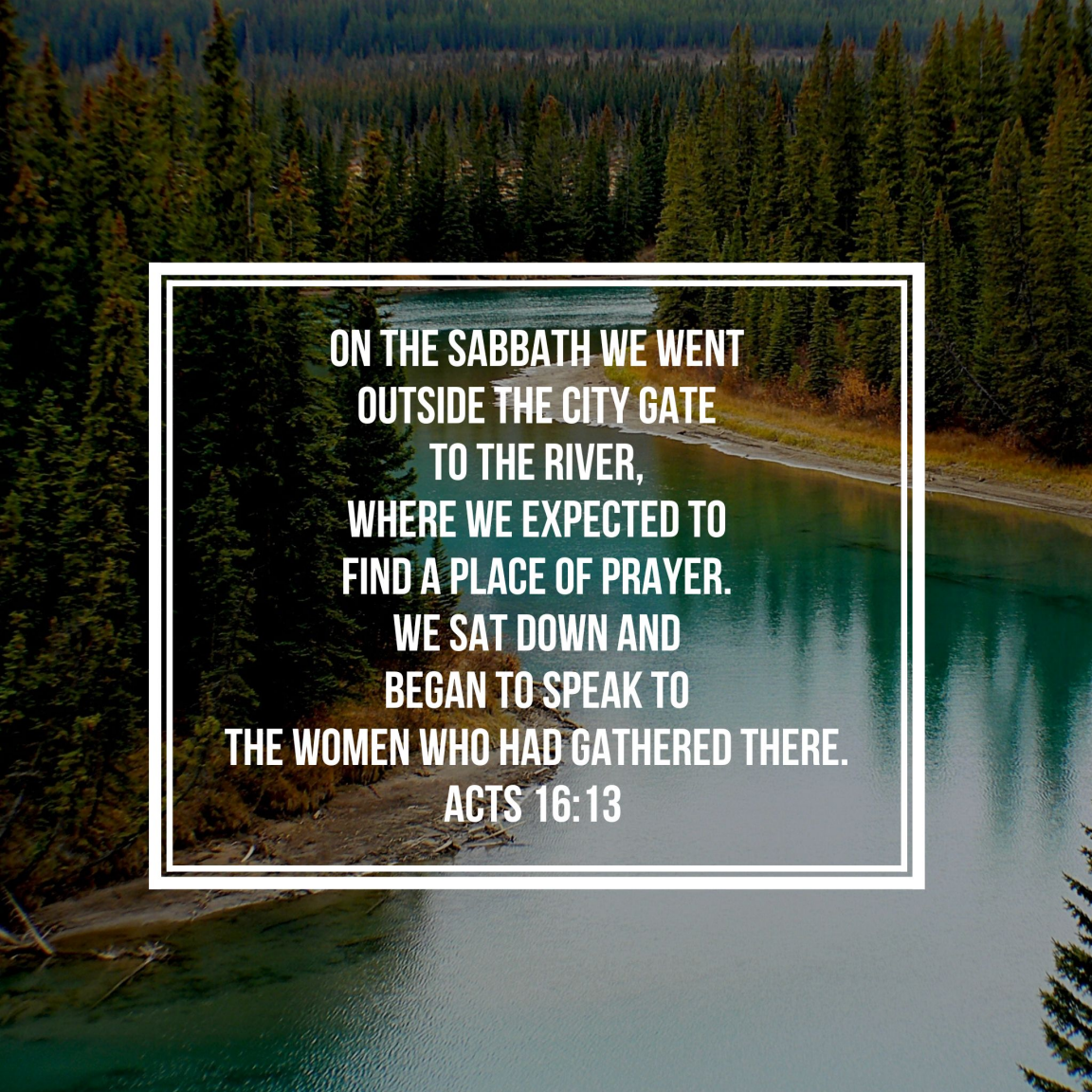
**READ:** Psalm 55.

**THINK:** Sometimes the circumstances of life feel so oppressive or overwhelming that rest seems impossible. For David, the only way he felt like he could find safety and rest was to fly away. If you are in a period of anguish, do not let the encouragement to *Rest and Reflect* be one more way you feel like you are falling short. Sin breaks into our lives and cuts deep. Remember that God rescues, but also that He sits at your side in hardship.

**PRAY:** the Spirit's presence to be known in the life of someone experiencing anguish.

*Rest and Reflect today.*





ON THE SABBATH WE WENT  
OUTSIDE THE CITY GATE  
TO THE RIVER,  
WHERE WE EXPECTED TO  
FIND A PLACE OF PRAYER.  
WE SAT DOWN AND  
BEGAN TO SPEAK TO  
THE WOMEN WHO HAD GATHERED THERE.  
ACTS 16:13

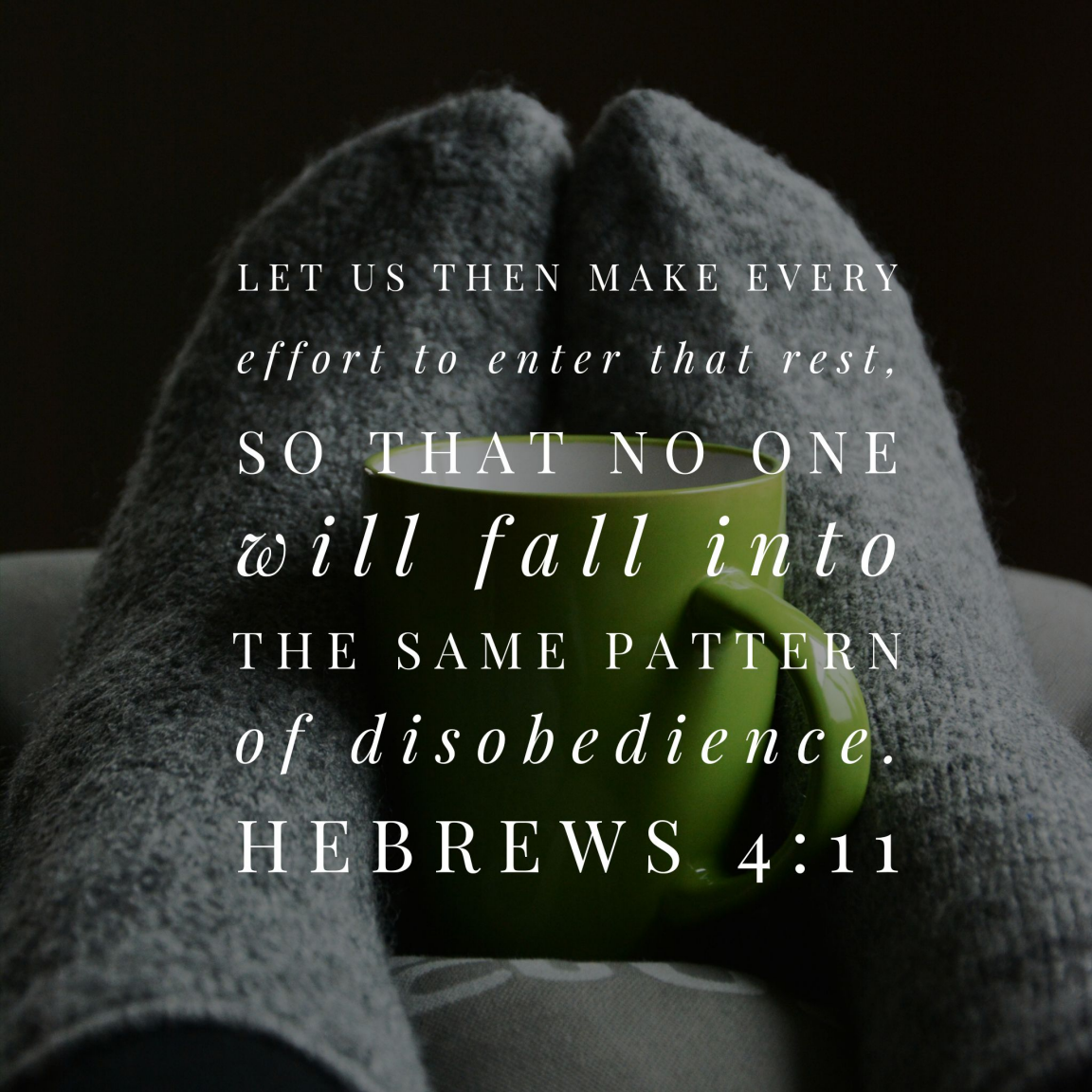
Friday

**READ:** Acts 16:11-15.

**THINK:** Paul and his friends went on the Sabbath to find a place of prayer and instead found people. Instead of finding a different place to pray, they saw the opportunity to live out their faith in conversation. Taking a Sabbath can easily be a restrictive and judgemental practice. Instead, we find Paul *Resting and Reflecting* by putting his faith into action for those around him. As you *Rest and Reflect*, let people trump expectations.

**PRAY:** that God would give you good opportunities to care for people.

*Rest and Reflect today.*



LET US THEN MAKE EVERY  
*effort to enter that rest,*  
SO THAT NO ONE  
*will fall into*  
THE SAME PATTERN  
*of disobedience.*  
HEBREWS 4:11

Saturday

**READ:** Hebrews 4:1-13.

**THINK:** *Resting and Reflecting* is about more than just enjoying life, it is enjoying life in relationship to God. Sabbath rest is God's rest. It is His gift to you and it is by His invitation that we enter it. God invites you into His presence to rest with Him and to know that He is in control. *Rest and Reflect* and lean hard on God's promises and power.

**PRAY:** that God would show you the places where He promises you more.

*Rest and Reflect today.*