

the be. method

a call to come back



These words and accompanying soul care exercises are tools for you to map out a rhythm of returning to Jesus. Each move offers a path to intimacy with the Lord. We all need different connections based on our current moment, phase of life, and calling. God, in His generosity, has provided a variety of ways to draw near through His Word

PAUSE: To Practice the Presence of God

Stillness - Breathe Prayer - Sabbath

- **Stillness** is to free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words. To curb my addiction to busyness, hurry and workaholicism; to learn to savor the moment
- **Breathe Prayer** is to pray a simple, short, intimate prayer of heartfelt desire before God
- **Sabbath** is to set apart one day a week for rest and worship of God

REMEMBER: To Reflect on the Redeeming Work of the Father, Son, and Holy Spirit

Examen - Milestones - Gratitude

- **Examen** is to notice both God and my God-given desires throughout the day and to reflect through journaling, morning and evening prayers, or another intentional method of noticing
- **Milestones** are useful as ways we remember through traditions or rhythms. Communion, baptism, birthdays, special dates and anniversaries can all become holy activities to remember what God is actually doing in our lives
- **Gratitude** is to be sensitive to the Holy Spirit's prompting to live with a grateful heart, cognizant of God's work in my life and my abundant resources

PUT OFF: To Notice Falsehood and Confess Sin

Confession - Noticing - Restoration

- **Confession** involves surrendering my weaknesses and faults to the forgiving love of Christ by intentionally desiring and embracing practices that lead to transformation
- **Noticing** is to see what is happening around me and to delight in and recognize the voice and will of God for training, correction or new insights
- **Restoration** is to align myself with Christ and His intercession for Kingdom-minded living

PURSUE TRUTH: To Reflect on God's Word

Study - Memorize - Meditate

- **Studying** is to know what the Bible says and how it intersects with my life
- **Memorize** is to carry the life-shaping words of God in me at all times and in all places
- **Meditate** is to set aside time to deeply gaze on God in His works and words

GLORIFY: To Love God With All Your Heart, Mind, Soul, and Strength

Worship - Stewardship - Honoring

- **Worship** is to honor and adore the Trinity as the supreme treasure of life
- **Stewardship** is to live as a steward of God's resources in all areas of life to me: to live out of the awareness that nothing I have is my own
- **Honoring** is a true lifestyle choice. Honoring God with our heart, mind, soul, and strength (body) is strengthened by many disciplines

DELIGHT: To Choose to Enjoy Life with God

Attention - Joy - Celebration

- **Attention** is engaging the five senses and giving your soul (mind, heart, body) to the activity and presence of God
- **Joy** is accessing biblical joy and a deep sense of good that transcends mere happiness
- **Celebration** is to take joyful, passionate pleasure in God and the radically glorious nature of God's people, Word, world and purposes

**Many of our definitions intersect with phrases taken from the Calhoun Spiritual Disciplines Handbook which we highly recommend*

Other Recommendations:

The Pause App by Wild at Heart

The Bible Project reading plans and App

Gospel in Life ministries featuring Tim Keller

Sacred Rhythms by Ruth Haley Barton

Practicing the Way by John Mark Comer

Lectio 365 App

An Unhurried Life by Alan Fadling

The Gift of Being Yourself by David Benner