

July 6, 2020

"The Way of Jesus is the Way of Life and the Way of Life can change the world." Bishop Curry

I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead. Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Philippians 3:10-12 (New Revised Standard Version (NRSV) of the Bible

I am excited but a little nervous. Typically, I don't like routine -- if restaurant employees begin to recognize me and ask me if I want "my usual", I change restaurants. I don't know why. I've always been afraid of falling into a routine.

More recently, I've noticed that sometimes the things that I try to avoid the most are actually the things I need the most. So, here we go with 40 days of intentional prayer, study, and reflection. You will notice that we will not have an email on Sundays. Much like Lent, our forty days will not include Sundays so that you can "rest" and worship in your own ways.

Today, I wanted to focus on Bishop Curry's Podcast, "What is the Way of Love". Bishop Curry spoke today about the ways in which First Responders respond. He talks about them training so that they will be equipped and ready to respond when crisis arises. With repetitive training, their response is almost second-nature. They don't really have to think they just act. Having a Spiritual Rule of Life is much like the training for First Responders. By being faithful in prayer and other spiritual disciplines, being Christ-like becomes easier -- it is a more natural response than a forced response. You no longer have to think what would Jesus do, you naturally respond as Jesus would respond. You no longer have to make yourself love your neighbor, you instinctively love your neighbor. We will still fail but hopefully we will press on to be better Christians. Part of this journey will hopefully enable each of us to develop a Rule of Life that provides an anchor for our being. There will be times that we stray, but hopefully it will enable us to be present with Christ in new and exciting ways.

Note: A Spiritual Rule of Life is a set of guidelines and commitments directing one's life. The rule usually includes set times of daily prayer and meditation, study (such as reading the Bible), and acts of charity. Some people commit to a rule that is basically a resolve to live with a certain disposition of prayer, study, and charity. The early model was the [Rule of St. Augustine](#), in which spiritual principles are accompanied by simple regulations. It inspired the more elaborate [Rule of St. Benedict and other monastic rules](#).