

Crafting a Rule of Life

Session 1

What is God's invitation
to you today?

Session 1:

The Quest for a Way of Life that Works

Questions for Reflection

1. Why did you sign up for the course? What brought you here?
2. What questions are you bringing with you to the course?
3. What is working in your life right now?
4. What isn't working?
5. Where do you feel stuck?

How Is Your Soul?

“It is often hard to find space that is quiet enough and safe enough for the soul to be as honest as it needs to be. We don't often take the time to sit quietly by the base of the tree of our own lives and wait for the wild animal we seek to put in an appearance. Here is an invitation to sit quietly for the sole purpose of allowing your soul to say what it needs to say to God. Don't try to force anything or work hard to make something happen. The soul runs from such attempts. Just sit quietly in God's presence and see what shows itself. This may take time but when your soul has finally said that thing that it has been waiting to say, you will know. If you sit long enough, you might also be surprised at what God wants to say to your soul as well.” [\[1\]](#)

Read the following poem over three times slowly. What words or phrases are highlighted to you – where do you find yourself in the poem? How do you feel? How might God be inviting you to respond?

*Holy One, there is something I wanted to tell you
but there have been errands to run, bills to pay, arrangements to make,
meetings to attend, friends to entertain, washing to do ...
and I forget what it is I wanted to say to you,
and mostly I forget what I'm about, or why.
O God, don't forget me, please, for the sake of Jesus Christ ...*

*O Father in Heaven, perhaps you've already heard what I wanted to tell you.
What I wanted to ask is forgive me, heal me, increase my courage, please.
Renew in me a little of love and faith, and a sense of confidence,
and a vision of what it might mean to live as though you were real,
and I mattered, and everyone was sister and brother.
What I wanted to ask in my blundering way is don't give up on me,
don't become too sad about me, but laugh with me,
and try again with me, and I will with you, too.*

– TED LODER, GUERRILLAS OF GRACE –

Exercise – Silent Walk

If you go for a silent walk, try to slow down your body and mind, and be present to the moment as you are walking. What do you see? Hear? Smell? How is God revealing Himself to you as you walk? How might He be restoring your soul?

Exercise – Biblical Meditation

Read the story slowly, 2-3 times. Imagine where you might find yourself in the story. Are you a disciple? One of the crowd? Are you Bartimaeus? What do you see, smell, hear? How do you feel when Bartimaeus starts to shout? When Jesus calls him?

The last time you read the passage, picture yourself as Bartimaeus. Imagine yourself standing in front of Jesus and him asking you the question, “What do you want me to do for you?” How might you respond?

Mark 10:46-52 (NIV)

Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means “son of Timaeus”), was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!”

Many rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!”

Jesus stopped and said, “Call him.”

So they called to the blind man, “Cheer up! On your feet! He’s calling you.” Throwing his cloak aside, he jumped to his feet and came to Jesus.

“What do you want me to do for you?” Jesus asked him.

The blind man said, “Rabbi, I want to see.”

“Go,” said Jesus, “your faith has healed you.” Immediately he received his sight and followed Jesus along the road.

Other Resources

1. Online assessment: How is it with your soul? <https://transformingcenter.org/assessment/>
2. Barton, Ruth Haley. *Sacred Rhythms*. Downers Grove: Inter Varsity Press, 2006.
3. Barton, Ruth Haley. *Strengthening the Soul of Your Leadership*. Downers Grove: Inter Varsity Press, 2008.

References

- [1] Ruth Haley Barton, *Strengthening the Soul of Your Leadership*, p. 32