# RHYTHMS

CHURCH OF THE CITY

2018



### **PREFACE**



rhythm noun \'ri-thəm\
: a regular, repeated pattern of sounds or movements

We are immersed in rhythms. They surround us. The sun rises and the night falls. The tides roll in and out with the passing moon. Birds chirp, clocks tick, raindrops fall – all to a consistent tempo. The world around us is full of these regular, repeated patterns. But they aren't just around us – they are *within* us. Our hearts beat and our lungs breathe. Our veins expand and contract as life flows through them. It is even by rhythms that we mark time. Hours, days, years, are all lived in the ebb and flow of work, sleep, and meals. All are rhythms – within and without. Our Creator has made everything in this way.

But we don't just find rhythms in the created order. Throughout the Scriptures, God provides his people with rhythms by which to order their lives. In the Old Testament, we see that he gave the people of Israel Sabbaths and feasts to help them remember his work as Creator and Savior. In the Gospels we read that, on the night before Jesus died for us, he instituted the Sacrament of Communion. When we partake in the bread and wine, we remember his suffering and death on our behalf. Over the past 2,000 years, the Church has instituted feasts, holy days and seasons in order that we might orient our lives around the life, death, and resurrection of Christ. All these patterns are given as means of grace by which we are reminded who God is and who he's called us to be.

The *Book of Common Prayer* is a collection of prayers, Scripture readings, and liturgies that help us immerse our lives into the life of Christ. Introduced in 1549, the *Book of Common Prayer* was created to provide the people of England with a resource to engage in Scripture, learn to pray, and ultimately, deepen their understanding of the Gospel. Christians all over the world have used it for over 500 years. It is Scriptural, practical, and beautiful; but it can also be daunting.

The aim of *The Rhythms Project* is to compile readings from the *Book of Common Prayer* and the Collects (prayers) in a way that is simple and easy to use. A corresponding reading from *The Jesus Storybook Bible* has been added to encourage times of family or communal worship. In addition, you will find a weekly practice to encourage you to live into the things you are learning. *The Rhythms Project* will contain the journey from Lent to Easter. Our hope is that this resource would give you the tools to immerse the normal rhythms of your life into the Gospel of Jesus Christ.



### HOW TO USE THIS BOOK

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The Rhythms Project seeks to combine the best of the Book of Common Prayer, the Church Calendar, and the Jesus Storybook Bible into an accessible resource to guide your spiritual life over the next few weeks. It is made up of daily personal readings and weekly family worship resources that will encourage our church to journey through the Christian Calendar together.

For your personal reading, find a time that you can consistently set aside twenty minutes. This can be any time of day, but seek to make it when you are at your best, both mentally and physically. As you begin, stop and pray for the Holy Spirit to use this time to illuminate the Scriptures to you. Then, read through the Daily Office readings for that day. Then walk through, what we call SOAP. That is: write down the Scripture. Make an Observation about it. Apply it to your life today. And say a Prayer to ask Jesus to help you walk in that newly revealed truth. Then, take the time to pray the Collect of the week or say the Lord's Prayer.

For your family (or communal) worship time, find a time that your family or friends can gather once a week for thirty minutes. This could be right before bed, first thing in the morning, or any time in between. Just find a time that works for you. Begin by praying the Collect of the week together or pick one person to pray it out loud. Then read a passage from the week and discuss or SOAP it together. If you have children (or even if you don't!) read the selected story from the Jesus Storybook Bible. You might ask questions like: What does this passage say about Christ and his finished work of redemption? What does it say about your identity in Him? What might He be calling you to do in response? Then, look at the practice for the week. This is a way for you to embody the things you are learning and give you creative ways to live on mission. Plan a time to engage the practice in the following week. Finish by singing a song or praying the Lord's Prayer together.

May the Holy Spirit use this rhythm of readings, prayers, and practices to reveal Christ to you to the glory of God, the Father.

# **HELPFUL TOOLS**







**FAMILY** WORSHIP



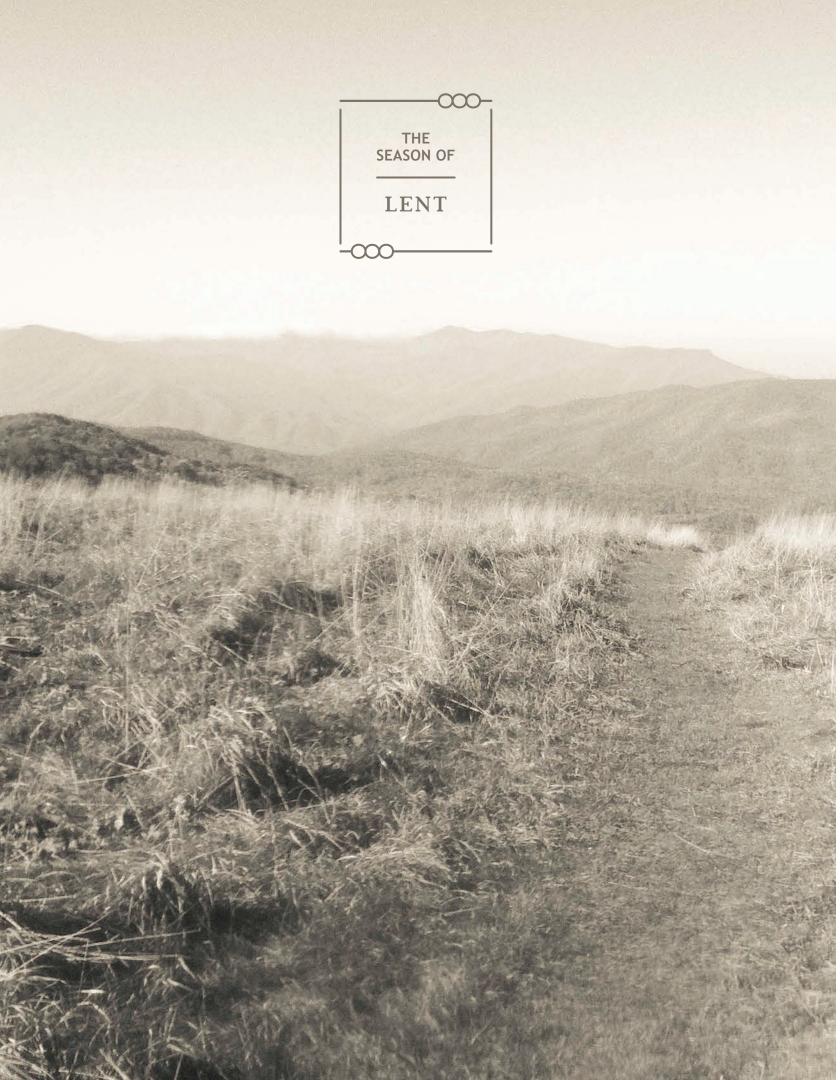
COLLECT



PRACTICE

The icons above are designed to help you identify each week's activities - the Daily Office, Family Worship, Collects, and a spiritual Practice. The Daily Office, identified by the pale green book icon, offer a personal Scripture readings for each day. Family Worship, identified by a yellow house icon, includes a Christ-centered Bible reading from the Jesus Storybook Bible and a weekly memory verse for children. The Collect, identified by the aqua arrow icon, is a prayer to be used daily and weekly. Finally, the *Practice*, identified by the blue clock icon, is a weekly activity that will encourage application of the readings.

Purchase the Jesus Storybook Bible at www.Zondervan.com/9780310708254.



# **ABOUT LENT**

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Lent is a season of repentance. Beginning on Ash Wednesday and ending on Easter Sunday, it is a time to prepare our hearts for the primary events of the Christian faith - the death and resurrection of Jesus Christ. In the early Church, Lent was a time for new converts to prepare for baptism by learning the theology and practices of their new community. This included a special emphasis on fasting, prayer, repentance and giving to the poor. For Christians today, Lent is a time to be renewed in the reality of our baptism. It is a time to deny self, take up our cross, and follow Christ in every area of life.

# LENTEN PRACTICE



During this season, prepare your heart for Holy Week and Easter by setting aside sin and fixing your eyes on Jesus. Consider using these forty days as a time to fast from media, certain foods, or anything that the Holy Spirit might bring to mind. Use any extra time to spend in prayer or Scripture study and consider using extra money to give to the poor. Remember that these disciplines are not done to earn God's favor, but rather, they are intended to remind you of your dependence on Christ. In anticipation of Easter, every Sunday during Lent is a "Resurrection Day." Therefore on Sundays during Lent, cease fasting and enjoy God's goodness. Let these days remind you that even in death, there are glimpses of life!

May your Lenten prayer be, "He must increase, and I must decrease."





Psalms 96, 32, 143



Pray and ask the Holy Spirit to guide you in what you should abstain from in this Lenten Season. Ask your spouse or good friend for their input too.

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

# THURSDAY FRIDAY SATURDAY Psalms 37:1-18 Psalms 95, 31 Psalms 30, 32



February 18, 2018

### SUNDAY



Psalms 63:1-11, 98



Bake a dozen (or more) cookies for a neighbor and take them over this week. Pray that the Holy Spirit would bring new depth to that relationship durring



Jesus Storybook Bible Reading: *Running away*, Page 272, Luke 15

Memory Verse: Forgive the things you are holding against one another. Forgive, just as the Lord forgave you. *Colossians 3:13, NIV* 



Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan; Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

# MONDAY





Psalms 41, 52



Psalms 45

### WEDNESDAY

# THURSDAY



Psalms 119:49-72



Psalm 50

# FRIDAY

# SATURDAY



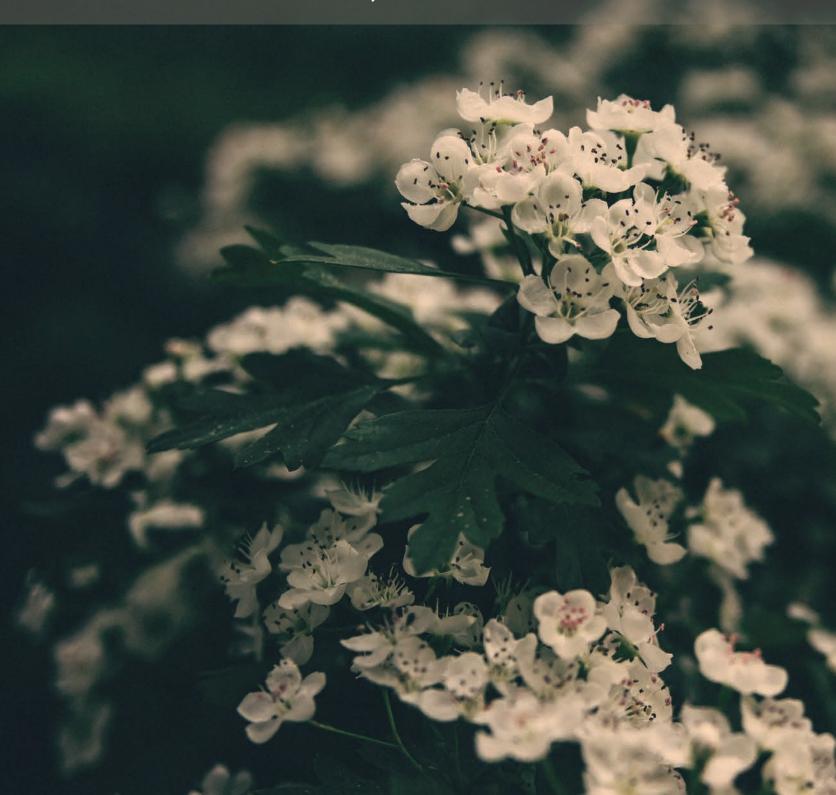
Psalm 95 & 40, 54



Psalm 55

"Humility brings us to a more realistic and understanding view of ourselves, and thus of the grace of God."

Hesychios the Priest





February 25, 2018

### SUNDAY



Psalms 24, 29



Seek to spend 30 minutes per day in silence. Use this time to rest in God's presence and listen for His voice.



Jesus Storybook Bible Reading: The Friend of Little Children, Page 256 Matthew 18, 19, Mark 10, Luke 18

Memory Verse:

Forgive the things you are holding against one another. Forgive, just as the Lord forgave you. *Col. 3:13, NIV* 



God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

### MONDAY





Psalms 56, 57, 58



Psalms 61, 62

### WEDNESDAY

# THURSDAY



Psalm 72



Psalms 70, 71

# **FRIDAY**

# SATURDAY



Psalms 95 & 69:1-38



Psalms 75, 76



March 4, 2018

### SUNDAY



Psalms 93, 96



Fast from a particular food or drink that you consume regularly. Let your fast give your heart a posture of thankfulness and joy for all that the Lord has given you.



Jesus Storybook Bible Reading: *How to Pray*, Page 222 *Matthew 6* 

Memory Verse: The crowds were amazed at his teaching. *Matthew 7:28, NIV* 



Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

# MONDAY





Psalm 80



Psalms 78:1-39

### WEDNESDAY

# THURSDAY



Psalms 119:97-120



Psalms 42, 43

# **FRIDAY**

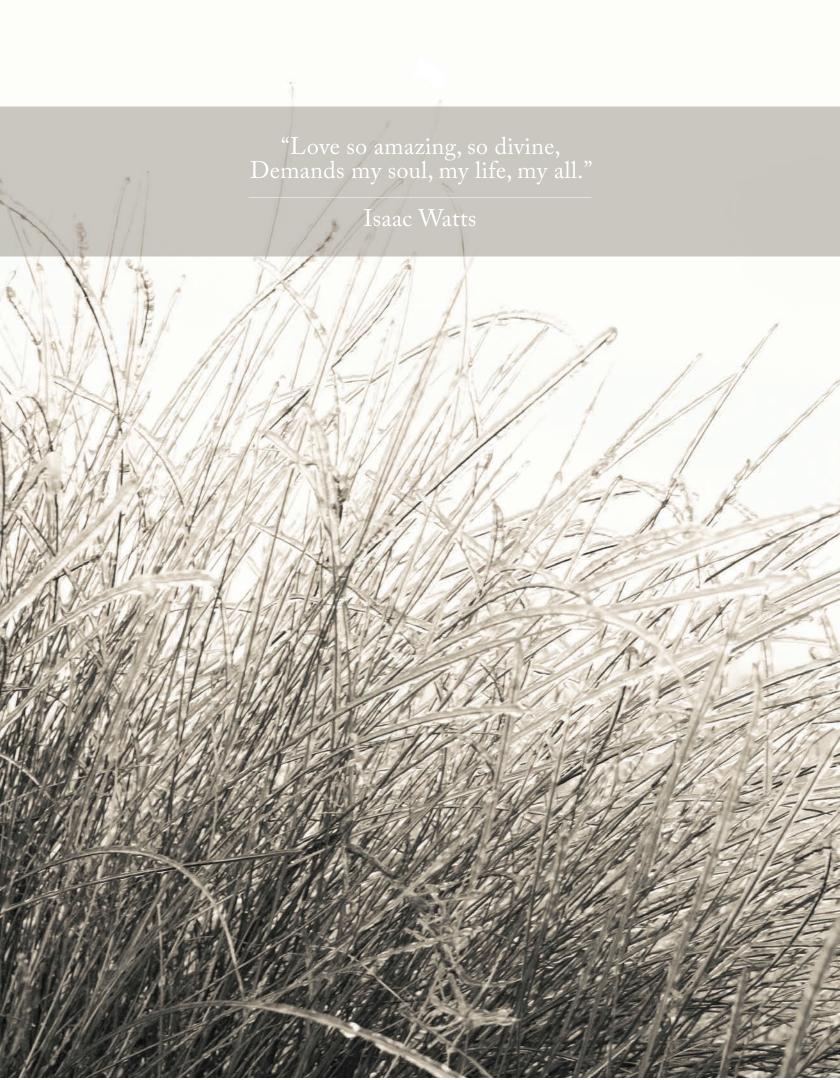
# SATURDAY



Psalms 95, 88



Psalms 87, 90





March 11, 2018

### SUNDAY



Psalms 66, 67



Fast from watching television and/or surfing the Internet every evening this week. Use the time to read the Scriptures and pray.



Jesus Storybook Bible Reading: The Man Who Didn't Have Any Friends, Page 264, Luke 19

Memory Verse: The crowds were amazed at his teaching. *Matthew 7:28, NIV* 



Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

# MONDAY



Psalms 89:1-18



TUESDAY

THURSDAY

SATURDAY

Psalms 97, 99, 100

### WEDNESDAY



Psalms 101, 109:1-30



Psalms 69:1-38

# **FRIDAY**



Psalms 95, 102



Psalms 107:33-43, 108:1-13



March 18, 2018

### SUNDAY



Psalms 118



Jesus Storybook Bible Reading: A Dark Night in the Garden, Page 294, Luke 22, Mark 14, John 18



Don't do anything to get ahead. Don't do it because you are proud. Instead, be free of pride. Think of others as better than yourselves. *Philippians 2:3*, *NIV* 



Make a point to confess your sins to another person (spouse or a friend). As you do, remember God's love and grace toward you.



Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

### MONDAY





Psalm 31



Psalms 120, 121, 122, 123

### WEDNESDAY

# THURSDAY



Psalm 119:145-176



Psalms 131, 132, 133

# FRIDAY

# SATURDAY



Psalms 95 & 22



Psalms 137:1-9, 144



# **ABOUT HOLY WEEK**

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Holy Week is a time of death. Beginning with cries of Hosanna and ending with the Crucifixion, it marks the final week of Jesus' earthly ministry. Through Holy Week, we are offered the opportunity to remember and rejoice in Christ's work on our behalf. On Palm Sunday we remember Christ's joyful entry into Jerusalem and we rejoice in his obedience in going to the cross. On Maundy Thursday we remember Christ's last meal with his Disciples and rejoice that we are now invited to partake of His body and blood. On Good Friday, we remember the death of the Son of God. Yet we rejoice, that in his death, death is defeated and the debt of sin is forever paid. On Holy Saturday, we remember that Christ was laid in a tomb. Then, we wait for Sunday.



March 25, 2018

# PALM SUNDAY



Psalms 24, 29



Read through the crucifixion narrative in each of the 4 Gospels. Meditate on God's love.



Jesus Storybook Bible Reading: The Sun Stops Shining, Page 302 Matt. 27, Mark 15, Luke 23, John 19



Don't do anything to get ahead. Don't do it because you are proud. Instead, be free of pride. Think of others as better than yourselves. *Philippians 2:3*, *NIV* 



Almighty and ever living God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

### MONDAY



Psalms 51:1-20



Almighty God, whose dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other that the way of life and peace; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever. Amen.



March 27, 2018

### TUESDAY



Psalms 6, 12



God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

### WEDNESDAY



Psalms 55



Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

# THURSDAY



Psalms 102



Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

# FRIDAY



Psalms 95, 22



Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

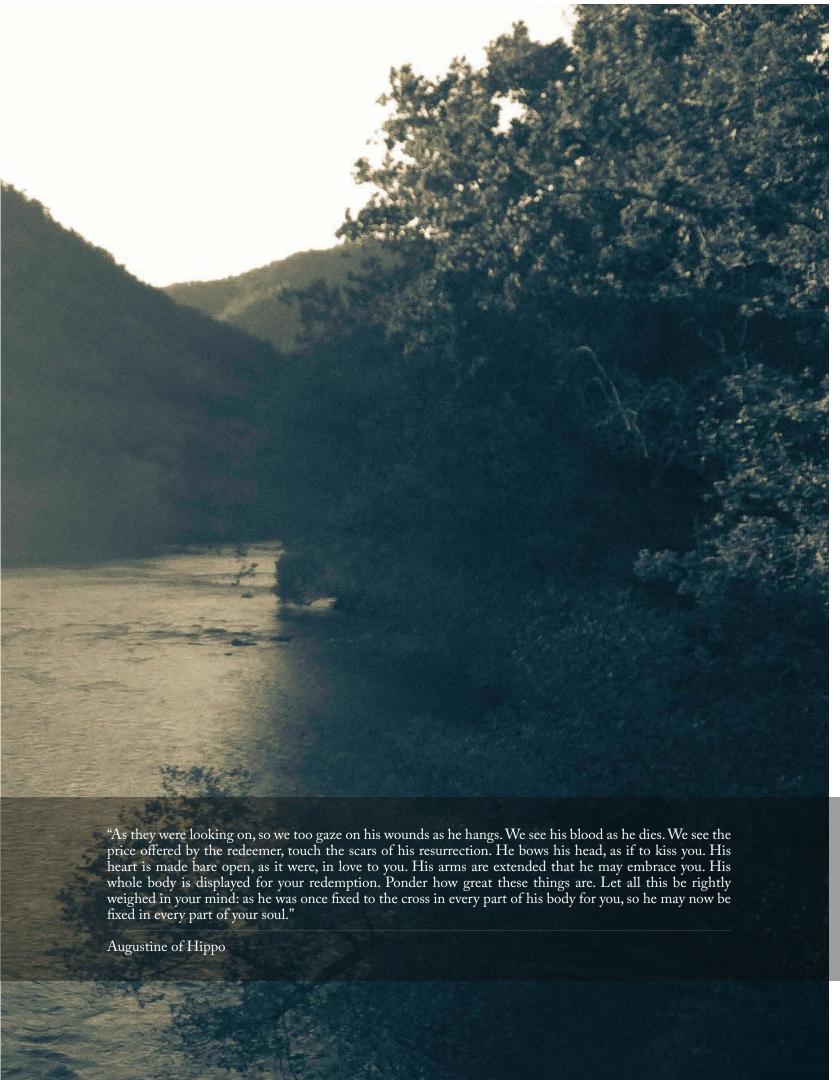
# SATURDAY

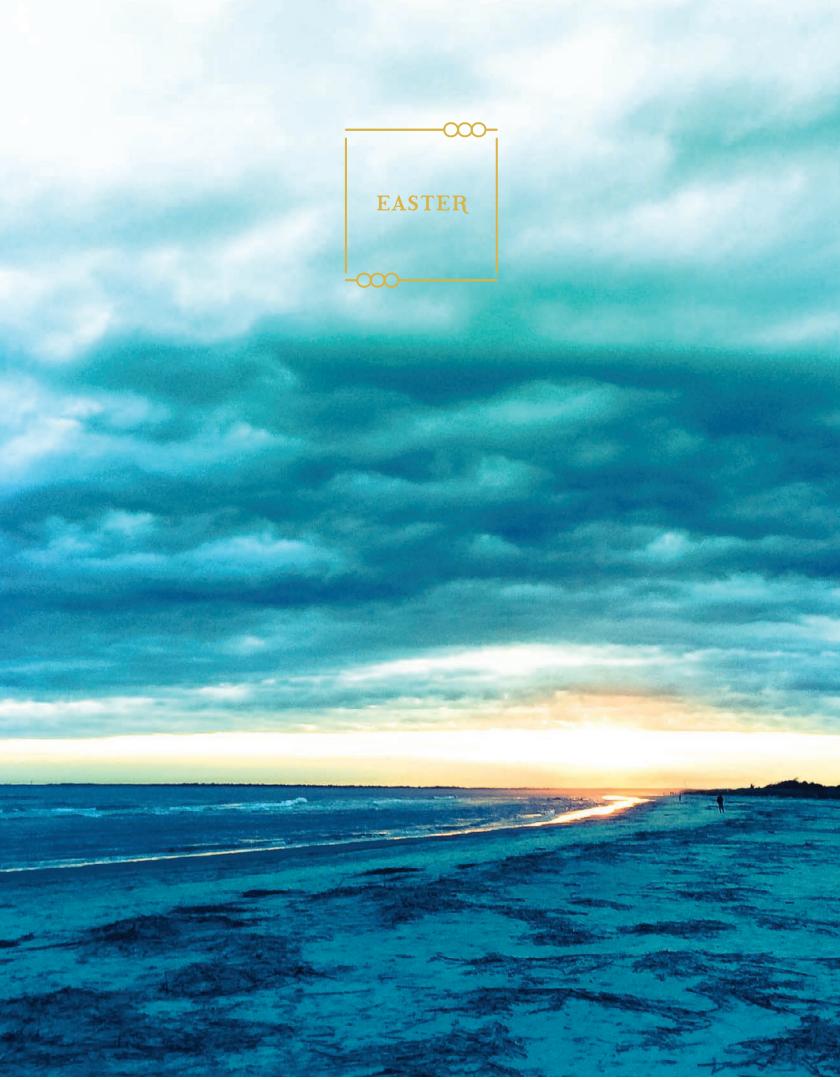


Psalms 95, 88



God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.





# **EASTER**



Easter is a season of new life. In it, the darkness of the Tomb is broken by the light of the Resurrection. More than just a one-day celebration, the Easter season gives us fifty days to rejoice in Christ's resurrection. It is a season to rejoice in all that Jesus has accomplished through his life, death, cross, and resurrection. Because of Easter, we know that death and sin have been fully defeated and with great expectation, we wait for the day when they are finally defeated. Use this season as a time to reflect and respond to the implications of the Resurrection. May it be a season of rejoicing in Jesus.

Let your Easter prayer be, "Thanks be to God, who gives us the victory through our Lord Jesus Christ."

April 1, 2018 **SUNDAY** 



Psalms 148, 149, 150



Spend time thinking about the benefits that are ours in Christ's Resurrection. Reflect on present victories and those that will be a reality in the future.



Jesus Storybook Bible Reading: God's Wonderful Surprise, Page 310 Matthew 28, Mark 16, Luke 24, John 20



Memory Verse: A friend loves at all times. *Proverbs* 17:17. NIV God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin that we may evermore live with him in the joy of his resurrection; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God,

now and for ever. Amen



# **CREDITS**



The Rhythms Project is brought to you by St. Peter's Church, a community of connection in Christ, committed to transforming lives and culture across the Lowcountry of South Carolina and beyond.

www.stpetersmp.org

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