



Common Practices for the Church in Our Age of Anxiety

As Christians, we are citizens of a glorious Kingdom of God that has come in part and will some day come in full glory. We also live in this world of bondage to decay, so how are we to live purposefully in a way that forms us more into Christlikeness and also equips us to live in a world of turmoil? Therefore,

in light of divisiveness
in light of anxieties
in light of polarities
in light of suspicions

and

for the unity of the Spirit
for the health of Christ's people
for the witness of the Church
for the good of our communities,

we purpose to engage in meaningful, embodied practices that will shape our hearts for Christ's rule and promote God's Kingdom while squelching fear and anger. From September-December 2020, we encourage...

Daily:

Read Scripture before phone: We embrace God's Word (the Bible) and look to it for meaning and identity and resist receiving our first messages of the day from a world that is too often disordered and demeaning.

Morning and evening prayer: We resist fear and powerlessness by embracing the invitation to call out to God for our help, strength and peace.

One hour with phone off: We embrace being fully present to our life and resist the tyranny of the urgent and being partially present.

Weekly:

Worship: We embrace gathering to worship God (livestreaming or in person) and seek His Kingdom while resisting the temptation to seek the things of this world.

Sabbath: We embrace our limitations by resting from our usual work to enjoy God and his good world and resist our inclination to try and be God and control people and circumstances.

Small group: We embrace helping each other grow as disciples of Christ in community and resist a privatized faith disconnected from people.

Curate media consumption: We resist the constant stream of addictive media and embrace the careful curation of our media consumption to limited, God-honoring, meaningful and beautiful stories of up to four hours per week.

Bi-Weekly:

One meal with non-Christians: We resist the tendency to label people as evil or 'others' and embrace our call to love, know and treat people like Jesus.

One meal with others: We resist isolation and virtual connection to embrace community and embodied living with people.

One hour of conversation with a friend or fellow church person: We embrace deep relationships forged by vulnerability and time and resist isolation and shallow relationships.

Monthly:

Fast from Food: We resist our physical hunger to embrace a hunger for God's Kingdom and the God who meets all our needs.

Service to Community: We resist self-oriented consumption by embracing a lifestyle of service to others.