

LITURGIES FOR LIFE WORKSHEET

Be with Jesus. Become like Jesus. Live Like Jesus.

How we live determines who we become. All of us are in the process of being formed. The question is: *are we becoming more like Jesus or less like Him?*

Liturgies for Life is our term for building a holistic life of devotion to Jesus, expressed in an intentional plan. Put another way, it's a plan for walking by the Spirit (Gal. 5:16-24) but also a plan for resistance against the deforming power of the world, the flesh, and the Devil (1 John 2:16). The practices and rhythms in your plan are your way of intentionally being with Jesus to become like Jesus so you can live like Jesus; intentionally cultivating our relationship with Him, ourselves, others, and His world.

HOW TO USE THIS WORKSHEET

Step 1: Honest Evaluation Of Your Desires and Actions

While we are tempted towards the desires of our flesh, as Christians we have been given the God's Spirit to live in us and transform our deepest desires to be like Christ, which is described in the fruit of the Spirit: *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control* (Gal. 5:22-23).

Identify ways your fleshly desires are in conflict with the Spirit's work in your life. It can sometimes help to look at the fruit—where are you most *not* like Jesus? Then, prayerfully evaluate the ways in which these deformed desires are being nurtured in your current rhythms and habits. These may be intentional rhythms or unintentional ones into which you've defaulted. For example, if you struggle with vanity, what is your relationship to social media? Or if you struggle with food or alcohol, what ways are you running on 'autopilot' when you go out or shop for groceries or have a drink with friends?

Conversely, prayerfully evaluate what in your current rhythms and habits most help you cultivate the fruit of the Spirit. For example, in what ways do you experience godly joy? Perhaps keeping a gratitude journal has helped you direct your attention to God's gracious work in your life. Or maybe you are more connected to God's love for you when you spend daily time with him in prayer, leading to greater love for others.

Step 2: Add Practices And Rhythms To Your Liturgies For Life

Think about some habits or rhythms, whether daily, weekly, monthly, or yearly that will help you cultivate the fruit of the Spirit. Here are some helpful tips:

- Start with your relationship to God. What connects you most with him?
- Then, think about yourself. What helps you holistically thrive? Consider both your soul as well as your body (food, diet, exercise, stress).
- Then, consider your other relationships. For example, if you are married or a parent, include times of connecting with your spouse or children, (such as family worship). Whether you're married or single, there may also be friendships or other relationships you want to nurture.
- Start small, with just one or two practices for each discipline category.
- Specifically include when (daily, weekly, monthly, etc.) you will do these.
- Consider the role of technology and how it might help or hinder your connection with God and others. For example, leaving your phone off or turning off notifications at certain times or during certain practices.

Step 3: Share

Who do you need to share this with? Share with your spouse, a close friend, your small group, or others who will provide feedback, pray for you, and support you.

Note: Married couples or people seeking to align their lives with others may consider creating their Liturgies for Life together (separate, but complimentary).

Step 4: Try And Adjust

Try living this Liturgies for Life plan. Living this out is a response to God's love, not an effort to earn his favor—he already loves us and gives us grace despite our failures, even failures at our own plans! After a few weeks, make adjustments. If there were practices that were too much, too fast, then adjust and set more attainable goals. Pay attention to what was draining and what was life-giving. Prayerfully adjust and keep going. Liturgies for Life evolve as life changes, so come back to this every 3-6 months and reevaluate.

“Once we have crafted a plan that is concrete and specific, we commit ourselves to it prayerfully out of our love for God rather than a sense of duty or obligation.”

- Ruth Haley Barton

Step 1: Honest Evaluation of Your Desires and Actions

Honestly evaluate your own heart and its fruit. Where are the Spirit's desires apparent? Where are they weak/absent? What are your current Liturgies for Life (intentional or not)?

FRUIT	Relationship w/God, Self, Others	Practices that form / de-form me
Love		
Joy		
Peace		
Patience		
Kindness		
Goodness		
Faithfulness		
Gentleness		
Self-Control		

Step 2: Add Practices And Rhythms To Your Liturgies For Life

Remember, this is about being with Jesus to become like Jesus so we can live like Jesus. In other words, growing in the fruit of the Spirit as he changes our desires.

LITURGIES TO WALK BY	Daily	Weekly	Monthly	Yearly
Prayer				
Bible Study				
Work & Rest				
Fasting & Feasting				
Solitude & Fellowship				
Stewardship & Generosity				

LITURGIES TO WALK BY	Description	Practices	Formation
Prayer	Listening to and talking to God.	<ul style="list-style-type: none"> • Lord's Prayer • ACTS Prayer • Daily Examen • Contemplation • Practicing God's Presence 	Deeper awareness of God's love for you through his presence and his voice. Greater peace and patience as you trust God with your needs.
Bible Study	Studying what God has spoken to us through his word.	<ul style="list-style-type: none"> • Listen, Learn, Live • Letio Devina • Reading the Bible • Meditation 	Growing in wisdom, knowledge, instruction, and truth.
Work & Rest	<p>Worshipping God by using the abilities he has given us to promote the flourishing of his creation.</p> <p>Ceasing from work to enjoy his sabbath.</p>	<ul style="list-style-type: none"> • Laboring at a job • Sunday Worship • Sleep • Exercise • Exploring nature • Creating 	<p>Greater fruitfulness and deeper satisfaction in work.</p> <p>Healthier body and soul.</p>
Fasting & Feasting	<p>Devoting oneself to God by ceasing from activities such as food, drink, sex or technology.</p> <p>Celebrating what God has done.</p>	<ul style="list-style-type: none"> • Following the church calendar such as Advent and Lent (fast) or Christmas and Easter (feast) • Times of loss become times of fasting • Times of completion become times of feasting 	<p>Trains your soul's appetites for God through self-control.</p> <p>Cultivates joy and gratitude.</p>
Solitude & Fellowship	<p>Spending intentional time alone with God.</p> <p>Spending intentional time with others.</p>	<ul style="list-style-type: none"> • Silence and solitude • Small Groups • Learning Communities • Spiritual Friendships / Relational Discipleship 	Cultivates depth in relation to God, self, and others.
Stewardship & Generosity	Wisely caring for what God has given you and graciously giving some away for God's glory and other's good.	<ul style="list-style-type: none"> • Budgeting • Showing hospitality • Giving your time, talent, and treasure inside and outside the church. • Spiritual Conversations, Sharing Testimony, Sharing the Gospel 	Cultivates dependence on God, devotion to God, and love for others.