

IDEAS FOR EVERYDAY RHYTHMS

LISTEN & STORY

LISTEN

We set aside regular times to listen to God in prayer. We listen “backward” by regularly interacting with the Scriptures—the story and the Son. We spend time actively listening “forward” to hear what God is saying to us today, applying his word.

1. **Spend Time In the Word** - This is a simple rhythm. Make it a point to regularly read and meditate upon God’s word. Listen to what the Spirit is teaching you and look for opportunities throughout the day to share it. A rhythm of regularly encountering God’s word, thinking upon it and obeying it is essential for disciples.
2. **Listen More, Speak Less** - Most people are consumed with themselves. You will notice this when they only speak of things going on surrounding them. As disciples we need to listen carefully. As your talking with people slow down, look them in the eye, and listen. Ask the Spirit to help you hear what they are saying. Ask good questions that help guide them towards life in Jesus. It doesn’t mean it happens all in one conversation, but over time you take a posture of really slowing down and hearing what people are saying. How can
3. **Reflecting** - We live in a face paced world. People are running wild day after day and often they don’t even know why. Build in a time each day, week, month to slow down and reflect. Think about and pray for the people God has brought into your life. Ask the Spirit to search your heart and to help you put into practice what you are learning. As you build this space into your own life, look for ways to help others reflect on their lives.

5 Practical Ideas for Listening

1. As you spend time in the word and prayer, write down what the Spirit is teaching you and share it with others in your life. Set aside time to reflect on what the Spirit is teaching you.
2. Setup good boundaries for yourself in how you use your cellphone. You’re not going to listen well to the Spirit or to others if your constantly listening to twitter/Facebook/Instagram/Pinterest/Email (repenting right there with you on this one).
3. Pray before conversations or meetings asking the Spirit to give you discernment for the upcoming conversation.
4. Ask your spouse and people close to you how you could be a better listener. Take their feedback and apply it.
5. Read through Romans and Galatians. Ask the Spirit to help you learn how to listen better and to recognize the leading of the Spirit and the leading of the flesh. Be aware of what the pull of your flesh is like (demanding, impatient, anxious, angry, frustrated, lusting) so that you can run quickly to the Spirit for help.

Consider - Mark 1:35-37, John 16:7-15, Hebrews 1:1-3, Romans 1:20

STORY

We believe that every person is living in light of a fundamental story (worldview). We have been rescued from the me-centered story, and awakened to the true and better story of God.

1. **Spend time learning the story of God** (Creation/Fall/Redemption/New Creation) and practice telling it to those around you. How is it the driving story of your life? Where does your life not line up with the story of God?
2. **Understand the common stories of those around you.** Don't simply talk to people, but listen closely to understand what story is driving their life. Who do they acknowledge as their creator (Creation)? What do they blame the problems of the world on (Fall)? What do they see as the solution to the worlds problems (Redemption)? What would the world look like if everything was running the way it should be (New Creation)? As you begin to learn the story that people around you are believing, look for places that their story intersects with God so that you can share with them the true and better story.
3. **Ask and Tell** - Make it a habit to ask people to share their stories. You will quickly see the story they are believing. You should also tell your story. If Jesus is changing you and at work in your life then your story is a powerful example of God's story driving someones life. People need to hear the good news as its actually affecting you.

5 Practical Ideas for Knowing the Story

1. Practice telling the story to your kids and spouse - [get resources here](#)
2. Listen to others tell the story - [Story of God Audio](#)
3. Have a night where each person in your MC shares their story in 10 minutes.
4. Identify and write down the 4 major stories you see people believing in your city. Use Creation/Fall/Redemption/New Creation as an outline for this.
5. Host a get to know your neighbors party where each person brings one artifact that has had a significant impact on their life. Have people share the story that explains how it fits into their story.

Consider - Genesis 1:1-2, John 1:1, Psalm 1, 2 Timothy 3:16-17