

KAIROS RULE OF LIFE AT A GLANCE

COMMUNION

- RECONCILING to God through Sharing the Eucharist
- CREATING SPACE to be Shaped by Scripture and Prayer
- SUBMITTING our time by Gathering for Worship and Sabbath Rest

COMMUNITY

- RECONCILING to one another by Speaking With Integrity (Matthew 18 Communication)
- CREATING SPACE for Spiritual Investment (Discipleship)
- SUBMITTING to one another by Listening in Humility (Communal Discernment and Mutual Submission)

CO - MISSION

- Joining in God's RECONCILING acts of Justice and Mercy by Testifying as Witnesses
- CREATING SPACE for Family on Mission (Neighborhood Churches and People of Peace)
- SUBMITTING our abundance by Giving our Resources

Kairos is a community of people who share a common life of worship, discipleship and mission centered around Jesus. Our Rule of Life gives shape to this common life and articulates what it looks like. Confirmed annually (and throughout the year for new friends joining us), it is a pledge to anchor one's life in the concrete practices of Communion with God, Community with each other and Co-Mission for our neighbors/city.

Below is a fuller explanation of our core values, along with descriptions of the basic practices and rhythms that we're committing to as a community. We've also listed the biblical passages that inform these commitments. This is meant to be a framework for freedom, providing healthy boundaries while leaving plenty of room for flexibility and individuality.

This doesn't determine who is "in" and who is "out"...it is simply a way for anyone to become an integral part of our community if they want to. If you are new, please don't feel any pressure to commit to this...we rather invite you to spend time with us and see if this is something that fits you.

Kairos' Rule of Life Guide

Below is a fuller explanation of our core values, along with descriptions of the basic practices and rhythms that we're committing to as a community. We've also listed the biblical passages that inform these commitments. This is meant to be a framework for freedom, providing healthy boundaries while leaving plenty of room for flexibility and individuality.

COMMUNION

We are made in God's image and meant for meaningful relationship with God as a spiritual father. Our brokenness puts distance in this relationship, but God...in the incarnation of Jesus...has paid a costly gift to mend this relationship through his life, death and resurrection. The entire narrative of Scripture points towards the redemptive call to bring us back into communion with God.

EUCCHARIST. As the family of God we celebrate the great gift of redemption through a communal meal of wine and bread called the EUCCHARIST (Greek for "thanksgiving"). We do this together every week in our neighborhood churches and on the last Sunday of every month at our Worship Gathering

Romans 5:10; 2 Corinthians 5:18-19; Luke 7:34; 1 Corinthians 11:24-25; John 6:53-58

"In the Eucharist we can find all the dimensions of communion: God communicates himself to us, we enter into communion with him, the participants of the sacrament enter into communion with one another, and creation as a whole enters through man into communion with God. All this takes place in Christ and the Spirit, who brings the last days into history and offers to the world a foretaste of the Kingdom." — John D. Zizioulas, Communion and Otherness

SCRIPTURE. There are many stories or narratives competing for our attention...telling us how to live. We believe the story of God pursuing and redeeming humanity as it unfolds through the pages of SCRIPTURE is the most important story we can frame our lives by. We do this through regular personal reading, communal discussion, sermons (preaching) and teaching, Lectio Divina (meditative reading), memorization, and obeying God's written word to us.

2 Timothy 3:16-17; Psalm 119:105; Hebrews 4:12; 1 Timothy 4:13

"The word of God is the food by which prayer is nourished and made strong." E. M. Bounds

PRAYER. In world oversaturated by media and advertisement it is easy to let our values be created haphazardly by all these different voices. We want God's voice to speak louder than any other in our world. We do this through many forms of PRAYER including spontaneous prayer, journaling, intercession (prayer for others), silence (meditation), solitude and liturgical (written) prayer.

Matthew 6:9-13; 1 Thessalonians 5:16-18; 1 John 5:14; Romans 12:12

"To be a Christian without prayer is no more possible than to be alive without breathing." - Martin Luther

WORSHIP. In a highly individualized culture we are told that spiritual life exists within ourselves...all we need to do is realize our true selves. We submit our time and excessive individuality to God as we commit to a weekly time of GATHERED WORSHIP together with the rest of our church communities.

Hebrews 10:19-25; Psalm 150:6; John 4:24; Ephesians 2:20-22; Acts 20:28;
Psalm 111:1

"In the day-to-day trenches of adult life, there is actually no such thing as atheism. There is no such thing as not worshipping. Everybody worships. The only choice we get is what to worship." - David Foster Wallace

SABBATH. Ambition is good...but this can become an idol if that ambition is focused on ourselves and building our own kingdom (this often shows up in the form of the "American Dream"). We submit our ambition for our own kingdom to the Kingdom of God by taking a 24 hour period each week for SABBATH REST where we have no social or work obligations. This reminds us that God is more responsible for our success and provision than we are and that we are designed to enjoy God's creation.

John 15:1-7; Mark 2:23-27; Isaiah 58:13; Exodus 20:8-11

"(Sabbath is) Uncluttered time and space to distance ourselves from the frenzy of our own activities so we can see what God has been and is doing. If we do not regularly quit work for one day a week, we take ourselves far too seriously. The moral sweat pouring off our brows blinds us to the primal action of God in and around us." - Eugene Peterson

COMMUNITY

We are made in God's image and meant for meaningful relationship with God as a spiritual father. Our brokenness puts distance in this relationship, but God...in the incarnation of Jesus...has paid a costly gift to mend this relationship through his life, death and resurrection. The entire narrative of Scripture points towards the redemptive call to bring us back into communion with God.

INTEGRITY. Nothing will destroy healthy community faster than dishonest, indirect communication. We fight against exclusion, manipulation, gossip and judgmental attitudes by adhering to the principles that Jesus sets out to RESOLVE CONFLICT in Matthew 18. When we speak with integrity go directly to the person we have conflict with before involving others or leadership. We create healthy communities that embody the love and inclusivity that the Kingdom of God represents.

Matthew 18:15-20; 2 Corinthians 5:18-21; 1 John 4:7-10; Proverbs 10:9; James 3:6
"Communication leads to community, that is, to understanding, intimacy and mutual valuing." - Rollo May

DISCIPLESHIP. In a society that programs us to be consumers of goods and services from an early age it is natural to approach spirituality this way. But Jesus did not want us to be spiritual consumers...his command was that we become disciples of his way of living and that we disciple others in this way. We call this SPIRITUAL INVESTMENT and we make it in others by creating space in our lives to share our faith, practices, experiences and resources. This can happen through one-on-one relationships or intentional groups (we call "huddles").

Matthew 28:18-20; Matthew 25:14-30; 1 Corinthians 11:1
"Christianity without discipleship is always Christianity without Christ." - Dietrich Bonhoeffer

LISTENING. Too often "church" looks very passive and very hierarchical where one person speaks and one person has "power". We share this responsibility by asking all who belong to be participants, not spectators. Through COMMUNAL DISCERNMENT we listen to one another, through MUTUAL SUBMISSION we yield to one another as we make personal and corporate decisions.

Ephesians 5:21; Philippians 2:3; Mark 10:42-44; Galatians 6:2; 1 John 4:1; Hebrews 13:17

"We have all known the long loneliness and we have learned that the only solution is love and that love comes with community." — Dorothy Day

CO - MISSION

Jesus' last instructions to his disciples was an assignment...to go everywhere we can, carrying the message of his Kingdom...the Good News that God is redeeming, healing and liberating. This isn't a job for paid pastors, this is a job for everyone. As a church we are called to live this mission out together by discerning where the Holy Spirit is already at work and join in.

WITNESS. The Church didn't grow rapidly in the face of persecution because it had the right doctrine or form of church government...it grew because there was a body of people who testified to what they had seen and experienced in the resurrection of Jesus. The word "witness" shows up six times more than the word "preach" in the New Testament. We believe we are called to be witnesses to what Jesus has done in our lives and what he is doing throughout the world through words and actions of JUSTICE and MERCY.

Mark 16:15; Colossians 1:15-23; Revelation 21:5; Matthew 19:28; Amos 5:24; Micah 6:8;
"One faithful witness is worth a thousand mute professors of religion." — Billy Graham

FAMILY. The church isn't a building, it is the gathering of the people of God living life together. When the church is at its best we cease being an institution and begin living like a Spiritual FAMILY ON MISSION. We do this by gathering as NEIGHBORHOOD CHURCHES (people worshiping, serving and sharing with each other) who invite PEOPLE OF PEACE into their lives (individuals and families we believe God is calling us to invest in).

Luke 10:1-10; Acts 13:47; Mark 16:15; Romans 10:13-15; Acts 2:42-47

"What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured." - Kurt Vonnegut

GIVING. We are told by Jesus when we find something of value we should do whatever we can to get a hold of it. Spiritual wealth (a deep relationship with God) is the most valuable thing we can gain in this world, but it often gets trumped by demands and desires on our finances and schedules. We believe the only way to acquire this spiritual wealth is through the act of giving. We as a church body are committed to giving away 10% of our income (TITHING), giving spontaneously where we feel lead (OFFERING) and giving of our physical, relational, and intellectual resources through SERVING.

Matthew 6:21; Matthew 13:44-46; 2 Corinthians 9:7; Luke 6:38; 1 Chronicles 29:14

"We make a living by what we get. We make a life by what we give." — Winston S. Churchill

KAIROS RULE OF LIFE FAQs

Aren't you asking me to take on a weighty thing, a commitment to and a responsibility for our community?

Yes...we kind of are. However, at the core we are asking you to commit to (1) worshipping God through consistent and concrete practices (2) submitting yourself to growing faith through community and discipleship and (3) loving your neighbors through words and actions. These are core ideas in what it means to be a follower of Jesus.

Do I need to take on this Rule of Life to be a part of Kairos?

No. If you want to be a part, you are a part. Our shared Rule of Life is for those who feel called to take a deeper level of commitment to our shared values and to putting these values into concrete practice alongside others in our community.

Do I need to be baptized before I take on the Rule of Life?

Baptism is a rite of passage that we cherish because not only is it a way of "going public" with your faith, it's also the way we initiate new followers of Christ into our family. So we feel it is putting the cart before the horse to commit without being initiated. However, we think these things can happen together. If you desire to take on the Rule and have never been baptized, we encourage you to do both. Talk to one of our pastors about how this can happen. We'll walk with you every step of the way.

What if I'm not ready to take on this Rule right now?

No problem. Come be part of us. Roll up your sleeves and join in wherever you want. And if at some point along the way you want to reconsider taking the Rule, let us know because we would love to have that conversation with you.

Why is this something we renew every year?

Renewing the Rule of Life annually gives us an opportunity to reflect on how we're doing with living out the commitments we've made to God, one another, and our neighbors/city. It also allows us to pray about, think through, and consider what we're committing ourselves to for the next year. In short, renewing this every year helps us to take it seriously.

What's the process for committing to the Rule of Life?

Each year our community publicly affirms and commits to the Rule on the first Sunday of Advent. If you begin coming to Kairos later in the year and are interesting in taking the Rule, we encourage you to:

- Hang around us a bit, get to know us - and see if who we are resonates with you
- Participate in one of our Neighborhood Churches, seeing how we do life together
- Affirm your faith in Jesus and commitment to following Him by being baptized if you have not done so before
- Connect with a pastor to process where you are on the journey
- Take on the Rule of Life at the next ON RAMP, which happens every three months.

At any point in this process, our pastors are available for conversation and to help you discern.

What if this sounds heavy, and I'm not sure I can add a single more thing "to do"?

Maybe you don't need to take on this Rule – or maybe wait for another time. Or maybe dig into why it feels burdensome or why you're hesitant to commit yourself to a community. This is not intended to be some added moralistic duty to add to your already overtaxed life. That's not the spirit or intention, and we applaud you for refusing to load yourself up with guilt or life-draining duty. We're trying to restore some of the integrity of what it means to belong to a local church and see this as a way to do that. God invites us to the "unforced rhythms of grace" (Matthew 11:30)...that means our life in God should never be forced nor motivated by guilt, but instead led by the Spirit and saturated in God's grace.

What exactly is a Rule of Life?

Following the example of many older Christian communities (particularly monastic ones), a Rule of Life is a set of shared affirmations and concrete practices that give tangible shape to the kind of life we will live together. We think there is something to this idea of a community committing themselves to a certain way of living together in a place.

Why a "Rule of Life" instead of membership?

Church membership too often resembles a country club or an online group rather than giving yourself to know and be known, to love and serve among a community of people. We're hoping that the language and concept of a Rule will reshape our understanding of what it means to belong to a local church and share a common life.

Will this create a division at Kairos, where there is a lot of emphasis on who is in and who is out?

There is no "in" or "out" at Kairos. Our Rule of Life is not some guide for who's more spiritual and who's not, but rather a practicable means for people to commit themselves to one another and to pursuing a life centered around worship, community, discipleship and mission. Taking on this Rule doesn't gain you power (it calls you to be a servant), and it certainly doesn't make you more spiritual. Rather, it is a way of practicing humility and submitting yourself to the shared life of community.

What about the word rule – isn't that rigid and legalistic?

It absolutely can be, but a "rule" is simply an ordered practice. It says we *want* to live this way. Think of this Rule as guiding principles instead of a legislative code...a solemn oath or vow. This Rule of Life is our way of saying that the foundational realities of the Kingdom of God, our Redemption and our Calling ought to rearrange our life rather than remain theoretical ideas.