* **City Equip**
  + Coming in February
* **Series Slide**
* The way human beings learn is complex.
* It has been posited that you remember 10% of what you read, 20% of what you hear, 30% of what you see, 50% of what you see and hear, 70% of what you write, 80% of what you teach….and 90% of what you do.
* That information is actually greatly exaggerated- and pretty non-scientifically acquired. Even though you’ve probably seen a thousand power point presentations suggesting it.
* But- there is something about the idea that there are different ways we learn and get the information we take in to actually shape and change us.
* For example- since we started saying the Apostle’s Creed together every week, many of you- without an intentional effort-have absorbed it.
* So- in a situation where someone asked you “What are the basic things that you believe”- you have a little map to guide you as you explain that.
* If I would have just taught you the different elements of Creed over and over for the last year- its likely you would not be able to recall it and use it like you could now- now that many of you have been saying it every week for nearly 2 years.
* There’s a difference in reading about flying a plane, or getting in the cockpit and flying a plane.
* No doubt- in the process of learning to fly a plane- some lectures, and some books, and some Youtube videos- - could be really helpful- maybe even necessary- to eventually flying a plane.
* But nothing makes something stick- Nothing makes something real in your life by getting your hands dirty and actually doing it…and then teaching someone else HOW to do it.
* Think about what Jesus calls us to.
* **Mark 1:17**
  + He called his disciples to FOLLOW HIM, and said that he would make them into people that DID SOMETHING. Fished for men.
* **Matt 7:24 & 26**
  + Jesus said the difference in being wise and foolish is hearing his words and ACTING on them.
* **Matt 11:29**
  + When Jesus encourages the weary and burdened to come to him, he says “take up my yoke” and learn from me.
  + A yoke would have been understood as a rabbi’s teaching.
  + So taking up my teaching would have meant- practice what I teach.
* **Matt 28:19-20**
  + When Jesus commissioned his disciples- he told them to make disciples-
    - Baptizing- immersion in people who are living out the Divine community of attachment love of the Father-Son-Holy Spirit.
    - And teaching.
  + In other words- Go and live a life of love with me, and teach it to others.
* **1 Timothy 4:16**
  + Paul writes to timothy to Pay attention to you LIFE (doing) and your teaching
  + Persevere in doing the things that Christ commanded and teaching what Christ said and did will save yourself and your hearers.
* **James 1:22**
  + James under the inspiration of the Holy Spirit says, when God’s word is planted in you-you become a DOER of the word not just a hearer.

Now with all of that wisdom- a ton of our experience with church and/or following Jesus has been not about DOING- but about HEARING. In fact, one of the first things that comes to mind when many folks just hear the word church is a pastor preaching a sermon.

* Some of you may have only ever experienced church as information dissemination. Christianity as a set of doctrines to agree with…instead of as a way of life- or a complex relationship with God and people.
* Information dissemination only requires hearers.
* A way of life requires doers.
* Faith is what turns hearing into doing.
* What we’re doing today is going to be different than what we normally do. But I didn’t want to send us all off on Thanksgiving break and have us all forget what we’ve been practicing over the last several weeks…you know…you just come back and it's the Advent series and you just move on from these practices.
* These practices are intended to root you deeply to Christ- and help you overflow God’s love to others.
* So today- I’m going to review all of the practices and then give you a few pictures of what some people’s lives are like who are doing this.
* And I want you to remember. The Goal is not that you do all of these perfectly all the time. Its not that you go from 0-60. Its that you have tools in your tool belt that help you to tap into the Kingdom of God…attach to Jesus…and love other people.
* So, lets start with a review.
* **Jesus has made the Kingdom of God is available.**
  + This is what he preached.
  + The Kingdom of God is open. NOW. ITS CLOSE.
  + You just need to tap into it. Access it. Intentionally engage with me- and you’ll find it.
  + Take up my yoke.
  + When we take up and DO these practices- we are intending to tap into the way God rules and reigns benevolently in the world.
* **God is all about attachment Love (Hesed, Agape)**
  + When you know the person who loves you the most isn’t going to leave you- you have attachment love.
  + God loves us that way- will you love him that way?
  + These practices help us to develop that attachment love with God- and with others.
* **God opened the door to his Kingdom and showed us how much he loved us through the cross and the resurrection.**
  + This is not a statement to write T or F next to on a theology quiz to see if you make it into heaven.
  + We ran AWAY from God. By dying in our place, he took the death that comes from running away from the source of life.
  + We have no access to God- without Jesus dying for us.
  + The door to the Kingdom of God is not opened- unless Jesus resurrects and says- NOW a relationship with God is available to you. His Holy Spirit will now attach to you, dwell in you, and guide you to love God and others with the attachment love with which he has loved you.
* OK? So you should never hear me saying that I am delivering to you the way to atone for your own sins- or be good enough to get into heaven with these practices- that’s impossible.
* BUT- this is the way we live in the reality of the ETERNAL LIFE now. Its at least a start.
* Jesus came preaching that the Kingdom of God is at hand…or has come near
* **Mark 1:15**
* **“The time is fulfilled, and the kingdom of God has come near. Repent and believe the good news! ”**
* Dallas Willard tells a story about his childhood. That is really helpful in understanding the idea of the Kingdom of God is at hand.
* **“As a child I lived in an area of southern Missouri where electricity was available only in the form of lightning. But in my senior year of high school the REA (Rural Electrification Administration) extended its lines into the area where we lived, and electrical power became available to households and farms. When those lines came by our farm, a very different way of living presented itself. Our relationships to fundamental aspects of life—daylight and dark, hot and cold, clean and dirty, work and leisure, preparing food and preserving it—could then be vastly changed for the better. But we still had to believe in the electricity and its arrangements, understand them, and take the practical steps involved in relying on it. You may think the comparison rather crude, and in some respects it is. But it will help us to understand Jesus’ basic message about the kingdom of heaven if we pause to reflect on those farmers who, in effect, heard the message: "Repent, for electricity is at hand." “ Turn from your kerosene lamps and lanterns, your iceboxes and cellars, your scrub-boards and rug beaters, your woman-powered sewing machines and your radio with dry-cell batteries.” The power that could make their lives far better was right there near them where, by making relatively simple arrangements, they could utilize it. Strangely, a few did not accept it. They did not ‘enter the kingdom of electricity’. Some just didn’t want to change. Others could not afford it, or so they thought.**
* **Similarly, the Kingdom of God is also right beside us. It is indeed the Kingdom among us. You can reach it from your heart, with your mouth- through even a shaky and stumbling confidence and confession that Jesus is the death-conquering Master of all.**
* So here are the practices that help us tap into the Kingdom of God. Every week, a practice to help us root ourselves in Jesus…called a ROOTED PRACTICE….and a practice to help us overflow this good eternal life to others…called a GOOD LIFE PRACTICE.
  + **30 minutes/6-7 days a week- When and Where?**
  + **2 people- I’m daily praying to share the gospel with.**
* **ROOTED PRACTICE// Scripture Meditation (pick 3-4 days per week during your 30 minute time)**
  + Hear Journal
  + Listening to Scripture and thinking about what it means
  + Responding to God in Prayer
* **GOOD LIFE PRACITCE// Listening Evangelism**
  + Intentionally seeking an opportunity to listen to someone else…doing this WITH God in such a way that you may be able to minister to them with Good news
* **ROOTED PRACTICE// Explore the Iceberg Journal (1 per week during your 30 minute time),**
  + **What happened?**
  + **What did I feel?**
  + **What story did I tell myself?**
  + **What story does the gospel tell me?**
  + **What counterintuitive action is required?**
* **GOOD LIFE PRACTICE// Tell someone about your Iceberg**
  + Could be in your community group, D group, friend, one of the people you are praying for
  + Fosters vulnerability, testimony, evangelism, love
* **ROOTED PRACTICE// Gratitude Journal (1 per week during your 30 minute time)**
  + **1 Scripture, 1 Person, 1 Provision**
* **GOOD LIFE PRACTICE// Text or Call a message of gratitude**
  + Can fit into your 30 minute time
* **ROOTED PRACTICE// Fast & Pray (1 meal per week)**
  + Breath Prayer
  + “Whatcha got for me, God?”
* **GOOD LIFE PRACTICE// Celebrating (1 per month)**
  + **Invite people to a party (of varying kinds)**
  + **At some point- give a statement of gratitude to God**
* **ROOTED PRACTICE// Working With God prayer alarm- (1 minute during every work day)**
* **GOOD LIFE PRACTICE// Sabbath Delight - (1 day per week)**
  + Praying
* 3 stories
* **Stacy is a stay at home mom with 3 kids under 7 years old.**
  + Because her day is so busy with her kids, she needs focus.
  + So she sets 2 alarms on weekdays- one when she wakes up.
  + Father, I’m gonna work with you today.
  + Father, Am I still working with you?
  + Sunday is her Sabbath, and she always celebrates by taking an hour long nap after church…when her husband takes the kids outside.
  + After getting her oldest to school, he comes back home, puts on Bubble Guppies for the 2 younger ones and she uses the DWELL app on her phone to listen to Scripture and meditate on it, ending her time with a prayer. Except on Thursdays, where she does a gratitude journal and sends a text to the person she’s thankful for.
  + It has actually become a highlight of her week
  + On Saturdays, she reads her physical bible, and does an Explore the Iceberg exercise over her whole week- while her 2 younger kids take a nap and her oldest plays legos with her husband.
  + She usually shares this with her husband on Saturday afternoons as they cook dinner or occasionally get a babysitter and go on a date.
  + She’s got 2 folks she’s praying for an opportunity to share the gospel with.
    - Her next door neighbor who has kids near the same age .
    - And a former co-worker.
    - She hasn’t yet talked to them, but her daily prayers for them definitely have her more attentive to opportunities.
  + She has a party planned for net month in her front yard that her neighbor is coming.
  + Oh…and she hasn’t tried fasting yet.
* **Tim is a single guy who lives with 2 roommates**
  + He has been using his lunch everyday for his 30 minutes. He reads Scripture in the break room while he eats his Chunky Soup…and does a hear journal on Monday, Wednesday and Friday.
  + On Tuesday he does an Iceberg exercise (that he shares with his D-Group on Marco Polo) and on Thursday he fasts and takes a prayer walk while he goes through a gratitude journal in his head. He always texts encouragement and gratitude to the person that the Lord brings to mind at the end of his walk.
  + Sets alarm for 1:59 for his Father am I working with you prayer- right before his team zoom meeting…because he tends to lose focus at that time.
  + His Sabbath is on Saturday. He gets in a quiet space, turns off his phone and Bird Watches.
  + Tim has a monthly game night- that he is using as a celebration to serve folks. He always buys the chips and salsa for his friends.
* **Jaime is man with a job, a wife and 2 teenagers.**
  + Listens to YouVersion of the Bible on the commute into work.
  + Sits in his car when he gets there and does a hear journal for 15 minutes. On Monday, Thursday and Friday.
  + He’s been taking his teenage boys out to breakfast once a month to listen to them and help them understand how Jesus meets them in all their problems.
  + He has also been praying for his barber, and has been asking his barber more questions about his life. He is going to invite his Barber to guys night he’s having at Buffalo Wild Wings next month as his celebration.
  + He hates doing the Explore the Iceberg….he’s only done it once…and realized that he has trouble with emotions other than anger.
  + But after a conversation with his D-group- he’s committed to using Tuesdays- instead of doing a HEAR Journal when he gets to work, he’s going to explore the Iceberg activity and share it with them when they get together every 2 weeks.
  + He tried fasting once, and the headache wasn’t really a good way to be at work…so he stopped eating his 10 am snack of peanuts at work and takes 15 minutes at his desk to do a breath prayer (which he originally thought was dumb, but now actually really centers him on Christ’s love when he prays “While we sinners, Christ died for us”. He does that for 5 minutes, then says “Whatcha got God and he listens.
  + ON Wednesdays, he uses his time in the parking lot at work and does a gratitude journal and sends out a text to his person.
  + He sets an alarm at work for 12:59, right after before his lunch break ends- and prays “Father, am I working with you in love?”
  + For his Sabbath, on Sunday afternoon he sits on the porch with his wife and shares about his gratitude journal and Iceberg with her…and really anything else that comes to mind. Its been great. And actually, on most Sunday afternoons the emotional connection with his wife has turned into something nice in the bedroom afterward.
* **LORDS SUPPER**