

**Practicing the Way of Love Worksheet - Creating a Rule of Life**

Practice: PRAY — *Reflecting on how you are developing your life of prayer . . .*

This week, I commit to:

---

---

How often, and when?

---

---

Practicalities:

What resources, including people, do I need to support this practice?

---

---

What do I need to stop doing to make room for this practice in my life?

---

---

How do I hope I will change as a result of incorporating this practice into my life?

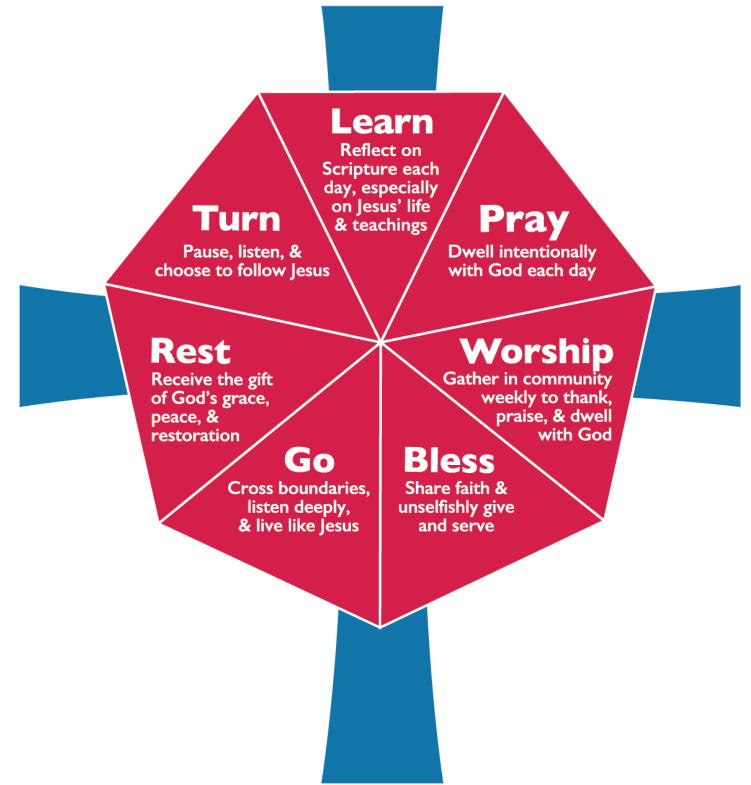
---

---

Who or what will hold me accountable?

---

---



**THE WAY OF LOVE**

*Practices for Jesus-Centered Life*

**ADULT FORUM**

**St. Luke's Episcopal Church**

**Week 4: WORSHIP**

**Gather in community weekly to thank, praise, and dwell with God**

**Discussion Guide and Worksheet**

Take a few moments as we begin and think about the last session and the time that followed:

- What was adding Pray to your practice like? What did you learn about yourself? God? How are your other Way of Love practices going?
- What's been working well with your Way of Love practices? What hasn't been working well? What adjustments are you thinking about?
- What has surprised you about your Way of Love practices?
- Name a gift that your practices have given you this week.

*Someone should read the following aloud:*

*After the reading, take a few moments in silent prayer. Then conclude by reciting the following together.*

When we worship, we gather with others before God. We hear the Good News of Jesus, give thanks, confess, and offer the brokenness of the world to God. As we break bread, our eyes are opened to the presence of Christ. By the power of the Holy Spirit, we are made one body, the body of Christ sent forth to live the Way of Love.

O God, whose blessed Son made himself known to his disciples in the breaking of bread: Open the eyes of our faith, that we may behold him in all his redeeming work; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

*(A Collect for the Third Sunday of Easter, BCP 224)*

#### **Starting the Discussion:**

- What is your favorite Sunday or other service of the Church year? Why?
- What is your favorite hymn? Why? (What is your least favorite hymn? Why?)
- What is the most meaningful part of a worship service for you? Why?

#### **Questions for Discussion:**

- Read the second verse of the hymn "I come with joy to meet my Lord":  
"I come with Christians far and near  
To find, as all are fed  
The new community of love  
In Christ's communion bread."
- What does a "new community of love" mean to you? How has this community changed your life?
- Talk about a time you experienced God's presence in a worship service.
- What is your favorite way to worship God outside of Church?
- Have you ever participated in worship leadership (like ushering, acolyting, reading, etc.)? How has that changed your perception of what it means to worship?
- What do you think it means to have the eyes of our faith opened? (From the collect for the Third Sunday of Easter; also Luke 24:31)
- What prevents you from coming to worship with your community on a weekly basis? How can you remove some of those obstacles?
- What communal worship practices move you to encounter God and knit you into the body of Christ?

#### **Some recommendations for *Worship*:**

Attend worship weekly, identify a way to be more fully present in worship (could include arriving early for a time of silence or to say a prayer of thanksgiving before worship), pray for your worshipping community each day. (You might list a practice you are already engaged in that gives life to you.)

Whatever you choose or come up with, adapt it to your needs or discard it if it was not life-giving. This is a work in progress. Add a practice for *Worship* to your *Way of Love* working rule of life. Remember that a modest change sustained over time is better than a dramatic but unsustainable change. Try to incorporate this new practice into their Way of Love practices the following day.