

Getting Back Into A Spiritual Routine

Week 3

2020 was the year of disruption – globally we packed it in and went home – we socially distanced – and, in the process, we lost so many cherished routines.

For Christians the forced loss of coming together for Sunday School and Worship led to a huge loss of routine, and it underscored how important we are to each other.

We are social animals – by nature and design we need the connection and community of being together and *poof*, it went away.

Yes, we had virtual Bible study and worship and those were pluses – but it wasn't the same as being present, in the moment of the event, or with each other. But we all know that it's equally important to have a personal, private practice of spending time with God each day. Prayer, scripture time, journaling and being still and quiet are as important, possibly more so, than a corporate event.

We had those covered during the pandemic, right? Well, maybe not. Studies are showing that life in total was so disrupted, we lost traction on the personal spiritual disciplines as well. Don't feel badly. Radical stress, anxiety and uncertainty are disruptive to life – but let's make sure we learn from the pandemic that heightened spiritual practices lessen the impact of bad news, stress, anxiety, and loss of connection. Staying in spiritual rhythm can improve our health and wellness and prepare for the inevitable difficult days.

So, here's the good news: Sunday School, Worship and small groups are back on track. Rhythm restored.

Here's the not-as-good news: Spiritual routine has multiple meanings. What it means to me may be different than what it means to you. So, we will take a generalist view. We will discuss several options and you can treat this like a buffet – which is something else I missed in 2020!

We know we should be praying; but how? How often? When?

We know scripture is organic and formative and we should read it; but which translation? Which books/letters? Do we read the Old Testament as well? And again; how often? And when?

How about meditating for personal spiritual growth?

Questions abound here as well: How do I do it? Will my mind wander? And will I be in danger of turning into a Buddhist? Ha. Sorry, couldn't help it. I was asked that question once. Still chuckling.

And should there be action steps that flow out of our personal spiritual sessions?

All are excellent questions that deserve to be dealt with, so let's do so, with the goal of becoming all we can be as followers of Jesus – that have a hurting, scarred world to impact.