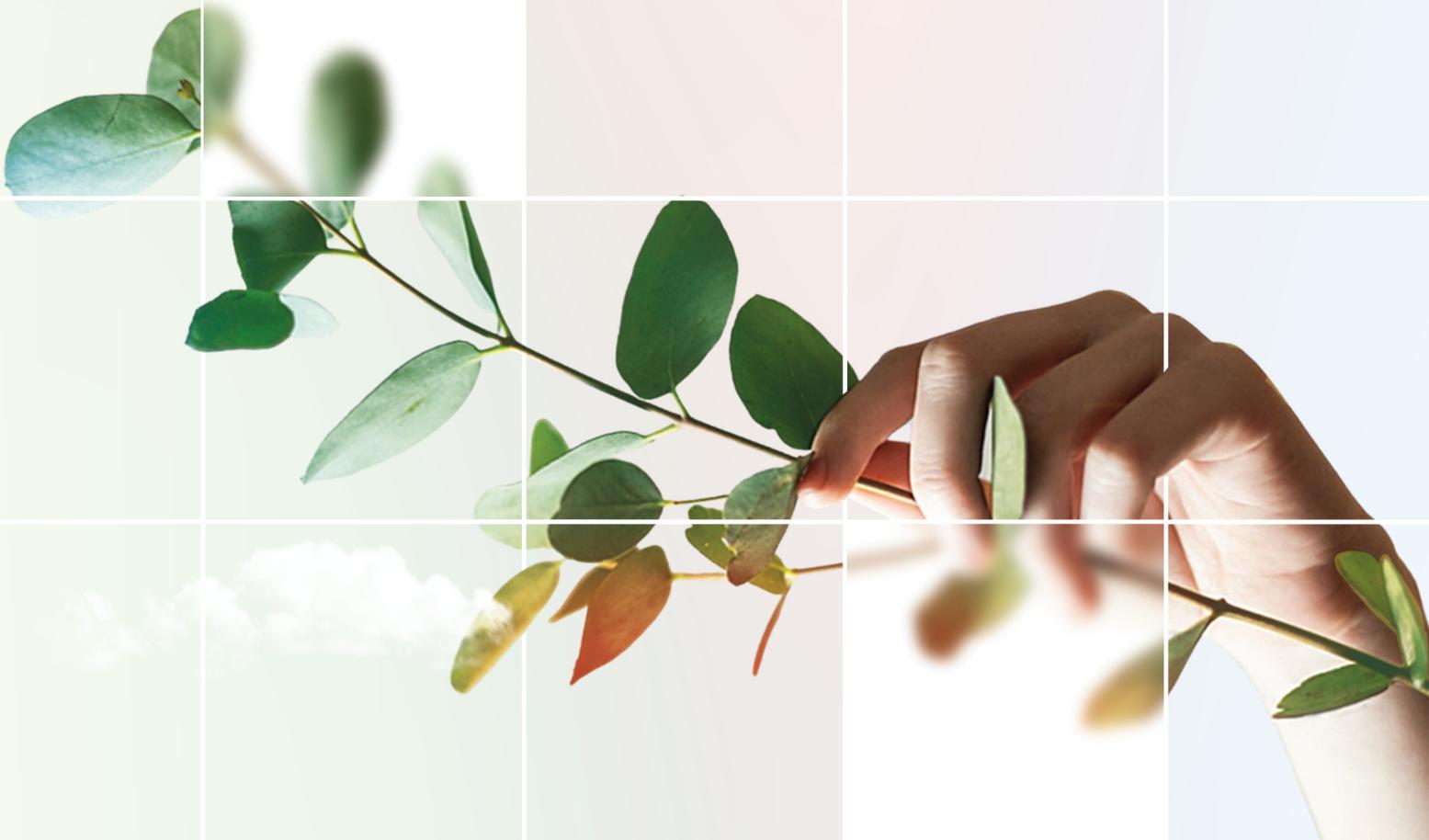


# As It Is

THE SERMON ON THE MOUNT

## PRACTICES GUIDE



## BEING WITH JESUS

As we study the Sermon on the Mount, our hope for you is to be with Jesus. As those who love and follow Jesus, we hear His words in the context of our relationship with Him. We do not simply obey Him, we walk through life with Him. As we do, the kingdom is present in and through us, as it is in heaven. We remember that best by setting aside moments in our day and week to spend time with Him. It is our prayer that the practices below will help guide that time in a way that increases our love for Jesus and for one another.

## MORNING PRAYER

**What:** First thing in the morning, spend a few minutes talking to God.

**How:** Before checking any devices, consider kneeling beside your bed or sitting somewhere free of distraction and start your day in prayer.

**Help:** Prayer can be hard sometimes, especially in the morning when you have a day's worth of work and tasks ahead of you. It can help to use the prayers we find in Scripture as a guide for our prayers. Read Matthew 6:9 – 13 and use it as a guide for your morning prayer. This will help focus your thoughts and orient your heart around God's will for your life and for the world.

## EVENING SILENCE

**What:** Last thing before bed, sit in silence for a few minutes.

**How:** Find a quiet place in your home to be still and silent, remembering the Lord is present with you (Matthew 28:20).

**Help:** Silence when we are alone is hard. It often invites an assault of thoughts that remind us of all we haven't done or even all we have failed to do. At the end of the day being still and silent before God reminds us that our value is not measured by what we have done today or what we hope to do tomorrow, but by what God has done for us. Consider as you are silent what Jesus speaks about you at the right hand of God (Romans 8:34). His work for you is finished and you can be still, present with God and end the day resting in His love.

## WEDNESDAY FAST

**What:** On Wednesdays, fast from food for a meal or (if possible) the whole day.

**How:** Whether fasting from one meal or for the whole day, as your body alerts you to your need for food, be reminded that your heart and our world have an even greater need for Jesus.

**Help:** Have a plan for how you will spend the time you usually would have a meal. Consider reading through the Sermon on the Mount or another passage of scripture during those times. As hunger makes you feel weak or irritable, respond in prayer. Pray for you, asking God to sustain you and shape you. Pray for your family and friends, asking God to increase their hunger for Him and His kingdom. Pray for our church, asking God to empower us by His spirit to be faithful to who He has called us to be. Pray for our city, state, country and world, asking God to heal what is broken by the power of Jesus.

## RESOURCES

- ***Every Moment Holy*** by Douglas McKelvey
- ***Life Together*** by Dietrich Bonhoeffer
- ***Prayer*** by Tim Keller
- ***Out of Solitude*** by Henri Nouwen
- ***Crazy Busy*** by Kevin DeYoung
- ***Spiritual Disciplines for the Christian Life*** by Donald Whitney and J. I. Packer
- ***Celebration of Discipline: The Path to Spiritual Growth*** by Richard Foster
- ***The Life You've Always Wanted: Disciplines for Ordinary People*** by John Ortberg
- ***The Common Rule: Habits of Purpose for an Age of Distraction*** by Justin Whitmel Earley
- ***Liturgy of the Ordinary*** by Tish Warren

