

## MODULE 3 | PRACTICE

Growing in Life with Jesus

### **BIG IDEA**

Christian practices are not ways to achieve life with God. They are ways of making space to receive and respond to the life God is already giving us.

### **BEGIN WITH WHAT IS ALREADY GIVING LIFE**

Before adding something new, notice what is already helping you live with Jesus. You may already have rhythms of Scripture, prayer, worship, silence, journaling, walking, gratitude, or other practices that help you become attentive to God.

### **KEEP WHAT IS LIFE-GIVING**

Kingdom Voyage is not asking you to abandon a healthy practice in order to adopt ours. If something you are already doing is helping you receive life from Jesus, keep doing it.

**What practices are already part of my life?**

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**Which of them are genuinely life-giving for me?**

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**Where or when do I most naturally find myself attentive to God?**

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## **MY CHRISTIAN PRACTICES RECOMMENDATION**

Between Modules 2 and 3, you were invited to complete the Christian Practices recommendation. Think of the result as an invitation to explore—not a prescription and not another label.

**My recommended practice:**

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**What seems accurate about this recommendation?**

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**What surprised me?**

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**Is there something here I would like to explore?**

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### **AN INVITATION, NOT A PRESCRIPTION**

The recommendation may help you notice a practice that fits your present season. It does not mean you must stop a practice that is already helping you live with Jesus.

## **FOUR PRACTICES FOR LIFE WITH GOD**

These four practices offer different ways of becoming more attentive to God's presence and activity. You do not need to practice all four at once.

### **DAILY OFFICE — RETURN**

Set aside regular moments during the day to stop, pray, read Scripture, worship, and remember God.

### **LECTIO DIVINA — LISTEN**

Slow down with a passage of Scripture. Read prayerfully, listen attentively, and respond to what God brings to your attention.

### **LIVING WORD — CARRY**

Take Scripture with you into the day. A verse, phrase, or truth becomes something you remember and return to as you make decisions, interact with people, and encounter ordinary life.

### **FLOW — NOTICE**

Practice attentiveness to God's presence in ordinary life through Focus, Listen, Observe, and Worship.

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### **A SIMPLE MOVEMENT**

Daily Office — Stop and return.

Lectio Divina — Slow down and listen.

Living Word — Carry Scripture with you.

FLOW — Learn to notice God throughout your day.

**Which of these practices feels most familiar to me?**

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**Which one am I most curious about?**

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### **LEARNING FLOW TOGETHER**

FLOW is a simple way to practice attentiveness to God in the middle of ordinary life. It does not require a special place or a long block of time. It can help us pause, become present, and respond to God wherever we are.

#### **FLOW**

F — FOCUS

L — LISTEN

O — OBSERVE

W — WORSHIP

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## **F — FOCUS**

Stop what you are doing and intentionally turn your attention toward God. You are not trying to make God present. You are remembering that He is already present and becoming attentive to Him.

### **A SIMPLE PRAYER**

“Father, You are here. Help me become attentive to You.”

**What has been occupying most of my attention today?**

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**What changes when I intentionally turn my attention toward God?**

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## **L — LISTEN**

Become quiet enough to listen. Remember Scripture. Pay attention to what the Holy Spirit may be bringing to mind. Do not force an experience or try to manufacture a message. Simply become available.

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**BECOME AVAILABLE**

Listening may include remembering a Scripture, recognizing a conviction, receiving encouragement, becoming aware of a person, or simply resting quietly with God.

**Is there a Scripture, truth, conviction, encouragement, or person coming to mind?**

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**O — OBSERVE**

Look around and look within. What is happening in you? What is happening around you? Where might God already be at work?

**What am I feeling right now?**

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**Who is around me that I may need to notice?**

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**Is there something happening that I have been too busy to see?**

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## **W — WORSHIP**

Respond to God. Worship is more than singing. Our response may be gratitude, trust, obedience, confession, encouragement, service, rest, generosity, or taking the next faithful step.

### **RESPOND**

Thank Him. Trust Him. Obey Him. Confess. Encourage someone. Serve. Rest. Take the next faithful step.

**How do I want to respond to God right now?**

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## **PRACTICING FLOW IN ORDINARY LIFE**

FLOW can be practiced almost anywhere: before a meeting, while driving, during a walk, before responding to a difficult conversation, while waiting in line, when you notice anxiety, or simply when you want to remember God's presence.

### **TRY IT NOW**

Pause for a few minutes and move slowly through the four movements. Focus. Turn your attention toward God. Listen. Become available. Observe. Notice what is happening in you and around you. Worship. Respond to God.

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## What did I notice as I practiced FLOW?

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## MY PRACTICE FOR THIS SEASON

You do not need to practice everything at once. The goal is not to build an impressive spiritual routine. Choose a simple rhythm that helps you become more available to Jesus.

### What would be a helpful next step for me?

- ☐ Continue a practice that is already life-giving
- ☐ Daily Office
- ☐ Lectio Divina
- ☐ Living Word
- ☐ FLOW
- ☐ Combine two practices
- ☐ Something else: \_\_\_\_\_

### The rhythm I want to try:

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### When or where might this naturally fit into my life?

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**What would make this simple enough to actually practice?**

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**BEGIN SIMPLY**

Choose one faithful step and allow God to shape your life over time. Christian formation grows through dependence, not spiritual performance.

**A prayer for this season:**

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**CARRYING ATTENTIVENESS INTO RELATIONSHIPS**

Learning to notice God also changes the way we notice people. As we become more attentive to God's presence and activity, we can become more attentive to what He may be doing in the lives of people around us.

**FROM PRACTICE TO MISSION**

FLOW teaches us to notice God. Module 4 will help us carry that attentiveness into our relationships as we learn to join Jesus in His mission.

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**One person or relationship I want to approach with greater attentiveness:**

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**One thing from Module 3 I want to carry with me:**

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## **REMEMBER**

### **LIFE IS RECEIVED, NOT ACHIEVED.**

Christian practices do not earn God's presence or love. They help us slow down, pay attention, receive His life, and respond faithfully.

## **BEFORE MODULE 4**

Keep practicing the rhythm you chose. Pay attention not only to whether you “completed” it, but to what helps you become more attentive to Jesus and more available to the people around you.

Before Module 4, complete the TELL Evangelism Preparedness Assessment. Bring your results with you. We will use them as a starting point for exploring how we can join Jesus in His mission through our everyday relationships.

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**TELL — EVANGELISM PREPAREDNESS ASSESSMENT**

Complete the free TELL assessment before Module 4.  
[christianpractices.org/free-evangelism-preparedness-assessment/](http://christianpractices.org/free-evangelism-preparedness-assessment/)

**NEXT MODULE**

**SHARE —** Joining Jesus in His Mission

We will explore a relational way of participating in what God is already doing in the lives of people around us.