


in the way of Jesus. You've got to put the big rocks in first, or you'll never get them in at all. The Big Rock for the Benedictine Community was fixed hour prayer or what they called the Divine Office. What are the "big rocks" around which you order your life?

Fixed Hour Prayer Resource:
<https://annarborvineyard.org/resources/pray-the-divine-hours/>

Prayer as Subversive Act: Daniel 6

Christian prayer was and always will be a confession that God is sovereign no matter who rules the land. Response?

"Gracious and Holy Father, Please give me: intellect to understand you, reason to discern you, diligence to seek you, wisdom to find you, a spirit to know you, a heart to meditate upon you, ears to hear you, eyes to see you, a tongue to proclaim you, a way of life pleasing to you, patience to wait for you and perseverance to look for you. Grant me a perfect end, your holy presence, a blessed resurrection and life everlasting" (St. Benedict).



**at the cross
RECOVERY**

**MEETS HERE
SUNDAY NIGHTS 6:30 to 8:00 PM**

"A Place to find hope, healing, and community for those whose lives have been touch by addiction."

This group is for people who struggle with addiction

This group is for people who struggle with those who struggle with addiction.

**FALL TABLE GROUPS
BEGIN SEPTEMBER 18TH**

THERE IS DETAILED INFORMATION AVAILABLE IN THE LOBBY

CHURCH STAFF

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9:45 AM - 10:45 AM Sunday School
11 AM - 12:30 PM Worship Service
617 16th St. New Cumberland, PA 17070
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www. facebook.com/tablelifechurch

CHURCH OF

THE NAZARENE

TABLELIFE
CHURCH



Order of Worship
15 September 2019
The Season after Pentecost

We Gather to Worship God

Prelude Music
Welcome
Call to Worship
Worship Reading

We Listen to the Scriptures

Pastoral Prayer
Offering
Scripture Reading: Mark 1.35-39
Sermon Series: "They Teach us to Pray"
Sermon One: Benedict of Nursia: The Intentional Life

We Come to the Table

Passing the Peace of Christ
Song of preparation
Prayer of Consecration
The Lord's Prayer
We Eat and Drink Together
Prayer of Thanksgiving

We Go to Live in the Reign of God

Community Life
Gossiping the Good Stuff
Doxology
Blessing and Sending

***If you are a guest with us today,
Please take time to fill out a
Connection Card as you leave.
Thank You!***

Please visit us on our website,
www.tablelifechurch.org for details of events.
Also you will find, Worship folders, Church Calendar, more about our
ministries and online giving.

COMING SOON

Sept 15 Common Meal	TODAY!!!!	12:30PM
Sept 15 At the Cross Recovery		6:30PM
Sept 17 Children's Team Meeting		6:30PM
Sept 20 Leadership Retreat		5:30PM
Sept 22 At the Cross Recovery		6:30PM
Sept 25 Neighborhood Meal Ministry		5:30PM
Sept 29 At the Cross Recovery		6:30PM

Official Church Calendar ~ www.tablelifechurch.org/calendar

Sermon Reflection Guide

Mark 1.35-39

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons (Mark 1.35-39).

Question for Everyone

The words that best describe me are (1) intentional and methodical or (10) spontaneous and impetuous. Where are you on this range?

Learning to Pray

I cannot remember a time in my life that prayer wasn't a central part of my world, in good times and in bad; sometimes expressed in the nightly prayers of a young boy, sometimes expressed in the occasional prayers of urgency when help was needed. What are your first memories of prayer? When did God become more than a mere word to you?

How Would You Rate Your Prayer Life?

But in spite of prayer's prominence in the human experience, many Christians would admit to a prayer life that is

roughly the equivalent of a self-confessed agnostic. How would you rate your prayer life: (1) Needs a great deal more of effort. (10) I'm killing it in the prayer department? Talk about why you feel the way you do about your prayer life.

The Goal of this Series

Most importantly, I want us to understand that praying isn't the end, but a means to an end. Prayer isn't the goal but a way to the goal. The goal is union with God through Christ by the indwelling Holy Spirit. Prayer is that sacred space where God can more easily access our awareness. In a certain sense, I couldn't care less how you pray as long as your practice of prayer is drawing you more deeply into the heart of Jesus. I hope this year's All Saints series will give us some new information about important Christians who have gone before. But this series isn't primarily about biography; this series is about practices that draw us into union with the Divine. Response?

Prayer According to Richard Rohr:

"Prayer is not primarily saying words or thinking thoughts. It is, rather a stance. It's a way of living in the Presence. It is, further, a way of living in awareness of the Presence, even enjoying the Presence. The full contemplative is not just aware of the Presence, but rests, allows, and delights in it." How might Rohr's insight help you in your pursuit of prayer?

Benedict of Nursia

Benedict was born in Nursia (Norcia) in Umbria, Italy, around 480 AD. He came to be known as the Father of Western Monasticism. Famously known for writing what came to be called The Rule of St. Benedict. The Rule is about how to live life in intentional Christian community (A.K.A Monasticism). The Rule was about ordering one's life around the work of prayer.

The Big Rocks of Christian Formation

The practice of the Christian faith requires intentional practice; a planned rhythm that supports our formation