

Wk3 Rhythms of the Soul

Looking at the way rhythms impact our life, especially in the retraining. We “try to train” in the spiritual life. Discussion of the practical rhythms we can put into place. Rhythms of prayer: reading/memorizing the Psalms, prayer books, The Ignatian Way, viewing Sunday morning through the lens of rhythms. Key figures: St. Benedict. Key Books: The Monkhooood of All Believers by Greg Peters

What is the need for rhythms?

- Rhythms in Creation
- Romans 7
- Training vs Trying
- Intentional

²⁴ Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵ Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. ²⁶ So I do not run aimlessly; I do not box as one beating the air. ²⁷ But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. (1 Corinthians 9:24–27)

Jesus' Rhythms

- Old Testament Law (“Shema” Deuteronomy 6:4-9; Luke 4:16)
- Personal Times (Mark 1:35; Luke 5:16; Matthew 14:23)

Monastic Rhythms: The monastic movement functions between the rhythms of prayer and work.

*“Prayer draws us to God; work sends us into the world. Prayer centers and quiets us; work energizes us. Prayer restores us to God; work allows us to participate in God’s restoration of the world. Jesus himself followed this rhythm.”
(Sittser, *Water from a Deep Well*, 114)*

Key Monastic Figures and Movements

- Pachomius 290 - 346: “routine of prayer and work”
- Basil 330-379 & Macrina:
 - also focused on prayer and work but put an emphasis on helping the broader society in service. Helping the poor, etc.
 - promoted community life over solitary life (law of love only possible in community)
- Augustine 354-430
 - Wrote a letter to a group of women that became formalized as a rule
 - Also emphasized community as a place for the formation of love.
- Benedict 480 - 550
 - Rule of St. Benedict

- Franciscans: St. Francis 1181-1226
- Dominicans(1215): St. Thomas 1225-1274
- Carmelites (1226): Reforms 1562
 - St. John of the Cross
 - St. Teresa of Avila
- Jesuits: St. Ignatius of Loyola 1491-1556

Local Monasteries

All Merciful Saviour Monastery (9933 SW 268th Street, Vashon, WA, 98070)
 Holy Theophany Monastery (Olympia, Washington)

"Such routine creates the conditions for God to do a subtle, deep and transformative work in our souls and in the world." (Sittser, 115)

Possible Pitfalls of Rhythms

- Always prioritize people over rules like Jesus (Mark 6:31-34)

"Fasting is always with me, but you I cannot always have with me. Fasting is useful and necessary, but it depends on our choice, while the law of God demands charity. Thus, receiving Christ in you, I serve you with all diligence, and when I have taken leave of you, I resume the rule of fasting again." (said by a Hermit who received St. John Cassian and his friends)

- Heart Intention Matters (Matthew 6)

Establishing Rhythms

- "What could I do, that I would do, to make Life a little better" (Jordan Peterson, *12 Rules for Life*)
- In line with your current vocation
- Practicing the Presence (Brother Lawrence)
- Recognizing Seasons of the Soul

What controls your calendar controls your life! (Mike Kibbe)

- **Daily rhythms:** recitation of prayer, reading Scripture, intercessory prayer, family devotions, reading a Psalm, the Lord's Prayer, discipleship book/devotional, confession & repentance, examination of conscience
- **Weekly rhythms:** Sunday worship, Christian community, fasting, longer prayer session,
- **Monthly rhythms:** fasting, one-on-one discipleship, half day or day retreat, act of hospitality, community service,
- **Yearly rhythms:** sacred holidays—Easter, Advent/Christmas, Pentecost, Ascension Day, Reformation Day, Thanksgiving, Vacation, retreat of some kind,