

# RHYTHMS OF GRACE

"Walk with me and work with me—  
watch how I do it. Learn the unforced  
rhythms of grace. I won't lay anything  
heavy or ill-fitting on you. Keep  
company with me and you'll learn to  
live freely and lightly."

- Jesus

# RHYTHMS OF GRACE RETREATS

A SACRAMENTAL LIFE RETREAT SERIES FOR  
ORDINARY TIME 2021

JULY  
1

## WORSHIP IN THE WORLD & CHURCH

Staying in world and church:  
Praying & giving, embracing &  
reconciling, healing &  
confronting.

11:30 am - 1:30 pm (Eastern)



AUG  
26

## LOVE NEIGHBOR & SELF

Care for self and neighbor:  
Hospitality, generosity, justice,  
and forgiveness.

11:30 am - 1:30 pm (Eastern)



OCT  
14

## ENJOY WORK & REST

Tending to fruitful work and  
refreshing rest: vocation,  
stewardship, sabbath, beauty,  
and thanksgiving.

11:30 am - 1:30 pm (Eastern)



11:30  
AM

## LECTIO DIVINA

Guided silence, prayer, and  
Scripture reading (lectio divina).

12:10  
PM

## INDIVIDUAL REFLECTION

Individual reflection (offline)  
with the help of simple prompts  
included in the downloadable  
retreat guide.

12:50  
PM

## GROUP DIRECTION

Simple group spiritual direction  
with space for guided response  
and Q & A.

# SCHEDULE



# THIS RETREAT IS...

## AN INVITATION TO CEASE

The hardest part of a retreat is making the choice to stop your daily activities in order to make space to be fully attentive to receive from God. Sabbath rest is designed by God so that we would regularly STOP our harried lives and be still in God's presence in order to reflect deeply on the gift of life given to us.

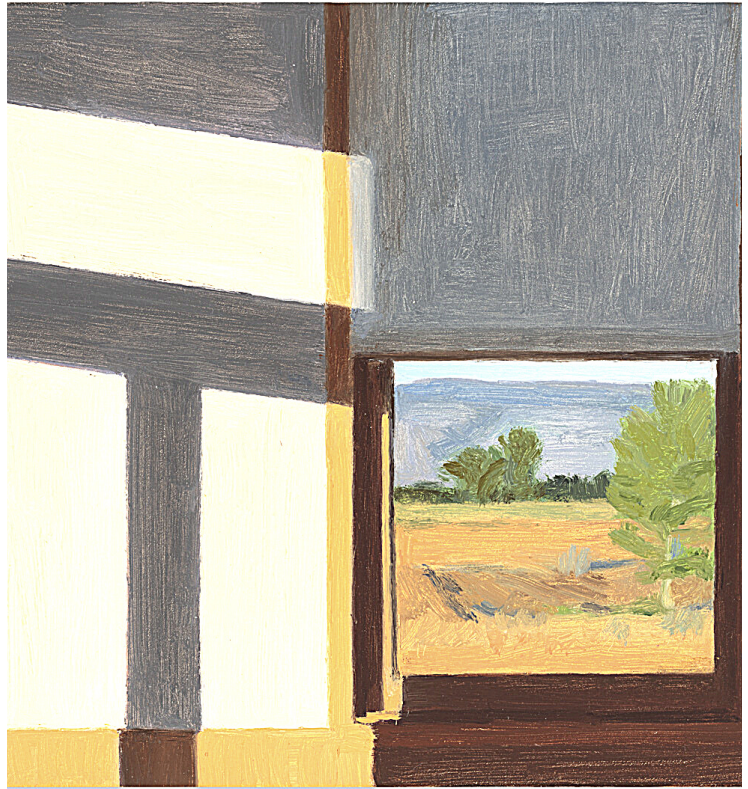
For these 2 hours, put aside the screens, technology, and any other external noise so you can tune your ears to God's direction.

## AN INVITATION TO REST

Give yourself permission to rest so that your Father can refresh and renew your heart, mind, and body. When Jesus invited his followers to retreat from the world and come away with him to pray, his disciples rested deeply in his presence.

During the offline time, it's okay to take a nap - resting is an essential element of preparing to hear the voice of the One who loves you with intimate affection.

Jesus often withdrew to a quiet place and rested in his Father's presence. Like Jesus, when your soul is refreshed it's filled up with God. Come with a sense of anticipation that God will not disappoint you as you draw near. Simply enter your retreat with an open, outstretched hand of love and gratitude.



## AN INVITATION TO FEAST

Retreats are not designed to be somber occasions—instead, they are delightful times to find joy in your walk with the Lord! Find ways to feast with all of your senses: enjoy a warm cup of tea with honey, light a scented candle, swing in a hammock, take a walk through your neighborhood, listen for the ambient noise that becomes more apparent when we quiet all of our devices, meditate on some of the art images here or around your home.

Thank God for the gift of feasting in the quiet.



## ENJOY FRUITFUL WORK & REFRESHING REST

BOBBY GROSS,  
LIVING THE CHRISTIAN YEAR

Too often we succumb to this...tendency to set aspects of the Christian life into unhelpful opposition. ... Instead, we should hold these elements in creative tension or complimentary pose, or better yet, see them as fruitful rhythms.

We know our bodies and minds need food and rest in order to be productive. But do we understand the spirituality of work and rest?

God created us with the capacity to work... and God gave us the responsibility to work, that is, to cultivate and develop the unlimited potential of his good creation. Working is part of what it means to bear the image of God.

### **OUR WORK IS SPIRITUAL. OUR REST IS SPIRITUAL.**

... our times of rest become spaces for meeting God. As we rest, implicitly we acknowledge that he is at work when we are not and that he will provide for us and others. We are not meant to carry the weight of the world. Jesus says, "Come to me, all you that are weary.. I will give you rest. (Mt. 11:28).

# JESUS, I AM RESTING, RESTING

JEAN SOPHIA PIGOTT (1876)

1 Jesus, I am resting, resting  
in the joy of what thou art;  
I am finding out the greatness  
of thy loving heart.  
Thou hast bid me gaze upon thee,  
as thy beauty fills my soul,  
for by thy transforming power,  
thou hast made me whole.

Refrain:

Jesus, I am resting, resting,  
in the joy of what thou art;  
I am finding out the greatness  
of thy loving heart.

2 O how great thy lovingkindness,  
vaster, broader than the sea!  
O how marvelous thy goodness  
lavished all on me!  
Yes, I rest in thee, Beloved,  
know what wealth of grace is thine,  
know thy certainty of promise  
and have made it mine. [Refrain]

3 Simply trusting thee, Lord Jesus,  
I behold thee as thou art,  
and thy love, so pure, so changeless,  
satisfies my heart;  
satisfies its deepest longings,  
meets, supplies its ev'ry need,  
compasseth me round with  
blessings:  
thine is love indeed. [Refrain]

4 Ever lift thy face upon me  
as I work and wait for thee;  
resting 'neath thy smile, Lord Jesus,  
earth's dark shadows flee.  
Brightness of my Father's glory,  
sunshine of my Father's face,  
keep me ever trusting, resting,  
fill me with thy grace. [Refrain]





### ***SONNET 19: WHEN I CONSIDER HOW MY LIGHT IS SPENT***

BY JOHN MILTON

When I consider how my light is spent,  
 Ere half my days, in this dark world and wide,  
 And that one Talent which is death to hide  
 Lodged with me useless, though my Soul more bent  
 To serve therewith my Maker, and present  
 My true account, lest he returning chide;  
 "Doth God exact day-labour, light denied?"  
 I fondly ask. But patience, to prevent  
 That murmur, soon replies, "God doth not need  
 Either man's work or his own gifts; who best  
 Bear his mild yoke, they serve him best. His state  
 Is Kingly. Thousands at his bidding speed  
 And post o'er Land and Ocean without rest:  
 They also serve who only stand and wait."

# PRAC TICES

## 8-9 SABBATH & RETREAT

To set apart one day a week as well as other intentional blocks of time for rest and worship of God.

## 10-13 LECTIO DIVINA

To prayerfully encounter and surrender to the Living God through attending to Scripture.

## 14-15 PRAYER WALK

To align myself with Christ and his intercession for the kingdom to come while walking in particular places.

## 16 RECEIVE THE DAY

To receive each day exactly as it presents itself to you, alert to God and without judgment or other coping mechanisms to escape the reality of the present moment.

## 17 RELEASE THE DAY (EXAMEN)

To reflect on where I was most and least present to God's love in my day.

Source for definitions: *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun





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DAYS.**

“

Abraham Joshua Heschel  
*Sabbath*

# RECEIVING GOD'S WORD (*LECTIO DIVINA*)

## WHAT IS LECTIO DIVINA?

Lectio Divina or “sacred reading” is a method of reading Scripture that’s been used by the Church for centuries and incorporates several ways of interacting with God through Scripture into one practice. For God’s Word to form and transform us rather than merely *inform* us, we need help to move Scripture from our minds into our whole person.

Lectio Divina is a way to read Scripture with mind, heart, body, and spirit. The four steps used in Lectio Divina might feel a bit cumbersome at first but will eventually become a natural way to be present to God as we read Scripture. Mary is a beautiful model for the practice of Lectio Divina as she offered her whole heart, mind, spirit, and body in response to God’s message..

## WHEN IT'S HARD TO SETTLE INTO THE QUIET

As we attempt to receive the word in our heart, mind, spirit, and body it’s natural for any part of ourselves (if not every part!) to resist the quiet focus. When we begin to sense thoughts or feelings bubbling up in the quiet, it’s helpful to just notice them without trying to analyze

## 3 SUGGESTIONS FOR SETTLING INTO THE QUIET

Begin with your body.

Sit in a comfortable position and notice anyplace feeling tense or tight. Breathe deeply in and out at least 3 times slowly. On a particularly hard day, breathe in for 4 counts, hold your breath for 4 counts, and breathe out for 4 counts.

Direct your mind.

Prepare a phrase to respond to temptation to become distracted. Try something like: *O come, Emmanuel*

Tend to your heart.

When distraction or tension becomes anxiety, return to the breath. Let the inhale and exhale prompt a simple prayer. Breathe in as you pray the words *Let it be with me* and exhale *Just as You say*.

## TRUST GOD TO BE WITH YOU

Know that whether your prayers are a joyful response like Mary’s or barely articulate, you are not alone. The church in all time and places has experienced the tension of hearing God’s message in the middle of distraction. We can trust God as our Heavenly Father to be present with us through Christ and by His Spirit.

End your time with a simple prayer or chorus. Go about your day with peace.

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EAR.**

**WE HAVE TO LEARN TO  
LISTEN TO SCRIPTURE.  
AND WE HAVE TO  
LEARN TO LISTEN TO  
LIFE AROUND US.**

“

Joan Chittister



# 4 STEPS FOR LECTIO DIVINA

**1**

## **READ (*LECTIO*)**

Slowly and gently reading and reread a passage of Scripture until a word or phrase draws your attention. Notice any strong emotion that comes as you consider the word or phrase.

**2**

## **MEDITATE (*MEDITATIO*)**

Once you have landed on a word or phrase, gently repeat it to yourself. Receive and reflect on the thoughts, hopes, images, and feelings that come to you through this word or phrase. Ask yourself: What is being offered to me through this Scripture?.

**3**

## **PRAY (*ORATIO*)**

Allow your whole being to become prayer. Honestly express your deepest thoughts, feelings and desires in dialogue with God. Pray yourself empty.

**4**

## **REST (*CONTEMPLATIO*)**

Gently let go of all thoughts and feelings. Drop into God's presence beneath thought, beneath emotion. Rest completely in God, grateful for what has been given. End your time with a simple chorus or prayer of thanks.

# *Individual Reflection*

What word or phrase captures your attention?

What thoughts or feelings arise as you contemplate the word or phrase?

What is being offered to you through this Scripture?

Write a prayer of response from your time meditating on this Scripture.



*July Doorway*, 2016, Eleanor Ray



*Spring Street Doorway*, 2015, Eleanor Ray

# PRAYER WALK

## ON EARTH AS IT IS IN HEAVEN

"Prayer walking is a way of saturating a particular place and people with prayer. This discipline draws us out of prayers that are limited to our immediate concerns and into a larger circle of God's loving attention." (Adele Calhoun)

You might choose the neighborhood surrounding your home, church, or workplace. You can walk alone or with others. In every case, remember that you are in the company of Jesus..

There are no set prayers for this discipline. You can pray whatever comes to your heart and mind as you pass various homes, parks, and places of business. You might match your breath and pace to the beautiful Aaronic blessing that begins "The Lord bless you and keep you". Another suggestion is to alternate specific biblical phrases like "Come, Lord Jesus" and "Mercy triumphs over judgment."

The Lord's prayer offers a beautiful, substantive template for a prayer walk. If nothing else, consider the phrase "may your kingdom come on earth as it is in heaven" as you walk your neighborhood. The following page provides specific prayer prompts for a 35-minute walk using each section of the Lord's prayer.

# PRAYER WALK PROMPTS

## 5 MINS OUR FATHER WHO ART IN HEAVEN

In Jesus, you stepped out of heaven and became part of our neighborhood on earth. You did so out of love for us. May we desire to love and serve our neighbors in the same way you loved us

## 5 MINS HALLOWED BE THY NAME

We want your name to be known and honored in this neighborhood. There is no other name by which men can be saved (Acts 4:12). There is freedom in the name of Jesus and so we want your great name known!

## 5 MINS THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

You are our King, worthy of our obedience and submission. Make us a people who live in light of your kingdom. May our lives shine in the darkest place of this neighborhood, as a testimony to your goodness.

## 5 MINS GIVE US THIS DAY OUR DAILY BREAD

You know the needs of this neighborhood. Would you provide for this neighborhood and give us eyes to see how you might use us to meet those needs?

## 5 MINS AND FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS

There is great depravity and brokenness both within us and in our neighborhood. Forgive us for our continued rebellion against you and any unforgiveness we hold. May the forgiveness you offer be made known, through us, in our neighborhood.

## 5 MINS LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL

Would you protect our neighborhood from the work of the evil one? Where there is addiction, greed, pride, lust, hate, and the like, would you crush it?

## 5 MINS FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER. AMEN.

Only by your sovereign hand can anyone know you. Help us see the way your Spirit is working. Give us courage to come alongside what he is doing. Even right now, as we walk, reveal to us how to make your kingdom, power and glory known.

## Post-walk reflection

- What prayer most resonated as you walked?
- What did you notice as you prayed that you had not noticed before?
- What prayers do you feel particularly compelled to continue praying?

# RECEIVING THE DAY

## WHAT IS THE PRACTICE OF RECEIVING THE DAY?

"How we live in time shapes the quality of our relationships with our innermost selves, with other people, with the natural world, and with God." (Dorothy C. Bass, *Receiving the Day: Christian Practices for Opening the Gift of Time*)

The spiritual practice of receiving the day helps us welcome time as a gift from God rather than try to escape time as an arbitrary, relentless construct. In its simplest form, receiving the day means to walk through the day exactly as the day presents itself to us. The practice encourages us to pay attention so that when our default patterns of impatience, obsessions with productivity, or passively numbing ourselves to the passing hours. When we find ourselves avoiding the day, we gently notice what we're feeling and how we're responding to the circumstances around us. Most importantly, when we find ourselves avoiding the reality of the present moment, we can pause to offer a simple prayer "Thank you for this day. I receive it as a gift just as it is.

In Bass' words, the practice of receiving the day with gratitude and humility creates a posture of "joyful dependence". It's a habit that soaks our days in grace.

## 3 SUGGESTIONS FOR RECEIVING THE DAY

Begin with your body.

"The Christian practice of receiving the day is made for people who have and are bodies... these bodies cry out for care, for nourishment, for exercise, for rest." (Dorothy C. Bass)

While all bodies need many of these same things, only you know what your body needs to be able to enter a day well. Whenever you're tempted to avoid the time, ask first what your body needs at the moment.

Direct your mind.

How can we receive a day if our thoughts are fixated on regret from the past or worry for the future? When you're tempted to avoid the present moment, notice where your mind roams. What memories do you need healing to release? What anxieties about your future do you need to notice as fear or desire? Let your mind inform your prayer.

Tend to your heart.

Sometimes, in seasons of great stress or recovery, receiving the day is too ambitious of a goal. In those times, we practice receiving the next hour or the minutes.

*Inhale: Thank you God for this breath*

*Exhale: I receive it as your gift. Amen.*



RELEASING THE DAY

# EXAMEN PROMPTS

"Those who can let go of the day, including its slights and sins, enter the next day forgiven and free. Those who fear the grave as little as their bed become available for bold and creative living... We sleep well, as we live and die well, knowing that we are in God's embrace." (Dorothy C. Bass)

One of the most helpful tools to practice releasing the day is the historic prayer that's been used by Christians all over the world since the time of Saint Ignatius.

The examen provides a way to collect all that you've been noticing about God, yourself, and others throughout the day and helps you grow in discernment about how Jesus is inviting you to watch, walk, and work with him in unforced rhythms of grace.

## 1-5 MINS REVIEW THE DAY

Become aware of God's presence. Ask the Holy Spirit to increase your awareness of God's promised presence. Review the day with gratitude.

1-5 MINS

## GIVE THANKS

Give thanks and celebrate the gifts that you received from God and others.

1-5 MINS

## REFLECT & LISTEN TO LOVE

When did you receive the most love today? When did you give and receive the least love today?

Pay attention to your emotions. List a few feelings that were present throughout the day.

1-5 MINS

## MAKE CONFESSION

When did you have the deepest sense of connection with God, others, and yourself today? When did you have the least sense of connection?

Choose one feature of the day pray from it. Ask the Holy Spirit to bring one element of your day to mind. Focus specifically on that experience. Sit with it prayerfully.

1-5 MINS

## LOOK FORWARD TO TOMORROW

As you sit prayerfully and listen to the stirrings of the Spirit, what is God's invitation to you as you pay attention to the day's events? Allow God to shape a prayer within you.

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**IT IS ONLY WHEN WE GIVE UP FREELY, TOTALLY, UNCONDITIONALLY, THE SELF-SUFFICIENCY OF OUR LIFE, WHEN WE PUT ALL ITS MEANING IN CHRIST, THAT THE 'NEWNESS OF LIFE' – WHICH MEANS A NEW POSSESSION OF THE WORLD – IS GIVEN TO US. THE WORLD THEN TRULY BECOMES THE SACRAMENT OF CHRIST'S PRESENCE, THE GROWTH OF THE KINGDOM AND OF LIFE ETERNAL.**

“

Alexander Schmemmann,  
*For the Life of the World*

# ADDITIONAL RESOURCES

## DAYBOOK MEDITATIONS MEMBERSHIP

Ordinary Time retreat guests can receive **one month of Daybook Meditations for FREE. Enter the code ORDINARYTIME2021** when you subscribe to Daybook Meditations membership here: <https://www.tamarahillmurphy.com/about-daybook-meditations>.

Each Sunday during Ordinary Time, I post a weekly guide to help us look, listen, read, pray, and do simple spiritual practices for Ordinary Time. For \$5 a month, [Daybook Meditations](#) subscribers receive curated collections of Scripture readings, music, art, prayer, and simple daily practices to help us worship God, love people, and enjoy beauty.

The weekly posts during Ordinary Time make a perfect complement to the retreat series. Each post provides additional Scripture, prayer, playlists, and practices to help you continue to respond to the invitations God offers you during our three virtual gatherings.

*This offer is only for those who sign up for the retreat series and expires on October 14.*

## LIVING THE CHRISTIAN YEAR: TIME TO INHABIT THE STORY OF GOD BY BOBBY GROSS

I'm grateful to author Bobby Gross for providing the themes for the Ordinary Time retreat series this year. In this guide and in the weekly Daybook Meditations posts I'll be sharing readings from the excellent devotional guide, *Living the Christian Year: Time to Inhabit the Story of God* by Bobby Gross.

While it's not necessary to purchase the book to follow along with us, it's an excellent resource we've dog-eared so often the pages are falling out of our copy!

## ARTISTS

I'm grateful for the artists featured in our retreat series guidebooks. Here are some more place you can learn about their work.

[Eleanor Ray](#)

[Caitlin Connolly](#)

[Etel Adnan](#)

## PLAYLISTS

I'll be adding a new playlist before the beginning of each of the three retreats. You can also find the links in the registration email.

[Rhythms of Grace: World & Church](#)

[Rhythms of Grace: Neighbor & Self](#)

[Rhythms of Grace: Work & Rest](#)



# HELLO, MY NAME IS TAMARA

(HINT: IT SOUNDS LIKE CAMERA.)

I'm a spiritual director and writer living with my husband Brian, an Anglican priest, in Bridgeport, CT. My writing has appeared in Plough, Think Christian, and Englewood Review of Books. I love my work as a Spiritual Director and Selah fellow with Leadership Transformations. Besides writing and offering spiritual direction, I'm also learning how to parent our four adult children. You can find me at [TamaraHillMurphy.com](http://TamaraHillMurphy.com), and [A\\_Sacramental\\_Life](#) on Instagram.

If you're looking for encouragement to worship God, love people, and enjoy beauty wherever you find yourself right now, you're in the right place. I'm so glad you're here!

**OFFERING SIMPLE  
SPIRITUAL, RELATIONAL,  
AND CREATIVE DIRECTION  
TO HELP YOU WORSHIP  
GOD, LOVE PEOPLE, AND  
ENJOY BEAUTY.**

I'm all about helping those who are weary or burdened by the unexamined practices of their faith listen for the fresh invitations of Jesus to watch, and walk, and work with him in *unforced rhythms of grace*.



## RHYTHMS OF GRACE RETREAT SERIES

SALE PRICE: \$75

REGISTER AT

[HTTPS://WWW.TAMARAHILLMURPHY.COM/SHOP/RETREAT-SERIES-FOR-ORDINARY-TIME](https://www.tamarahillmurphy.com/shop/retreat-series-for-ordinary-time)

During each retreat, we'll meet 40 minutes for guided prayer, silence, and scripture reading, 40 minutes for individual reflection (offline) with the help of simple prompts included in the downloadable retreat guide, and 40 minutes for group spiritual direction with space for guided response and Q & A.

Using Bobby Gross' framework for Ordinary Time in *Living the Christian Year*, we'll consider what it means to come to Jesus with our weary questions about worshiping in the world and the church, loving our neighbors and ourselves, and enjoying our work and our rest.

Each contemplative retreat comes with a downloadable guidebook, recommended resources, and additional opportunities to connect throughout Ordinary Time.

### WHAT'S INCLUDED

- retreat series guidebook (pdf) with simple practices and prompts
- guidance for spiritual practices that you'll continue to cultivate as the retreat series unfolds
- instructions for making your own Neighborhood prayer walk to align your intercession with your outer landscape
- three virtual community gatherings led by a trained spiritual director and experienced facilitator + recordings following the live streamed retreat
- one free month of membership to Daybook Meditations for additional Scripture, prayer, playlists and practices for Ordinary Time

### LET'S TAKE JESUS UP ON HIS INVITATION TO WALK AND WORK WITH HIM IN UNFORCED RHYTHMS OF GRACE.

**JULY 1: Worship in the World & Church** 11:30 am - 1:30 pm (Eastern)

Bearing witness to the gospel as people gathered and dispersed: Praying & giving, healing & confronting, embracing & reconciling. (Available as a recording)

**AUGUST 26: Love Neighbor & Self** 11:30 am - 1:30 pm (Eastern)

Caring for self and neighbor: Hospitality, generosity, justice, and forgiveness.

**OCTOBER 14: Enjoy Work & Rest** 11:30 am - 1:30 pm (Eastern)

Tending to fruitful work and refreshing rest: vocation, stewardship, sabbath, beauty, and thanksgiving.