

Walking the Way of Love
January 10 – February 14
9:15 – 10:15 on Zoom

What you need for this class:

- *Walking the Way of Love*, edited by Courtney Cowart
- A Bible (I recommend the *New Revised Standard Version*)
- A 1979 *Book of Common Prayer*
- A journal (could be a file in your computer where you record your thoughts each week)
- Make time for the prework the week before we meet. It will help you get the most out of this class

January 10: An Invitation to Walk the Way of Love and a Rule of Life

Pework:

1. Read forward, introduction, and chapter 1 in *Walking the Way of Love*.
2. Spend time reading Psalm 139 verses 1-14 meditatively each day or as often as possible (“dwelling” in scripture). What words, phrases, and images capture your imagination? Do any thoughts or memories come to mind? Record them in your journal.

January 17: Turn

Pework:

1. Read chapter 2 in *Walking the Way of Love*.
2. Spend time at the end of each day, or as often as possible, with the Confession on page 360 of the *Book of Common Prayer* (if you are a morning person you can do this exercise earlier in the day). Ponder the following questions, and write your responses in your journal:
 - What have I done or left undone today/this week/recently that has gotten in the way of loving God with my “whole heart”?
 - What is getting in the way of loving my neighbors as myself?
 - What will turning require giving up?
 - What spiritual practice might God use to help me “turn” toward God (choose life) each day?

January 24: Learn

Pework:

1. Read chapter 3 in *Walking the Way of Love*.
2. Spend time dwelling in Mark 2:1-12 each day, or as often as possible. Write down the words and phrases that capture your imagination, as well as other thoughts or stories that come to mind in your journal.

January 31: ANNUAL MEETING: NO CLASS

February 7: Pray

Pework:

1. Read chapter 4 in *Walking the Way of Love*.
2. Spend 5–10 minutes each day sitting in silence, listening to God. I find it helpful to set an alarm on my phone so I don't worry about the time, and to hold my palms upward in a posture of receptivity. If distracting thoughts arise like "what I am going to have for dinner tonight?" sweep them away by visualizing a gentle wave moving that thought to shore. You can also use a word like "peace," "shalom," or "hope" to clear your mind and gently drive the distracting thought away. It is common for distracting thoughts to arise when you begin sitting in silence before God, so don't get discouraged!
3. Visualize the people and places you wish to pray for encircled and healed by God's light.

February 14: Worship

Pework:

1. Read chapter 5 in *Walking the Way of Love*.
2. Read Romans chapter 12:1-2 meditatively each day, jotting down the words, phrases, and images that capture your imagination in your journal, as well as any stories or other thoughts that come to mind.

February 21: Bless

Pework:

1. Read chapter 6 in *Walking the Way of Love*.
2. Read Genesis 12:1–3 meditatively each day, jotting down the words, phrases, and images that capture your imagination, as well as any stories or other thoughts that come to mind.
3. Like Abraham we are blessed by God to be a blessing to others. God empowers us by the Spirit to bless others with our time and gifts, practicing generosity and compassion and proclaiming the Good News of God in Christ with hopeful words and selfless actions. Practice blessing others this week by sharing your resources, time, faith, story, prayers, and/or a word of encouragement. In the era of Covid-19 this might look like a phone call, a note, or an unexpected gift of food, clothing, or money.

February 28: Go

Pework:

1. Read chapter 7 in *Walking the Way of Love*.
2. Read Luke 10:25-37 meditatively each day or as often as possible, jotting down the words, phrases, and images that jump out at you, as well as any stories or other thoughts that come to mind.
3. Write your response to the following question in your journal: in what ways has God called you and/or is God calling you to cross boundaries, listen carefully, and participate in God's healing, reconciling work in the world?

March 7 or 14: Rest and Why Jesus and His Way of Love?

Pework:

1. Read chapters 8 and 9 in *Walking the Way of Love*.
2. Read Genesis 1:31-23:3 and Exodus 20:8-11 meditatively each day or as often as possible, jotting down the words, phrases, and images that capture your imagination, as well as any stories or other thoughts that come to mind.
3. Observe a half or whole day Sabbath this week. If possible, put away your electronics, don't do paid or volunteer work or chores, slow down, and engage in prayer, the meditative reading of scripture, some journal writing and/or other spiritual practices and activities that are renewing. Or just "be still" and rest in God." What was this experience like? Did you experience resistance (in yourself or others) to your desire to rest in God?