

Student Name _____

CSD Praxis: Practices for Sabbath Living

Commit to 3 practices over the summer by checking the box. Consult the document below for detailed guidance on these practices.

SENSATES: *Loving God with the Senses*

- Sight:* Visit an art museum to reflect on specific works (**3 times**).
- Sound:* Attend a concert of classical music, opera, or jazz (**3 times**).
- Touch:* Pray with different postures (**3 times per week**).
- Smell & Taste:* Prepare a dish or meal for guests (**4 times**).

TRADITIONALISTS: *Loving God through Ritual and Symbol*

- Celebrate a Festival of the Church by reading Scripture (**3 times**).
- Adopt a practice of daily prayer (**daily**).
- Attend a liturgical church service (**3 times**).
- Abstain from *all* work on the Sabbath to rest in the Lord (**4 times**).
- Using a devotional book, formally observe Ordinary Time (**continuous**).

CONTEMPLATIVES: *Loving God through Adoration*

- Practice *lectio divina*, an ancient method of reading, meditating, contemplating, and praying the Holy Scriptures (**once a week**).
- Practice the Jesus Prayer or centering prayer (**3 times per week**).
- Visit a botanic garden or park to contemplate the presence of God in nature (**4 times**).
- Select works of sacred art or music for meditation and worship (**4 times**).

NATURALISTS: *Loving God Outdoors*

- Set aside time to go on an unplugged walk or hike (**2-3 times a week for two weeks**).
- Seek out an inspiring view that you can return to often (**return to at least 4 times**).
- Take special notice of all the animals you encounter, praising God for his creation (**one week**).

ENTHUSIASTS: *Loving God with Mystery and Celebration*

- Attend a church service with charismatic or contemporary worship (**3 times**).
- Volunteer **for the entirety of** your church's VBS or a summer camp.
- Pray for God to work boldly in your life so that you may glorify Him to others (**daily for 5-10 minutes**).

ACTIVISTS: *Loving God through Confrontation*

- Volunteer at an organization or ministry, preferably through your local church, which addresses environmental stewardship, homelessness, poverty, racial reconciliation, abortion or refugee integration (**3 times**).
- Read a book about a historical activist figure (**finish the book before school begins**).
- Make a video raising awareness about suffering that you see in the world, including a call to action (**once**).
- Choose a local issue of social justice, praying for God's deliverance and blessing (**daily for 1 week**).

ASCETICS: *Loving God in Solitude and Symplicity*

- Fast from all screens and speakers for 24 hours (**5 times**).
- Engage in a 24-hour fast from food (**1 time every 2 weeks**).
- Take a 24-hour vow of silence (**1 time every 2 weeks**).

CAREGIVERS: *Loving God by Loving Others*

- Volunteer at a nursing home, hospice, pregnancy center, or any care-oriented institution (**2-4 days per month**).
- Provide a meal or treat to someone who is sick, mourning, lonely, or in need (**1 time per week**).
- Write an e-mail or letter that expresses care (**daily for 3 weeks, together or separated**).

INTELLECTUALS: *Loving God with the Mind*

- Attend a lecture at a university, church, or other public forum that is stimulating and challenging (**3 times**).
- Form a discussion group, taking turns presenting on a topic of common interest (**3 times**).
- Read at least one book above your intellectual level this summer (**at least one**).

CSD Praxis: Summer Practices for Sabbath Living

What is a “sacred pathway”? Put very simply, it describes the way we relate to God, how we draw near to him. Do we have just one pathway? Not necessarily. Most of us, however, will naturally have a certain predisposition for relating to God, which is our predominant spiritual temperament.

– Gary Thomas, *Sacred Pathways: Discover Your Soul's Path to God*

SENSATES: *Loving God with the Senses*

“Sensate Christians want to be lost in the awe, beauty, and splendor of God. They are drawn particularly to the liturgical, the majestic, the grand. . . . The five senses are God’s most effective inroad to their hearts.”

- **Sight:** Visit an art museum, select a few pieces, and meditate on each of them for approximately 15 minutes (**3 times**).
 - *Suggestions:* Dallas Museum of Art, Meadows Museum (SMU), Nasher Sculpture Center (Dallas), Kimbell Art Museum (Ft. Worth), Amon Carter Museum of American Art (Ft. Worth).
- **Sound:** Attend a concert of classical music, opera, or jazz (**3 times**).
 - *Suggestions:* The Dallas Opera, The Dallas Symphony Orchestra, Sammons Jazz (Sammons Center for the Arts), Bass Performance Hall (Ft. Worth)
- **Touch:** Pray with different postures – stand, sit, kneel, prostrate (**3 times per week**).
- **Smell & Taste:** Find new recipes, shop for ingredients at the grocery store or farmer’s market, and prepare a home-cooked dish or meal for guests (**4 times**).

TRADITIONALISTS: *Loving God through Ritual and Symbol*

“Traditionalists are fed by what are often termed the historic dimensions of faith: rituals, symbols, sacraments, and sacrifice. These Christians tend to have a disciplined life of faith.”

- Celebrate a Festival of the Church by reading Scripture relevant to the event or saint (**3 times**).
 - *Suggestions:* The Birth of the John the Baptist (June 24); Peter and Paul, Apostles (June 29); Mary Magdalene (July 22); James the Apostle (July 25); The Transfiguration of Our Lord (August 6); The Blessed Virgin Mary (August 15)
- Adopt a regular practice of daily prayer (**daily**).
 - Download the free app “Time to Pray” from The Church of England, available on the App Store for iOS devices.
 - Obtain a copy of *Common Worship: Shorter Morning and Evening Prayer* (ISBN: 9780715123157) or *Common Worship: Daily Prayer* (ISBN: 9780715121993).

- Attend a liturgical church service (**3 times**).
 - *Suggestions:* All Saints Dallas (downtown), All Saints East Dallas/St. Bartholomew Anglican Church (East Dallas), Church of the Incarnation (Uptown), Cistercian Abbey (Irving), St. Thomas Aquinas Catholic Church (East Dallas), St. Seraphim Orthodox Cathedral (downtown)
- From the Decalogue, obey the Fourth Commandment by abstaining from *all* work on the Sabbath (Sunday) in order rest in the Lord. Exodus 20:8-11 says, “Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work . . . For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy” (**4 times**).
- Using a devotional book, formally observe Ordinary Time, which indicates the parts of the liturgical year that are not included in the major seasons of the church calendar. Ordinary Time includes the current season from the Monday after Pentecost (May 21) through the Saturday before the First Sunday of Advent (December 1). Ordinary time can be understood in terms of the living out of Christian faith and the meaning of Christ’s resurrection in ordinary life. It may be referred to as the “green season” because green is the usual liturgical color for this period of the church year (**continuous**).
 - *Suggestions for a daily devotional:* Sarah Arthur (editor), *At the Still Point: A Literary Guide to Prayer in Ordinary Time*; Timothy Keller, *The Songs of Jesus: A Year of Daily Devotions in the Psalms*; Timothy Keller, *God’s Wisdom for Navigating Life: A Year of Daily Devotions in the Book of Proverbs*
 - *Suggestions for works on Christian living:* Tish Harrison Warren, *Liturgy of the Ordinary: Sacred Practices in Everyday Life*; James K. A. Smith, *You Are What You Love: The Spiritual Power of Habit*; Rowan Williams, *Being Christian*; Rowan Williams, *Being Disciples*; Phillip Cary, *Good News for Anxious Christians: 10 Practical Things You Don’t Have to Do*; Michael Horton, *Ordinary: Sustainable Faith in a Radical, Restless World*; David Powlison, *How Does Sanctification Work?*; Tim Chester, *You Can Change: God’s Transforming Power for Our Sinful Behavior and Negative Emotions*; Robert C. Roberts, *The Strengths of a Christian*

CONTEMPLATIVES: Loving God through Adoration

“Contemplatives refer to God as their lover, and images of loving Father and Bridegroom best capture their view of God. Their favorite Bible passages may come from the Song of Songs, as they enter the ‘divine romance.’ The focus is not necessarily on serving God, doing his will, accomplishing great things in his name, or even obeying him. Rather, these Christians seek to love God with the purest, deepest, and brightest love imaginable.”

- Practice *lectio divina* (“sacred reading”), an ancient method of Scripture engagement that involves four steps: reading, meditation, contemplation, and prayer. Click [here](#) for Bible Gateway’s brief guide to *lectio divina* (**once a week**).
 - *Suggested resource*: Enzo Bianchi’s *Lectio Divina: From God’s Word to Our Lives*.
- Practice the Jesus Prayer or centering prayer. These prayers are more about “being” than “doing.” They follow Jesus’ exhortation in John 15:4-5, “Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither you, unless you abide in me.” (**3 times per week**).
 - *The Jesus Prayer*: “Historically, contemplatives from the Orthodox branch of the church have made great use of the Jesus Prayer. You’ll find various forms throughout the ages and in different countries, but perhaps the most popular version goes like this: ‘Lord Jesus Christ, Son of God, have mercy on me, a sinner’ . . . The purpose of the Jesus Prayer is to practice the presence of God. . . . The main focus of the Jesus Prayer is to help us remember God. Recognizing that our minds naturally drift, the Jesus Prayer keeps reminding us of all that is fundamentally true: Jesus is Lord, he is God’s Son, we are sinners, and we need his mercy. When we really know who he is, life is lived differently.” Another formula you can use: “O God, make speed to save me. O Lord, make haste to help me.”
 - *Centering prayer*: “Centering prayer has been practiced throughout the ages as a practical help for Christians whose minds stray when they want to just sit in and soak up God’s presence. It has been a mainstay of Eastern Orthodox spirituality but has also been widely practiced among Roman Catholics as well as many Protestants. In centering prayer, you choose a word (*Jesus* or *Father*, for example, or perhaps *hope* or *love*) as a focus for contemplative prayer; as your mind strays, you repeat the word to bring your thoughts back to God. It is hard to describe this to the Western mind. We think, ‘Well, what do I do next?’ But centering prayer is a contemplative act in which you don’t do *anything*; you’re simply resting in the presence of God. Focusing on God the Father, Son, and Holy Spirit, or on the beauty of the Trinity, helps you to have a centering anchor for your contemplation, so your thoughts don’t race around looking for more stimulation. As thoughts drift, you simply repeat the word the word in your heart, centering once again, to bring you back to focus.”
- Visit a botanic garden or park, choose a quiet spot, and contemplate the presence of God in *specific* features of nature, such as the color of flowers, the shape of trees, the contrast of light and dark, the movement of clouds, the song of birds, the sound of wind (**4 times**).
 - Suggestions*: The Dallas Arboretum & Botanical Gardens, Fort Worth Botanic Garden
- Select works of sacred art or music for meditation and worship (**6 times**).
 - *Suggested guides for art*: Judith Couchman, *The Art of Faith: A Guide to Understanding Christian Images*; Juliet Benner, *Contemplative Vision: A Guide to Christian Art and Prayer*; John Drury, *Painting the Word: Christian Pictures and*

their Meanings; Gabriele Finaldi, *The Image of Christ*; Timothy Verdon, *Art and Prayer: The Beauty of Turning to God*; Henri Nouwen, *The Return of the Prodigal Son: A Story* (a meditation on Rembrandt's painting)

- *Suggested works of music*: Palestrina's "Lamentations of Jeremiah"; Bach's "Mass in B Minor," "Passion According to St. John," "Passion According to St. Matthew"; Handel's "Messiah"; Haydn's "The Creation"; Mozart's "Requiem"; Beethoven's "Missa Solemnis"; Mendelssohn's "Elijah"; Brahms' "A German Requiem"; Verdi's "Requiem"

NATURALISTS: *Loving God Outdoors*

"These Christians believe that nature clearly proclaims 'God is!'"

- Set aside time to go on an unplugged walk or hike, focused on creation and its fine details (**2-3 times a week for 2 weeks**).
 - *Suggestions*: Find a local park or neighborhood with the least amount of traffic. If traveling this summer, search for highly-rated walking and hiking trails near you.
- Seek out an inspiring view that you can return to often, ideally elevated with a good view of creation (**return at least 4 times**).
 - *Suggestions*: Bring a book for reading, music for listening, or journal for writing.
- Take special notice of all the animals that you encounter throughout a week of the summer: birds, mammals, insects, fish, etc. Each time you see an animal, thank God for His creativity and variety in creation (**1 full week**).

ENTHUSIASTS: *Loving God with Mystery and Celebration*

"Excitement and mystery in worship is the spiritual lifeblood of enthusiasts. As sensates want to be surrounded by beauty and intellectuals love to grapple with concepts, enthusiasts are inspired by joyful celebration."

- Attend a church service with charismatic or contemporary worship (**3 times**).
 - Ask friends about their church's particular style, and visit with them.
- Volunteer **for the entirety of** your church's VBS or a summer camp.
- Pray for God to work boldly in your life so that you may glorify Him to others (**daily for 5-10 minutes**).
 - *Suggestion*: Keep a daily journal, recording how God is working boldly. It is so easy to forget the great things God does for us. Writing them down will ensure that you remember the abundance of God's goodness. Share these blessings with others.

ACTIVISTS: *Loving God through Confrontation*

“Activists serve a God of justice, and their favorite Scripture is often the story of Jesus’ cleansing of the temple. They define *worship* as standing against evil and calling sinners to repentance. These Christians often view the church as a place to recharge their batteries so they can go back into the world to wage war against injustice.”

- Volunteer at an organization or ministry, preferably through your local church, which addresses environmental stewardship, homelessness, poverty, racial reconciliation, abortion, or refugee integration (**3 times**).
- Read a book about a historical activist figure (**finish the book before school begins**).
 - *Suggestions:* Ask a teacher, parents, or church leader about important activists to study. While reading the book, take note of their strengths and shortcomings.
- Make a video raising awareness about suffering that you see in the world, including a call to action. Make sure to explain how people can help as well (**once**).
 - *Suggestion:* Submit your video to Emily Eber (eeber@cambridgedallas.org), and it may be featured on the Cambridge blog.
- Choose a local issue of social justice, praying for God’s deliverance and blessing (**daily for 1 week**).

ASCETICS: *Loving God in Solitude and Simplicity*

“Ascetics want nothing more than to be left alone in prayer. Take away the liturgy, the trappings of religion, the noise of the outside world. Let there be nothing to distract them – no pictures, no music – and leave them alone to pray in silence and simplicity.”

- Fast from all screens and speakers for 24 hours (**5 times**).
 - *Suggestion:* Abstinence from screens will probably reveal your level of addiction to them. Reflect on your *true* needs and use the time for more edifying purposes.
- Engage in a 24-hour fast from food (**1 time every 2 weeks**).
 - *Suggestions:* Consider the various ways to fast. You can fast for a whole day or from before dinner one day to before dinner the next day. Some fasts abstain from all food, others from junk food. You can limit yourself to drink juices but not eat food. Whichever approach you choose, respond to pangs of hunger with reflections on your *true* needs, praying to God for greater self-knowledge, mercy, and strength.
- Take a 24-hour vow of silence (**1 time every 2 weeks**).
 - *Suggestion:* Silence challenges us to break away from chatter and self-importance to listen, to receive, and to reflect. It is not meant as a way of avoiding interaction, but as a way of interacting that does not put ourselves at the center. Carry a notebook with you to help answer essential questions if others need to speak with you.

CAREGIVERS: *Loving God by Loving Others*

“Caregivers serve God by serving others. They often claim to see Christ in the poor and needy, and their faith is built up by interacting with other people.”

- Volunteer at a nursing home, hospice, pregnancy center, or other care-oriented institution (**2-4 days per month**).
 - *Suggestions:* Learn about local ministries through your church, or consult websites like volunteermatch.org or pointsoflight.org.
- Provide a meal or a treat for someone who is sick, mourning, lonely, or in need (**1 time per week**).
- Write an e-mail or letter that expresses care to a parent, teacher, friend, pastor, neighbor, or stranger (**3 weeks, together or separated**).

INTELLECTUALS: *Loving God with the Mind*

“Intellectuals need their minds to be stirred before their hearts come truly alive. They are likely to be studying (and, in some instances, arguing either for or against) topics. . . These Christians live in the world of concepts.”

- Attend a lecture at a university, church, or other public forum that stimulates and challenges you to think more carefully about important matters (**3 times**).
- Form a discussion group with one or more friends, whether in person or online, and take turns presenting on a topic of common interest (**3 times**).
 - *Suggestion:* Good topics for discussion are relevant to your lives and have theological, philosophical, or ethical dimensions to explore more deeply. This is a great opportunity to invite someone you disagree with or would not otherwise be comfortable talking to into an important conversation. In your conversations, ask many questions.
- Read at least one book above your intellectual level this summer (**once**).
 - *Suggestions:* Ask parents, teachers, or friends for suggestions about worthwhile books. Consider biographies, important works of literature, theology or philosophy, books about theoretical or applied science, or anything that interests you. Pick an intimidating book. Wrestle with the hard passages.