ABIDE

Everyday practices for staying close to Jesus

through prayer



Book 4

Going deeper in prayer

In Books 1 through 3, as ways of experiencing God and being nourished by him, we put into practice some habits of grace: prayer, Scripture, and slowing down. Of course, this wasn't exhaustive. We will get to spend our lives experiencing God through these means of grace and others. Now we begin a second cycle through these three broad practices but with a different form or emphasis.

At this point, it might be easy to feel bogged down—this Abide booklet thing is not new anymore. But remember, it's less about what you do and more about who you are with—Jesus! It's God himself who is inexhaustible—the infinite wellspring of the living water our souls need. Soma family, let's keep looking to him.

That's the heart behind the name Abide. These guides are about the foundational, everyday practices that keep us close to Jesus—prayer, Scripture, and slowing down. They are how branches stay connected to the vine. Whether you are brand new to following Jesus or have walked with him for decades, these practices never expire; we simply grow deeper into them.

Consistency in these practices is one of the main goals of our extended focus on prayer, Scripture, and slowing down. We are all going to miss a day or see our attention waver, but we're learning to make finding nourishment in Jesus a regular rhythm of life, building habits that are like roots digging into rich soil. Faithfully encountering Jesus through these small, largely unseen acts over years and decades—abiding in him—is essential to God growing and strengthening us and the beginning of him blessing the world through us.

In Book 1, we began with meditation and the 3Rs pattern of prayer: Rejoice, Repent, Request. This time, we'll explore a couple different patterns from our Soma Discipleship Toolkit. These patterns are very flexible and you can tweak them as needed so they are relevant to you and your concerns. You'll find also that this time, there will be a little less specific guidance, encouraging us to really take ownership of these practices for ourselves.

How to use this guide

This little booklet is your guide for the next four weeks. Keep it with your Bible, write down what you are learning, and bring what you're hearing into your conversations with the church family.

Three practices, two journeys

The Abide series is six small books—three everyday practices for staying close to Jesus, each visited twice:

	Prayer	**Scripture**	**Slow Down**
First Journey Books 1–3	**Book 1** Meditation & the 3Rs of prayer	**Book 2** The Gospel of John—Observe, Interpret, Apply	**Book 3** Silence & fasting
Second Journey Books 4–6	**Book 4 — *this book*** The Circles & Cycles of prayer	**Book 5** John again—the I-am statements	**Book 6** Sabbath & solitude

Read the books in order and you'll walk through all three practices twice. Want to focus on one practice? Follow its column. If you're new, any book in the First Journey row is a good place to start. And remember, these practices never expire—coming back to any of these books, any time, is simply growing deeper.

Every morning

Plan for at least 10 minutes. Even if you are not a "morning person" there is something significant about putting the Father first in the morning just like we see Jesus often doing in the gospels. You'll probably need to set your alarm a tad earlier.

Grab a Bible—a real, physical, paper Bible is ideal. Our phones and computers come with many distractions that we can avoid by going old-school. Have a pen handy. You may also want a journal or notebook if you prefer writing there.

On your own or together

This book works on its own—just you, a Bible, and a few minutes each morning. But discipleship is a community project, so it's even better with others.

Each week ends with conversation starters for a DNA group and for a Missional Community. If you're going through the book with either one, use those pages when you gather. And if you're on your own, don't skip them—let them prompt your journaling, or borrow one for a conversation with a friend who loves Jesus. These practices are personal, but they were never meant to be private.

However you go through it, bring what you're learning when the church family gathers. Stories of God meeting people in these practices encourage the whole body.

DNA groups

DNA stands for Discover, Nurture, Act—it's a very small group of men or women (usually three or four) who discover Jesus together through the Bible, nurture one another with the gospel, and help each other act in ways that line up with Jesus' teaching. If you'd like to join one, talk to your Missional Community leaders or one of the elders.

Missional Communities

Missional Communities are the primary way we follow Jesus' command to make disciples, living out what it means to be a good family of brothers and sisters, to serve like Jesus served, and be missionaries to our neighborhoods. If you're not yet a part of one, ask an elder or whoever you know best in the church to help get you connected.

We hope you use this guide every day.

Week One

Imagine tossing a pebble into a still lake and seeing ripples widening out in concentric circles. Those concentric circles are the metaphor for the pattern we'll use to guide our prayers this week. Most of us tend to focus our prayers on just ourselves and a few others. The Circles pattern extends outward reminding us to think bigger as we pray and helping us remember to pray for important things we often forget.

Day 1

Rehearsing the gospel—the first circle

Martyn Lloyd-Jones famously wrote, "Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?" He goes on to reference Psalm 42 in which the psalmist twice addresses his own soul. "Instead of allowing this self to talk to him, he starts talking to himself."

> **Psalm 42:5 (and 11)**
>
> *Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.*

Reminding ourselves of the gospel every day, and making a habit of beginning there in prayer, can be a practice that helps us keep the main thing the main thing. We believe in the centrality of the gospel for the life of a disciple, and one way to live that out is by starting our prayers reflecting on the glory of the gospel—both to remind ourselves and to worship God.

The first and innermost circle in the Circles pattern of prayer is the gospel. For today, we'll start there and stay there.

> **Colossians 2:14–15**
>
> *...canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.*

Consider this biblical metaphor for the gospel as a payment of debt. It's as if you owed a tremendous debt that was impossible to pay—say, a billion times all the money in the world combined. The good news of the gospel is that Jesus paid off that incomprehensible debt.

He nailed it to the cross, paying for it with his very life. And not only is the debt cleared, but you get the righteousness of Jesus deposited into your account—infinite riches in the form of the Holy Spirit in you!

Meditate in prayer on Colossians 2:14–15 and this picture of the gospel. Let it sink in (hint: a little silence here might go a long way). Pray for a few minutes with that gospel metaphor in mind.

It may lead you to worship, awe, gratitude, repentance, desires...

Day 2

Thanks

Yesterday, we majored on only the first circle, the gospel. Today, we'll hit them all with the focus of thanks. Begin by meditating on the gospel and thanking the Father for sending Jesus. Then bring him your personal thanks, thank him for your family, your DNA group and MC, etc. In all of these areas, be specific in your thanks.

> **1 Thessalonians 5:16–18**
>
> *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

Day 3

Desires

Today, we'll go through the circles, but this time ask the Father for the desires of your heart when it comes to yourself, your neighborhood, your country, etc. Remember, he loves to give his children good gifts.

> **John 15:7**
>
> *If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.*

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

Day 4

Thanks and desires

We've ramped up slowly, now today, begin with the gospel as always and then pray through all the circles giving thanks and asking for your desires.

> **Colossians 4:2**
>
> *Continue steadfastly in prayer, being watchful in it with thanksgiving.*

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

Day 5

Thanks and desires

Continue praying through the circles with thanks and desires.

Read Luke 11:5–13.

Jesus' parable speaks to the importance of persistence in prayer and how God gives good gifts, especially the Holy Spirit, God himself, who is the best gift of all.

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

Day 6

Now that you've used the circles a few times, feel free to tweak them and make them your own. Maybe you want to combine MC and DNA into one or add a new circle.

You may have noticed that the last page in this booklet has a copy of the Circles—that page is for you to cut out and keep in your Bible, stick on your mirror, or use however it may help you pray. Consider writing names of people or things to pray for in each circle.

> **Philippians 4:5–7**
>
> *The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

Day 7

Thanks and desires

Continue praying through the circles with heartfelt thanks and desires.

If you missed a day, take the opportunity to go back and read the Scripture for that day before you pray.

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

For your DNA group

Going through this book with your DNA group? When you gather, don't wait—within the first five minutes, get talking about your experience with these practices this week.

What got in the way of your prayer this week? Where was the battle?

How can you help one another build faithful habits of grace like daily time in prayer?

For your Missional Community

If your MC is in this book together, bring these to your gathering:

Discuss together:

If you have prayed more since starting these guides than before, what are some of the strategies that have helped you to faithfully make time to pray?

Pray together:

Do the Circles pattern together as a group starting at MC. Have one person determine when to move from one circle to the next. If you spend roughly 2–3 minutes on each circle, this will take about 15–20 minutes.

Week Two

The New Testament authors recorded many prayers for us to read, learn from, and be inspired by. This week, we'll look at Paul's prayer for the church in Ephesus and let his requests for them help align our desires with God's desires.

Day 1

Spirit of wisdom

As disciples, one of our biggest problems is that we don't realize what we have in Jesus, and Paul's prayer is that we'd know deeply who we are and what we have because of the gospel.

Read Ephesians 1:15–23.

Paul's first request for the church he planted in Ephesus is that the Father "may give [them] the Spirit of wisdom." Pray through the circles, asking that people in each are granted the Spirit of wisdom—for some, that might mean the wisdom to acknowledge Jesus as Lord for the first time.

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

Day 2

Enlightened hearts

Our own sinful nature, the influence of the culture around us, and the work of the enemy blinds us to spiritual realities. We forget who we are and we don't know what we've got. As we grow in faith, the eyes of our hearts see two opposite things more clearly. On the one hand, we see the holiness and beauty and goodness of God more and more. And on the other, we become increasingly aware of our own sinfulness and how unlike God we really are. As God goes higher in our understanding and we go lower, the cross of Jesus that spans the gap grows bigger in our perspective.

> **Ephesians 1:18**
> *...having the eyes of your heart enlightened...*

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

Day 3

Hope

Colossians tells us that Christ in us is the hope of glory. We live now in light of a sure hope that Jesus will return to make all things new. His resurrection is the first fruit of that new kingdom.

> **Ephesians 1:18**
>
> *...that you may know what is the hope to which he has called you...*

Pray the circles thankful and desiring hope in each.

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

Day 4

Inheritance

Paul mentions the glorious riches of his inheritance in the saints—"his" referring to God. Now consider that for a minute. There is something God, the creator of the universe, regards as his treasure, his inheritance, something that belongs to him that he is looking forward to taking full possession of. What could that be? It's us! The riches of his glorious inheritance in the saints. We are his treasured inheritance. That should blow our minds.

> **Ephesians 1:18**
>
> *...that you may know... what are the riches of his glorious inheritance in the saints...*

What could it mean for people in each circle to know they are God's treasured possession?

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

Day 5

Power

Paul desires the church would know the greatness of the Father's power to and for us. By raising Jesus from the dead, he broke the power of sin and death. By seating him at his right hand, he puts Jesus in a position of authority over everything. A few verses later, Paul says that we too were raised up and seated with Jesus in the heavenly places.

> **Ephesians 1:18–21**
>
> *that you may know... what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come.*

Pray that people in each circle would understand and live in light of the Father's power for them.

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW

- City & Puget Sound
- WA & USA
- World

Day 6

Filling all in all

God has so linked himself to us that we, the church, are his body. Jesus is the head, and we are joined with him, a part of him. God intends to fill the universe with the glory and power of his resurrected son Jesus, and amazingly the church is the means by which he will do that. This is the passage where we get our name: soma is the Greek word for body.

> **Ephesians 1:22–23**
>
> *And he put all things under his feet and gave him as head over all things to the church, which is his body, the fullness of him who fills all in all.*

Pray that gospel-centered people will fill your neighborhood, workplace, Federal Way, the US, etc. with the presence of Jesus as they live everyday life empowered by him.

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA

- World

Day 7

If you missed a day or two, take today to catch up. You can also try the circles with another biblical prayer.

Pick one of these passages to inspire your prayer through the circles: 1 Corinthians 1:4–9; 2 Corinthians 1:3–7; Philippians 1:3–11; Colossians 1:3–14; 1 Thessalonians 3:9–13

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

For your DNA group

Going through this book with your DNA group? When you gather, don't wait—within the first five minutes, get talking about your experience with these practices this week.

Which circle did you find it easiest to pray for? Which was the hardest?

How can you help one another build faithful habits of grace like daily time in prayer?

For your Missional Community

If your MC is in this book together, bring these to your gathering:

Read Colossians 1:3–14 aloud. Which of the things Paul prays for in that passage resonates with you? Which one do you most want?

For instance, maybe "increasing in the knowledge of God" is what jumps out at you, or maybe "endurance and patience" is what you need.

Have each person answer, and then have someone in the group pray for that person in line with the part of Paul's prayer that sounded most meaningful to them.

Week Three

There are about 100 passages in the New Testament which are either direct prayers or which describe prayer. The early church wasn't perfect, and we don't have an exhaustive list of everything they prayed about, but in his wisdom, God chose to preserve these passages so that we could learn from them, emulate them, and be inspired by them. These prayers fit into seven broad themes—one for each day of the week, making the Cycles pattern. It overlaps quite easily with the Circles pattern we've used the last two weeks. Each day, emphasize the theme of the day in prayer. (Of course, it's OK if you mention other things in prayer, too.) Notice that most of them are alliterative, making it easier to remember the list.

- Sunday—Worship
- Monday—Maturity
- Tuesday—Temptation
- Wednesday—Wisdom
- Thursday—Thanks
- Friday—Physical needs
- Saturday—Mission

The days in this guide follow that same weekly cycle, so Day 1 lines up with Sunday. If you start this week on a different day of the week, you can either follow the guide as-is or jump to the theme that matches the actual day—whatever helps the pattern stick.

Day 1

Worship

There are more prayer verses about worship in the New Testament than any other theme. And of course, you can also look to the rest of the Bible, especially the Psalms for even more inspiration.

The day when we gather for corporate worship can be the day when your personal prayer is also focused on worship. Sunday is the only day where the theme doesn't work well with the Circles pattern.

Spend a few minutes worshiping the Father, Son, and Spirit in prayer. Meditate on these verses and let them inspire your worship:

> **Matthew 6:9**
>
> *"Pray then like this: 'Our Father in heaven, hallowed be your name.'"*
>
> **Jude 24–25**
>
> *Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.*
>
> **Ephesians 3:20–21**
>
> *Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.*

Day 2

Maturity

In his high priestly prayer, Jesus prays for his disciples (present and future). He says, "Sanctify them in the truth; your word is truth." (John 17:17). Sanctify means "make holy." For the Father to make us holy is to make us more like Jesus. In fact, Ephesians 4:15 says, "speaking the truth in love, we are to grow up in every way into him who is the head, into Christ."

> **Colossians 1:9–11**
>
> *we have not ceased to pray for you, asking that you may be... strengthened with all power, according to his glorious might, for all endurance and patience with joy;*

Day 3

Temptation

For this theme, consider these lines from the Lord's Prayer:

> **Matthew 6:12–13**
>
> *...forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Surrounding the idea of asking to not fall into temptation are the ideas of repentance (forgive our debts) and protection from the enemy (deliver us from evil). This theme is about all that.

> **Matthew 26:41**
>
> *Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.*

Here's another quote from Jesus. Use both to direct your prayers for people in each circle.

Day 4

Wisdom

One of the greatest promises of the Bible for everyday life is the promise of wisdom for those who ask. And Paul tells us in 1 Corinthians 1:24 that for us Jesus himself is the wisdom and power of God. So in a sense, when we have Jesus, we have wisdom—our challenge is to seek and value his wisdom over our own.

> **James 1:5**
>
> *If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.*
>
> **Colossians 1:9**
>
> *And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding.*

Pray through the circles thankful for the wisdom God has already given and desiring more.

Day 5

Thanks

Gratitude is always a right response to God's work. Let's cultivate thankful hearts by spending a day minimizing our asking and emphasizing our thanks.

> **Ephesians 5:20**
>
> *...giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ*
>
> **Philemon 4**
>
> *I thank my God always when I remember you in my prayers,*

Pray prayers of gratitude for the people in every circle. This may be harder as you move outward to people you don't know well or political leaders, but despite our disagreements or distance, there is much to thank God for even in the outermost circles of state, country, and world.

Day 6

Physical needs

Sometimes, we are tempted to think we should only pray about the big things in life and not bother God with the little things. But the truth is that the biggest things in our lives are insignificant in the scale of human history and the entire universe over which God reigns. The psalmist asks, "What is man that you are mindful of him?" But God does care and we are significant to him—he's the perfect Dad and attuned to the needs and desires of his kids. Jesus even instructs us to ask for simple daily provision—the small stuff.

> **Matthew 6:11**
>
> *"Give us this day our daily bread."*
>
> **Matthew 7:7–11**
>
> *Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you... which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!*

If we, imperfect as we are, love to give good gifts to our children, how much more will our perfect Dad give us good things?

Go through the circles asking the Father to meet people's real, physical needs. Maybe some of those needs will be met through you—like warm socks for friends at Dope Church.

Day 7

Mission

Jesus was sent by the Father to seek and save the lost. Jesus was on a mission. At the end of his time on earth, Jesus in turn sent his disciples on his mission to make disciples. This involves current disciples growing in maturity and especially involves going to those who do not yet know Jesus. May the truth that Jesus came to us fan into flame a desire in our hearts to go to those who need rescue, to love deeply, and demonstrate what it's like to live with God—just like Jesus did for us.

> **Matthew 6:10**
>
> *"Your kingdom come, your will be done, on earth as it is in heaven."*
>
> **Luke 10:2**
>
> *And he said to them, "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.*
>
> **Philemon 6**
>
> *and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ.*

Pray for the mission of making disciples in every circle, with names and faces in mind. Pray for boldness, wisdom, love, partnership, and effectiveness in sharing the gospel and extending the kingdom of God.

For your DNA group

Going through this book with your DNA group? When you gather, don't wait—within the first five minutes, get talking about your experience with these practices this week.

Whichever day of the week it is when you meet, pray through the circles together emphasizing the day's theme.

For your Missional Community

If your MC is in this book together, bring these to your gathering:

Reflect on all the patterns of prayer we've learned about and practices we've tried. Name as many as you can remember together. Which ones have helped you experience the presence of God in prayer?

What practical things can we learn from one another in doing these practices and making them habits?

Week Four

This week is the last week on prayer in our Abide series. You've learned about meditation, the 3Rs pattern, biblical prayers, silence, the Circles pattern, and the Cycles pattern. What's worked well for you and helped you experience God?

You'll see minimal prompts for the Circles and Cycles pattern this week (use the last page of the booklet as a reminder, if needed). But feel free to go back to the 3Rs, Win the Morning, or something else that works well for you right now. This week is an opportunity to take more ownership in building a faithful habit of prayer. Remember, we don't discipline ourselves to pray, we discipline ourselves to repent of the fact that we think we don't need to pray. Then by faith, prayer is a means of grace where we experience God, a habit we long to strengthen—not because we have to but because God is good.

Day 1

Worship

Let the Scripture inspire your worship.

Romans 11:33, 36

Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways! For from him and through him and to him are all things. To him be glory forever. Amen.

1 Timothy 6:15–16

He who is the blessed and only Sovereign, the King of kings and Lord of lords, who alone has immortality, who dwells in unapproachable light, whom no one has ever seen or can see. To him be honor and eternal dominion. Amen.

Day 2

Maturity

Pray through the circles for maturity in Christ.

> **Ephesians 3:14, 18–19**
>
> *I bow my knees before the Father… [that you] may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge.*

Day 3

Temptation

Pray through the circles in repentance for falling to temptation, and pray for protection against temptation and the schemes of the enemy.

> **1 John 1:9**
>
> *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

> **John 17:11, 15**
>
> *Holy Father, keep them in your name... I do not ask that you take them out of the world, but that you keep them from the evil one.*

Day 4

Wisdom

Pray through the circles for wisdom and discernment.

> **Philippians 1:9–10**
>
> *And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ.*

Day 5

Thanks

Give thanks to God for people as you pray through each circle. Look back over the past months, especially remembering the things you can be grateful for.

> **Colossians 1:3**
>
> *We always thank God, the Father of our Lord Jesus Christ, when we pray for you...*

Day 6

Physical needs

Remember your good Father is near. Pray through the circles asking him to meet immediate needs and help with the goals ahead of you.

> **Philippians 4:5–6**
>
> *The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

> **3 John 2**
>
> *Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.*

Day 7

Mission

In the face of hostile opposition, the early church repeatedly prayed not for their circumstances to change but that they would have boldness. They were witnesses testifying to the goodness of God in the gospel. Yet they knew it wasn't up to them. Jesus said, no one comes to the Father unless he draws them. He also said that he will build his church and the gates of hell would not prevail against it.

Pray through the circles for current disciples to have boldness to speak about the gospel and for new disciples to be made. May this be a season of revival in every circle!

> **Ephesians 6:18–19**
>
> *Pray at all times in the Spirit... and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel.*
>
> **Romans 10:1**
>
> *Brothers, my heart's desire and prayer to God for them is that they may be saved.*

For your DNA group

Going through this book with your DNA group? When you gather, don't wait—within the first five minutes, get talking about your experience with these practices this week.

What are your goals for the coming months around spiritual practices? How can we support each other in achieving those goals?

For your Missional Community

If your MC is in this book together, bring these to your gathering:

What's a funny highlight from the past few months?

What's a highlight in what you've learned through the Abide practices?

Tying a bow on these four weeks

Soma family, our prayer is that these weeks of practice have reminded you of the strength and peace that come from steady, faithful prayer despite the bustle of the world around us. May this be a season of spiritual flourishing built on the foundation of abiding in Jesus through prayer. The journey continues in Book 5, where we head back into John's Gospel to keep feeding on the Word.

May we experience a revival of Jesus' church, seeing the gospel saturate Federal Way so much that every man, woman, and child has a daily experience of the love of Jesus through the words and deeds of his people.

Rehearsing the gospel

Place this page in your Bible for reference.

For each of us, certain aspects of the gospel or metaphors of the gospel move our hearts. As you make rehearsing the gospel a regular practice, you can use this list and add to it to help you meditate on the gospel anytime—especially at the beginning of the Circles pattern.

Our one-sentence definition of the gospel

Jesus, God's promised rescuer and king, lovingly lived the life we should live, died the death we deserve, and rose again by the Spirit to redeem and restore all creation, including us!

Check out "What is the Gospel" in the Soma Discipleship Toolkit. Jhn 3:16; 1 Cor 15:3–4; Rev 21:5

Debt paid

We owed a debt we could not possibly pay. In the gospel, Jesus clears that debt and deposits his infinite righteousness into our account.

Col 2:14–15; Rom 6:23; Lk 7:36–50; 2 Cor 1:21–22; Eph 1:14

Execution substitute

You were justly sentenced and on death row. In the gospel, Jesus takes off his judge's robe, comes down from the bench, and is executed in your place.

Jhn 15:13; 1 Pet 3:18; 2 Cor 5:15; 1 Jhn 3:16; Heb 2:9; Gal 3:13; Rom 2:16; 1 Pet 4:5

Dead and made alive

We were dead in our sin—unable to do anything at all about our predicament. In the gospel, Jesus joins us in death, rises again, and so makes us alive also.

Eph 2:1–10; 1 Cor 15:20–22; Col 2:13; Rom 5:12–21

Past, present, future salvation

We have been saved from the penalty of sin. We are being saved from the power of sin. And one day, we will be saved from the very presence of sin.

2 Cor 5:21; Eph 2:8; Phil 2:12; Heb 7:25; Phil 3:20; 1 Pet 1:5

Add verses and gospel reflections that move your heart.

Circles and Cycles

Circles

Starting with the gospel and yourself, bring your thanks and desires to the Father, moving outward eventually to the whole world.

- Gospel
- Myself
- Family
- DNA
- MC
- Friends & Coworkers
- Neighborhood
- Soma FW
- City & Puget Sound
- WA & USA
- World

Cycles

Cycle through these topics each week to pray like the early church. Monday through Saturday can easily be combined with the Circles above.

- Sunday—Worship
- Monday—Maturity
- Tuesday—Temptation
- Wednesday—Wisdom

- Thursday—Thanks
- Friday—Physical needs
- Saturday—Mission

This work by Soma Federal Way is licensed under CC BY-NC-SA 4.0. To view a copy of this license, visit https://creativecommons.org/licenses/by-nc-sa/4.0

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

soma
CHURCH