WOVEN RULE OF LIFE



WHATIS A RULE OF LIFE?



The word 'rule' may strike you as a strict or binding constraint, however a Rule of Life is an ancient term that Christians have used for hundreds of years and is designed as a guide that helps us to grow as we seek to follow God. A bit like a trellis which is a framework to support a plant as it grows, a Rule of Life helps give us a structure to help us grow in the right direction. Rather than a rigid, legalistic to-do list, it's a life-giving structure for freedom, growth, and joy!

We want to follow our Woven value of 'walking with God' and the Rule of Life sets out to help us do this. It is a set of practices and relational rhythms in our life that create space to help us grow towards lesus.

THE PRACTICES THAT MAKE UP THE RULE OF LIFE

There are ten practices which make up the Rule of Life. 4 TOGETHER practices which we engage with as a community and 6 SOLITARY practices which we engage with alone. Whilst we physically engage with the solitary practices by ourselves the idea is that we are still sharing them as a community as we journey together.

TOGETHER

SOLITARY



GATHER



BELONG



ACT



GIVE



SCRIPTURE



PRAYER



MIND



BODY



HEART



NEIGHBOUR





GATHER

The first practice is quite simple—committing to gathering with one of our Woven churches as part of its service pattern. Every week, we come together to worship God, explore the scriptures, pray, and connect as a community. This habit shapes us profoundly. The journey of faith has never been a solitary pursuit; there's incredible power in gathering together.

"Not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching." Hebrews 10:25

Within Woven, you'll find numerous opportunities to engage in corporate worship. These include Sunday mornings, midweek gatherings, and evening services. Additionally, we stream several services on YouTube, providing a way for us to gather together each week even if you can't make the service in person.

For more details about Woven gatherings, please visit: www.wearewoven.church





BELONG

Our second practice in the Woven Rule of Life is to BELONG and connect within a smaller mid-week community. We are called to be a people who are in relationship with our brothers and sisters in Christ and encourage one another as we seek to be followers of Jesus.

"All the believers were together and had everything in common."

Acts 2:44

Our churches already have, and are developing more, midweek communities and spaces for people to find this deeper sense of connection and belonging. As we seek to follow Jesus every day of our lives, it'll be great to spur one another in these community groups.

For more details about how to belong, chat to the leadership team at your church.





Our third practice is to ACT. We all have a part to play in the unfolding story of God's people - the church! We need everyone to be using their giftings and serving in the seen and unseen ways. There are so many ways for us all to express our gifting in the church – kids work, youth work, social action outreaches, coffee rotas, doing the audio visuals etc. We would love you to explore how you can serve.

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10

We also have a space which we inhabit in the world – our workplace, our street, our friendship circle etc – in which we are called to act out our faith in Jesus. The ACT practice is all about finding the ways in which you are going to use your time, effort and talents to be a blessing to the church and the people around you.

For more ideas of how to take part, please speak to a member of the church leadership team.



GIVE

Some may find it strange that we have included GIVE as a practice. Some may not see the connection between giving and growing as a disciple of Jesus. In reality, how we are growing as generous givers is often an excellent sign of how we are growing in our discipleship. The reason the Bible speaks so often about money is because it is so tempting for us to want to hoard what we have rather than being generous.

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver." 2 Corinthians 9:7

The flourishing of the church depends totally on the generosity of its members. Giving generously is a foundational spiritual practice that helps remind us that all we have comes from God. He is the one that provides for all our needs and he has lavished his blessing on us and so it would be strange for us to respond by clinging on to all we have for ourselves.

For more details about how to give, please visit: www.wearewoven.church/giving





SCRIPTURE

Reading the scriptures has been foundational throughout the ages for people who are seeking to grow as followers of Jesus. We know Jesus read and meditated upon the scriptures, he used the scriptures to answer questions and when tempted by the devil in the wilderness turned to the scriptures for his defence. We need to be people who let the bible inspire us every single day. We invite you to join us and read the scripture together daily - a Psalm (or part of one) and a small passage from the New Testament. If we journey through the daily readings every single day we'll read the whole of the New Testament and have read the Psalms twice in a year! As we follow the scripture readings together we hope this will stir conversations between us as we discuss what God is saying to us through the bible.

To get the most out of it we're suggesting you use the D.E.E.P. acronym:

Desire: Pray for God to meet you as you read the text.

Experience: Read todays text (see the next pages for the reading plan)

Explore: Think about what God is saying to you today.

Proceed: What is God asking you to do / think / pray because of

this passage?





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SEPTEM	1BER		OCTOBER		
Ps.1	Matt. 1	1st	Ps. 29	Matt. 21:1-22	
Ps.2	Matt. 2	2nd	Ps. 30	Matt. 21:23-46	
Ps.3	Matt. 3	3rd	Ps. 31:1-8	Matt. 22:1-22	
Ps.4	Matt. 4	4th	Ps. 31:9-24	Matt. 22:23-46	
Ps.5	Matt. 5:1-26	5th	Ps. 32	Matt. 23:1-22	
Ps.6	Matt. 5:27-48	6th	Ps. 33	Matt. 23:23-39	
Ps.7	Matt. 6	7th	Ps. 34	Matt. 24:1-28	
Ps.8	Matt. 7	8th	Ps. 35	Matt. 24:29-51	
Ps.9	Matt. 8	9th	Ps. 36	Matt. 25:1-30	
Ps.10	Matt. 9:1-17	10th	Ps. 37:1-9	Matt. 25:31-46	
Ps.11	Matt. 9:18-38	11th	Ps. 37:10-22	Matt. 26:1-25	
Ps.12	Matt. 10:1-23	12th	Ps. 37:23-40	Matt. 26:26-44	
Ps.13	Matt. 10:24-42	13th	Ps. 38	Matt. 26:45-75	
Ps.14	Matt. 11	14th	Ps. 39	Matt. 27:1-31	
Ps.15	Matt. 12:1-21	15th	Ps. 40	Matt. 27:32-66	
Ps.16	Matt. 12:22-50	16th	Ps. 41	Matt. 28	
Ps.17	Matt. 13:1-33	17th	Ps. 42	Mrk. 1:1-20	
Ps.18:1-24	Matt. 13:34-58	18th	Ps. 43	Mrk. 1:21-45	
Ps.18:25-50	Matt. 14:1-21	19th	Ps. 44	Mrk. 2	
Ps.19	Matt. 14:22-36	20th	Ps. 45	Mrk. 3	
Ps.20	Matt. 15:1-20	21st	Ps. 46	Mrk. 4:1-20	
Ps.21	Matt. 15:21-39	22nd	Ps. 47	Mrk. 4:21-41	
Ps.22:1-11	Matt. 16	23rd	Ps. 48	Mrk. 5:1-20	
Ps. 22:12-31	Matt. 17	24th	Ps. 49	Mrk. 5:21-43	
Ps. 23	Matt 18:1-20	25th	Ps. 50	Mrk. 6:1-29	
Ps. 24	Matt. 18:21-35	26th	Ps. 51	Mrk. 6:30-56	
Ps. 25	Matt. 19:1-15	27th	Ps. 52	Mrk. 7:1-13	
Ps. 26	Matt. 19:16-30	28th	Ps. 53	Mrk. 7:14-37	
Ps. 27	Matt. 20:1-16	29th	Ps. 54	Mrk. 8:1-21	
Ps. 28	Matt. 20:17-34	30th	Ps. 55	Mrk. 8:22-38	
		31st	Ps. 56	Mrk. 9:1-29	





Desire - Pray for God to meet you as you read the text

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Proceed - What is God asking you to do / think / pray because of this passage?

NOVEMBER DECEMBER

Ps.58 Mrk. 10:13-31 2nd Ps. 84 Luk. 19. Ps.59 Mrk. 10:32-52 3rd Ps. 85 Luk. 10. Ps.60 Mrk. 11:1-19 4th Ps. 86 Luk. 10. Ps.61 Mrk. 11:20-33 5th Ps. 87 Luk. 11. Ps.62 Mrk. 12:12-27 6th Ps. 88 Luk. 12. Ps.63 Mrk. 12:12-27 6th Ps. 89:11-18 Luk. 12. Ps.63 Mrk. 12:12-27 6th Ps. 89:11-18 Luk. 12. Ps.64 Mrk. 13:14-37 9th Ps. 89:11-18 Luk. 12. Ps.65 Mrk. 13:14-37 9th Ps. 99.00 Luk. 12. Ps.66 Mrk. 14:1-25 10th Ps. 91 Luk. 12. Ps.67 Mrk. 14:26-50 11th Ps. 92 Luk. 12. Ps.68:1-10 Mrk. 14:21-72 12th Ps. 93 Luk. 12. Ps.68:1-13 Mrk. 15:1-72 12th Ps. 93 Luk. 12. Ps.69:1-14 Mrk. 15:1-72 12th Ps. 95 Luk. 12.					
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Ps.74 Luk 3. 20th Ps. 101 Luk. 18 Ps.75 Luk. 4:1-30 21st Ps. 102 Luk. 19 Ps.76 Luk. 4:31-44 22nd Ps. 103 Luk. 19 Ps:77 Luk. 5:1-16 23rd Ps. 104 Luk. 20 Ps.78:1-8 Luk. 5:17-39 24th Ps. 105 Luk. 20 Ps. 78:9-40 Luk. 6:1-26 25th Ps. 106:1-23 Luk. 21 Ps. 78:41-72 Luk. 6:27-49 26th Ps. 106:24-48 Luk. 21 Ps. 79 Luk. 7:1-30 27th Ps. 107 Luk. 22 Ps. 80 Luk. 7:31-50 28th Ps. 108 Luk. 22 Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps.72	Luk. 1:57-80	18th	Ps. 99	Luk. 17:20-37
Ps.75	Ps.73	Luk. 2	19th	Ps. 100	Luk. 18:1-17
Ps.76 Luk. 4:31-44 22nd Ps. 103 Luk. 19 Ps:77 Luk. 5:1-16 23rd Ps. 104 Luk. 20 Ps.78:1-8 Luk. 5:17-39 24th Ps. 105 Luk. 20 Ps. 78:9-40 Luk. 6:1-26 25th Ps. 106:1-23 Luk. 21 Ps. 78:41-72 Luk. 6:27-49 26th Ps. 106:24-48 Luk. 21 Ps. 79 Luk. 7:1-30 27th Ps. 107 Luk. 22 Ps. 80 Luk. 7:31-50 28th Ps. 108 Luk. 22 Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps.74	Luk 3.	20th	Ps. 101	Luk. 18:18-43
Ps:77 Luk. 5:1-16 23rd Ps. 104 Luk. 20 Ps. 78:1-8 Luk. 5:17-39 24th Ps. 105 Luk. 20 Ps. 78:9-40 Luk. 6:1-26 25th Ps. 106:1-23 Luk. 21 Ps. 78:41-72 Luk. 6:27-49 26th Ps. 106:24-48 Luk. 21 Ps. 79 Luk. 7:1-30 27th Ps. 107 Luk. 22 Ps. 80 Luk. 7:31-50 28th Ps. 108 Luk. 22 Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps.75	Luk. 4:1-30	21st	Ps. 102	Luk. 19:1-27
Ps.78:1-8 Luk. 5:17-39 24th Ps. 105 Luk. 20 Ps. 78:9-40 Luk. 6:1-26 25th Ps. 106:1-23 Luk. 21 Ps. 78:41-72 Luk. 6:27-49 26th Ps. 106:24-48 Luk. 21 Ps. 79 Luk. 7:1-30 27th Ps. 107 Luk. 22 Ps. 80 Luk. 7:31-50 28th Ps. 108 Luk. 22 Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps.76	Luk. 4:31-44	22nd	Ps. 103	Luk. 19:28-48
Ps. 78:9-40 Luk. 6:1-26 25th Ps. 106:1-23 Luk. 21 Ps. 78:41-72 Luk. 6:27-49 26th Ps. 106:24-48 Luk. 21 Ps. 79 Luk. 7:1-30 27th Ps. 107 Luk. 22 Ps. 80 Luk. 7:31-50 28th Ps. 108 Luk. 22 Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps:77	Luk. 5:1-16	23rd	Ps. 104	Luk. 20:1-26
Ps. 78:41-72 Luk. 6:27-49 26th Ps. 106:24-48 Luk. 21 Ps. 79 Luk. 7:1-30 27th Ps. 107 Luk. 22 Ps. 80 Luk. 7:31-50 28th Ps. 108 Luk. 22 Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps.78:1-8	Luk. 5:17-39	24th	Ps. 105	Luk. 20:27-47
Ps. 79 Luk. 7:1-30 27th Ps. 107 Luk. 22 Ps. 80 Luk. 7:31-50 28th Ps. 108 Luk. 22 Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps. 78:9-40	Luk. 6:1-26	25th	Ps. 106:1-23	Luk. 21:1-19
Ps. 80 Luk. 7:31-50 28th Ps. 108 Luk. 22 Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps. 78:41-72	Luk. 6:27-49	26th	Ps. 106:24-48	Luk. 21:20-38
Ps. 81 Luk. 8:1-21 29th Ps. 109 Luk. 22 Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps. 79	Luk. 7:1-30	27th	Ps. 107	Luk. 22:1-30
Ps. 82 Luk. 8:22-56 30th Ps. 110 Luk. 23	Ps. 80	Luk. 7:31-50	28th	Ps. 108	Luk. 22:31-53
	Ps. 81	Luk. 8:1-21	29th	Ps. 109	Luk. 22:54-71
31st Ps. 111 Luk. 23	Ps. 82	Luk. 8:22-56	30th	Ps. 110	Luk. 23:1-25
			31st	Ps. 111	Luk. 23:26-56





Desire - Pray for God to meet you as you read the text

Experience - Read todays text

Explore - Think about what God is saying to you today

Proceed - What is God asking you to do / think / pray because of this passage?

JANUARY

FEBRUARY

Ps.112	Luk. 24:1-35	1st	Ps. 122	Jhn. 15
Ps.113	Luk. 24:36-53	2nd	Ps. 123	Jhn. 16:1-15
Ps.114	Jhn. 1:1-28	3rd	Ps. 124	Jhn.16:16-33
Ps.115	Jhn. 1:29-51	4th	Ps. 125	Jhn. 17
Ps.116	Jhn. 2	5th	Ps. 126	Jhn. 18:1-24
Ps.117	Jhn. 3:1-21	6th	Ps. 127	Jhn. 18:25-40
Ps.118	Jhn. 3:22-36	7th	Ps. 128	Jhn. 19:1-22
Ps.119:1-8	Jhn. 4:1-30	8th	Ps. 129	Jhn. 19:23-42
Ps.119:9-16	Jhn. 4:31-54	9th	Ps. 130	Jhn. 20
Ps.119:17-24	Jhn. 5:1-24	10th	Ps. 131	Jhn. 21
Ps.119:25-32	Jhn. 5:25-47	11th	Ps. 132	Acts 1
Ps.119:33-40	Jhn. 6:1-21	12th	Ps. 133	Acts 2:1-13
Ps.119:41-48	Jhn. 6:22-44	13th	Ps. 134	Acts 2:14-47
Ps.119:49-56	Jhn. 6:45-71	14th	Ps. 135	Acts 3
Ps.119:57-64	Jhn. 7:1-31	15th	Ps. 136	Acts 4:1-22
Ps.119:65-72	Jhn. 7:32-53	16th	Ps. 137	Acts 4:23-37
Ps.119:73-80	Jhn. 8:1-20	17th	Ps. 138	Acts 5:1-16
Ps.119:81-88	Jhn. 8:21-36	18th	Ps. 139	Acts 5:17-42
Ps.119:89-96	Jhn. 8:37-59	19th	Ps. 140	Acts 6
Ps.119:97-104	Jhn. 9:1-23	20th	Ps. 141	Acts 7:1-19
Ps.119:105-112	Jhn. 9:24-41	21st	Ps. 142	Acts 7:20-43
Ps.119:113-120	Jhn. 10:1-21	22nd	Ps. 143	Acts 7:44-60
Ps:119:121-128	Jhn. 10:22-42	23rd	Ps. 144	Acts 8:1-25
Ps.119:129-136	Jhn. 11:1-16	24th	Ps. 145:1-13	Acts 8:26-40
Ps.119:137-144	Jhn. 11:17-44	25th	Ps. 145:14-21	Acts 9:1-22
Ps.119:145-152	Jhn. 11:45-57	26th	Ps. 146	Acts 9:23-43
Ps.119:153-160	Jhn. 12:1-19	27th	Ps. 147	Acts 10:1-24
Ps.119:161-168	Jhn. 12:20-50	28th	Ps. 148:1-6	Acts 10:25-33
Ps.119:169-176	Jhn. 13:1-20	29th	Ps. 148:7-14	Acts 10:34-48
Ps.120	Jhn. 13:21-38	30th		
Ps.121	Jhn. 14	31st		



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Proceed - What is God asking you to do / think / pray because of this passage?

MARCH	APRIL
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Ps.149	Acts 11	1st	Ps. 28	Rom. 4
Ps.150	Acts 12	2nd	Ps. 29	Rom. 5:1-11
Ps.1	Acts 13:1-12	3rd	Ps. 30	Rom 5:12-21
Ps.2	Acts 13:13-52	4th	Ps. 31:1-8	Rom. 6
Ps.3	Acts 14	5th	Ps. 31:9-24	Rom. 7
Ps.4	Acts 15:1-21	6th	Ps. 32	Rom. 8:1-18
Ps.5	Acts 15:22-41	7th	Ps. 33	Rom. 8:19-39
Ps.6	Acts 16:1-15	8th	Ps. 34	Rom. 9
Ps.7	Acts 16:16-40	9th	Ps. 35	Rom. 10
Ps.8	Acts 17:1-15	10th	Ps. 36	Rom. 11:1-21
Ps.9	Acts 17:16-34	11th	Ps. 37:1-9	Rom. 11:22-36
Ps.10	Acts 18	12th	Ps. 37:10-22	Rom. 12
Ps.11	Acts 19:1-20	13th	Ps. 37:23-40	Rom. 13
Ps.12	Acts 19:21-41	14th	Ps. 38	Rom. 14
Ps.13	Acts 20:1-16	15th	Ps. 39	Rom. 15:1-13
Ps.14	Acts 20:17-38	16th	Ps. 40	Rom. 15:14-33
Ps.15	Acts 21:1-16	17th	Ps. 41	Rom. 16
Ps.16	Acts 21:17-40	18th	Ps. 42	1 Cor. 1
Ps.17	Acts 22	19th	Ps. 43	1 Cor. 2
Ps.18:1-24	Acts 23:1-11	20th	Ps. 44	1 Cor. 3
Ps.18:25-50	Acts 23:12-35	21st	Ps. 45	1 Cor. 4
Ps.19	Acts 24	22nd	Ps. 46	1 Cor. 5
Ps:20	Acts 25	23rd	Ps. 47	1 Cor. 6
Ps.21	Acts 26	24th	Ps. 48	1 Cor. 7:1-24
Ps.22:1-11	Acts 27:1-26	25th	Ps. 49	1 Cor. 7:25-40
Ps.22:12-31	Acts 27:27-44	26th	Ps. 50	1 Cor. 8
Ps.23	Acts 28:1-16	27th	Ps. 51	1 Cor. 9
Ps.24	Acts 28:17-31	28th	Ps. 52	1 Cor. 10:1-13
Ps.25	Rom. 1	29th	Ps. 53	1 Cor. 10:14-33
Ps.26	Rom. 2	30th	Ps. 54	1 Cor. 11:1-16
Ps. 27	Rom. 3	31st		



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Experience - Read todays text

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Explore - Think about what God is saying to you today

Proceed - What is God asking you to do / think / pray because of this passage?

MAY				JUNE	
Ps.55	1 Cor. 11:17-34	1st	Ps. 82	Eph. 4	
Ps.56	1 Cor. 12	2nd	Ps. 83	Eph. 5	
Ps.57	1 Cor. 13	3rd	Ps. 84	Eph. 6	
Ps.58	1 Cor. 14:1-19	4th	Ps. 85	Phil. 1	
Ps.59	1 Cor. 14:20-40	5th	Ps. 86	Phil. 2	
Ps.60	1 Cor 15:1-32	6th	Ps. 87	Phil. 3	
Ps.61	1 Cor 15:33-58	7th	Ps. 88	Phil. 4	
Ps.62	1 Cor. 16	8th	Ps. 89:1-18	Col. 1	
Ps.63	2 Cor. 1	9th	Ps. 89:19-52	Col. 2	
Ps.64	2 Cor. 2	10th	Ps. 90	Col. 3	
Ps.65	2 Cor. 3	11th	Ps. 91	Col. 4	
Ps.66	2 Cor. 4	12th	Ps. 92	1 Thess. 1	
Ps.67	2 Cor. 5	13th	Ps. 93	1 Thess. 2	
Ps.68:1-10	2 Cor. 6	14th	Ps. 94	1 Thess. 3	
Ps.68:11-35	2 Cor. 7	15th	Ps. 95	1 Thess. 4	
Ps.69:1-18	2 Cor. 8	16th	Ps. 96	1 Thess. 5	
Ps.69:19-36	2 Cor. 9	17th	Ps. 97	2 Thess. 1	
Ps.70	2 Cor. 10	18th	Ps. 98	2 Thess. 2	
Ps.71	2 Cor. 11:1-15	19th	Ps. 99	2 Thess. 3	
Ps.72	2 Cor. 11:16-33	20th	Ps. 100	1 Tim. 1	
Ps.73	2 Cor. 12	21st	Ps. 101	1 Tim. 2	
Ps.74	2 Cor. 13	22nd	Ps. 102	1 Tim. 3	
Ps:75	Gal. 1	23rd	Ps. 103	1 Tim. 4	
Ps.76	Gal. 2	24th	Ps. 104	1 Tim. 5	
Ps.77	Gal. 3	25th	Ps. 105	1 Tim. 6	
Ps.78:1-8	Gal. 4	26th	Ps. 106:1-23	2 Tim. 1	
Ps.78:9-40	Gal. 5	27th	Ps. 106:24-48	2 Tim. 2	
Ps.78:41-72	Gal. 6	28th	Ps. 107	2 Tim. 3	
Ps.79	Eph. 1	29th	Ps. 108	2 Tim. 4	
Ps.80	Eph. 2	30th	Ps. 109	Titus 1	
Ps. 81	Eph. 3	31st			



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Experience - Read todays text

Explore - Think about what God is saying to you today

Proceed - What is God asking you to do / think / pray because of this passage?

JULY		AUGUST			
	Ps.110	Titus 2	1st	Ps. 120	1 Jhn. 1
	Ps.111	Titus 3	2nd	Ps. 121	1 Jhn. 2
	Ps.112	Philem. 1	3rd	Ps. 122	1 Jhn. 3
	Ps.113	Heb. 1	4th	Ps. 123	1 Jhn. 4
	Ps.114	Heb. 2	5th	Ps. 124	1 Jhn. 5
	Ps.115	Heb. 3	6th	Ps. 125	2 Jhn. 1
	Ps.116	Heb. 4	7th	Ps. 126	3 Jhn 1
	Ps.117	Heb. 5	8th	Ps. 127	Jude 1
	Ps.118	Heb. 6	9th	Ps. 128	Rev. 1
	Ps.119:1-8	Heb. 7	10th	Ps. 129	Rev. 2
	Ps.119:9-16	Heb. 8	11th	Ps. 130	Rev. 3
	Ps.119:17-24	Heb. 9	12th	Ps. 131	Rev. 4
	Ps.119:25-32	Heb. 10:1-8	13th	Ps. 132	Rev. 5
	Ps.119:33-40	Heb. 10:19-39	14th	Ps. 133	Rev. 6
	Ps.119:41-48	Heb. 11:1-16	15th	Ps. 134	Rev. 7
	Ps.119:49-56	Heb. 11:17-40	16th	Ps. 135	Rev. 8
	Ps.119:57-64	Heb. 12	17th	Ps. 136	Rev. 9
	Ps.119:65-72	Heb. 13	18th	Ps. 137	Rev. 10
	Ps.119:73-80	James 1	19th	Ps. 138	Rev. 11
	Ps.119:81-88	James 2	20th	Ps. 139	Rev. 12
	Ps.119:89-96	James 3	21st	Ps. 140	Rev. 13
	Ps.119:97-104	James 4	22nd	Ps. 141	Rev. 14
	Ps:119:105-112	James 5	23rd	Ps. 142	Rev. 15
	Ps.119:113-120	1 Pet. 1	24th	Ps. 143	Rev. 16
	Ps.119:121-128	1 Pet. 2	25th	Ps. 144	Rev. 17
	Ps.119:129-136	1 Pet. 3	26th	Ps. 145	Rev. 18
	Ps.119:137-144	1 Pet. 4	27th	Ps. 146	Rev. 19
	Ps.119:145-152	1 Pet. 5	28th	Ps. 147	Rev. 20
	Ps.119:153-160	2 Pet. 1	29th	Ps. 148	Rev. 21
	Ps.119:161-168	2 Pet. 2	30th	Ps. 149	Rev. 22:1-6
	Ps. 119:169-176	3 Pet. 3	31st	Ps. 150	Rev. 22:7-21



PRAYER

Prayer connects us with our creator and builds relationship with him. We share our heart with him and connect with what's on his heart. Any relationship without communication is in trouble and so this practice in our Rule of Life is vital for us as we seek to grow as followers of Jesus. We're encouraging everyone to take a little time everyday to P.R.A.Y.

- P Pause, still your heart before God and listen to him.
- R Rejoice, thank God and Reflect.
- A Ask, tell him what's on your heart.
- Y Yield, say yes to God's will and way.

There are also lots of good prayer resources to help you to pray. We are recommending the lectio 365 app and the lectio for families app. These help to guide you through a time of daily prayer using the P.R.A.Y. acronym.





MIND

Coming out of the Covid pandemic there was a lot of discussion around a mental health pandemic. Our society's struggle with keeping our mental health healthy however did not begin with Covid. Covid exasperated what was already occurring. The reality is tough, in our modern society it is becoming very difficult to look after our mental health and therefore many of us are struggling and Christians are no exceptions.

The good news is that Jesus came to save our whole selves. We all have a mental health and there are habits we can commit to that can help in our struggles and battles of moving towards a transformed MIND. Like physical health, there will be some incredible stories of the Holy Spirit bringing healing. There are also those gut-wrenching stories where we also await God's final return for complete healing. In the same way we all try to look after our bodies with varying degrees of ill health, the same applies for our MIND. There are healthy spiritual practices we can all employ on a journey of discipleship becoming more like Jesus.

Over time we'll be developing and collating resources to help us with this practice. For now we are encouraging everyone to be thinking and talking about how we can create habits that help us with our mental and emotional health.





BODY

Caring for our bodies is not just a personal endeavor but a spiritual discipline, caring for the temples of the spirit we have been granted can, in turn, draw us closer to God. However, the demands of modern life can be overwhelming, making it easy to neglect our physical well-being.

In Woven, we encourage all church members to see looking after their body as part of their discipleship walk with Jesus. We recognize this can be a real challenge for many of us but we are looking to all consider how we might exercise and try and eat more healthily. Nourishing our bodies and keeping healthy not only fuels us physically but also impacts our mental, emotional and spiritual well-being.

Over time we'll develop and collate more resources to help us with this practice. For now we are encouraging us to start a conversation with one another about how we can seek to care for our bodies. You may find some helpful resources at:

www.nhs.uk/live-well/





HEART

In times of grief, loss, and change, we need to guard our hearts and maintain emotional health. This might mean daily reflecting on any hurt caused by others and asking the Holy Spirit to enable you to forgive them. This would mean cultivating an attitude of thanksgiving by practicing gratitude daily, confessing our sins to God and trusted others, seeking forgiveness and creating a rhythm of confession in a group or privately before God.

Embracing practices that can maintain soft hearts and emotional well-being during challenging times is so beneficial in one's journey of faith.

We are creating and collating more resources to help us to live with healthy hearts. Please do check out the website for more resources to help with this.



NEIGHBOUR

Engaging in practices that foster genuine care and concern for others and enable us to love our neighbour as ourselves is an essential aspect of each of our journeys of faith.

As we strive to live out the core teachings of Jesus, we recognize that loving our neighbours is not a mere suggestion but a foundational principle that shapes the very essence of our faith.

Loving our neighbour as ourselves is not a static concept but a dynamic and intentional way of living.

Our churches have all sorts of activities and ministries which you can get involved with to help you love your neighbour as yourself. You may also want to consider how you can come up with your own ways to bless people who live around you, work near you or you connect with in other ways in your every day life.



