THE

Practicing the Restful Way of Jesus

SPACIOUS

in a Fragmented World

PATH

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RESPONSES



SAYING YES TO THE RULE OF LIFE AS A SPACIOUS PATH

Your word is a lamp to my feet and a light to my path.

-- PSALM 119:105 (NRSVUE)

•	ons come to mind? What do you need help with to say yes to Jesus' invitation? Could you put that nee one-sentence prayer for help?
	URTHER REFLECTION
1.	How did the description of a walking a labyrinth through an invisible cross-pattern resonate with your understanding of what it means to walk a spacious path with Jesus? How might this sentence inform your practice of a Rule of Life: "It's a way of embodying a spiritual reality that the path of resurrection life is formed in a crucifixion landscape"?
2.	At first glance and without analyzing your answers, which of the five invitations in Matthew 11:28-30 (described in chapter 1) are you most drawn to? Which are you least drawn to?
3.	From what you've read in chapter 2, what sounds inviting to you about spacious obedience? What sounds hard?

4.	Chapter 3, "Safeguarding Love," invites us to consider the tension between exploring the freedom of God's love with the desire to follow God's laws. How have you experienced a connection between love and obedience? How would you restate Benedict's phrase "a little discipline to safeguard love" in your own words?
5.	As you read the descriptions of contemplation and community in chapter 4, what feels inviting to you in your life right now? What feels incompatible with your life right now?
6.	Where in your life are you connected to a community who actively listens to and restfully responds to what Jesus invites and commands? How could you invite this community to come alongside you as you discern a Rule of Life?
7.	As you continue to notice the everyday pattern of your life with gentle curiosity rather than reflexive judgment, what experiences or practices from this section feel most inviting to your Rule of Life? Share your response with a trusted friend. Ask them to simply pray for you.

CENTERING A RULE OF LIFE On the spacious path

One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple.

—PSALM 27:4

	questions come to mind? In what way do you need help to hear your name as Beloved? Could you put ed into a one-sentence prayer for help?
FOR F	URTHER REFLECTION
1.	How would you begin to describe your experience with stability and change in the church? What is helping you to embrace both stability and change in your current church community? What is making it difficult?
2.	How might this sentence inform your practice of a Rule of Life: "Spacious stability embraces a holy restraint from projecting our ideals onto the church where God has placed us and trusts that—even when it feels like a painful stretch—God knows and cares about our need to feel welcomed and at home"?

3.	Chapter 6, "Baptized Beloved" invites us to contemplate the unity of diversity in God's beloved community, centered in the holy Trinity, and revealed in the church and image of God revealed through the imago Dei. What resonated with you as you read this chapter? Where did you notice resistance? Could you begin to name why you might be feeling that?
4.	Where in your life are you connected to a community who embodies well the unity of diversity of God's beloved community? How could you invite this community to come alongside you as you discern a Rule of Life?
5.	As you read about the communion of saints, who are the people (from this era or the ones before us who have influenced you? Who do you want to follow as they follow(ed) Christ?
6.	In chapter 7, we considered our true name as Beloved. How would it feel to pray this prayer: "God, help me become more like Jesus and more like the beloved person you've always imagined"?
7.	As you continue to notice the everyday pattern of your life with gentle curiosity rather than reflexive
	judgment, what experiences or practices from this section feel most inviting to your Rule of Life? Share your response with a trusted friend. Ask them to simply pray for you.

KEEPING A RULE OF LIFE On the spacious path

The earth is the LORD's and all that is in it, the world, and those who live in it.

—PSALM 24:1 (NRSVUE)

Kwi Jesus l	ad Colossians 1:15–20 or Romans 12:1–2 through slowly and, if possible, out loud a couple of tim What word or phrase catches your attention? How does your body feel as you read Paul's words about holding all things together? What questions come to mind? What do you need help with to say yes a invitation? Could you put that need into a one-sentence prayer for help?			
FOR F	URTHER REFLECTION			
1.	How would you begin to describe the landscape of your life right now? What resonated with you as you read the findings from recent surveys about fragmented work and family relationships?			
2.	How might this sentence inform your practice of a Rule of Life? "Reality is always our trustworthy, supportive friend. God lives and moves and has his being in that which is real. Because God dwells in reality, our relationship with him can only happen there."			

^{1.} Bishop Todd Hunter, "Reality Is Always Our Friend," *The Gospel of the Kingdom*, December 28, 2022, https://bishoptoddhunter.substack.com/p/reality-is-always-our-friend.

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- I	n what ways do you practice Sabbath? What art or activity draws you toward Sabbath rest?
-	Chapter 10, "Ordinary and (Extraordinary) Time," invites us to consider the tensions inherent to
	changing seasons. How have you experienced a connection between change and rest? How would you begin to name your current season of life?
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	As you think about the seven liturgical seasons, which feel most inviting to consider? Where do you seel some resistance? Why might that be?
ff	As you think about the seven liturgical seasons, which feel most inviting to consider? Where do yo eel some resistance? Why might that be? As you read the descriptions of the "six spheres" in chapter 11, what feels inviting to you in your light now? What feels incompatible with your life right now?

BLESSING A RULE OF LIFE On the spacious path

—PSALM 18:19		
This is my God, who is for me		

He brought me out into a spacious place; he rescued me because he delighted in me.

This is my God, who is for me who then is against me now? He will breathe life into my words and hold my feet to the ground.

-NATALIE MURPHY, "A PRAYER TO THE TRINITY"1

Katter What qu	Matthew 5:1–12 slowly and, if possible, out loud a couple of times. What word or phrase catches your nation? How does your body feel as you read Jesus' words blessing the tensions of our lives with him? destions come to mind? What do you need help with to say yes to Jesus' invitation? Could you put that o a one-sentence prayer for help?
FOR FU	RTHER REFLECTION
	How did the description of walking a labyrinth around the 180-degree turns resonate with you? Was it easier to imagine in terms of biblical repentance or in terms of biblical lament? How might this sentence inform your practice of a Rule of Life: "Sometimes the invitations of Jesus feel like heart-breaking tension before they feel like unforced rhythms of grace"?

^{1.} Natalie Jo Evangeline Murphy, "She Writes," Tamara Hill Murphy May 15, 2012, https://www.tamarahillmurphy.com/blogthissacramentallife//2012/05/she-writes.html

•	Chapter 13, "Cruciform Love," invites us to consider how loving Jesus, others, and ourselves leads to repentance. How have you experienced a connection between listening and repentance? Repentance and rest?
•	What is your experience with lament? How is your daily life formed by suffering?
•	What is your experience with resurrection joy? How is your daily life formed by celebration?
	At first glance and without analyzing your answers, which of the kingdom tensions described in chapter 14 feel overwhelming to you right now? In which tension do you sense God's invitation to come to Jesus for rest right now?
•	As you continue to notice the everyday pattern of your life with gentle curiosity rather than reflexive judgment, what experiences or practices from this section feel most inviting to your Rule of Life? Share your response with a trusted friend. Ask them to simply pray for you.