

St Francis



January 22, 2020

Framing Your Life

Come to me, all who labor and are heavy laden, and I will give you rest. Talk my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30

What Frames Your Life?

I have been reading The Common Rule by Justin Whitmel Earley. The dynamic that strikes me throughout this book is: How do you want to frame your life? That is very challenging. Earley makes the very direct point that when we know that the Christian Faith is about loving God and our neighbor we wind up knowing about God. That is good. When we adopt the habits and rhythms of Jesus in our lives we wind up knowing God. That is our goal in life- to know God personally as well as know about God. I presented one of the habits we can adopt as a rhythm into our lives to our congregation this past Sunday. I suggested that we not reach for our phones, turn on the news, or review our to-do lists first thing in the morning (some of us do that before we even get out of bed). Instead, reach for the Bible and see what God has to say first thing in the morning. As you could imagine, there was some immediate resistance. The challenge is what frames our lives, especially as we start our day. Is it the thought that we might miss something in our inbox? Is it that we might miss something going on in the world, or miss getting everything done? Those practices will frame our lives with anxiety, inadequacy, and burden. To go to God first thing in the morning will frame our lives with acceptance, mercy, identity, and power. That, I think, is a far better frame for our day.

How To Do it

It is a matter of developing a new set habits. Earley has a number of great practices and how to put them into the rhythm of our lives. You might try one. Do you keep your cell phone next to your bed and find it impossible to not check emails before you get out of bed in the morning? Try putting your phone across the room or in the next room. Replace it with a bible or devotional guide next to your bed. Reach for that before you get out of bed. That gives you something from the Spirit of God building you up

instead of weighing you down when you start the day.

By the way, you may have already starting wondering what you are going to do for Lent. I suggest reading [The Common Rule](#) this Lent.

Coming Attractions

Sunday, January 26, 2020 Worship at 10:00am followed by the Annual Parish Meeting.

Sunday, February 2, 2020 Worship at 10:00am

Centerville Circle of Prayer

Precious One Family Day Home, Simone Mealy, owner, that business would increase

The Diocese of Virginia

For the people of St. Mark's, Alexandria; San Marcos, Alesandria; Trinity, Arlington; St. Gabriel's. Leesburg; All Souls, Atlee that they wold continually walk in the power of the Holy Spirit.

The Anglican Communion

For the people of the Diocese of St Davids (Wales) The Right Revd Joanna Penberthy tht they wold continually walk in the power of the Holy Spirit.

Grace and Peace,

John Maher

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