

# TIME

How might we embrace  
the freedom and  
goodness of God's gift of  
time in our everyday lives?





# Everyday Abbey Practice Sheet

Welcome to the abbey theme on **Time!** This introductory theme is ongoing - so jump in and join us as you are able.

Starting in the Fall of 2018, *Everyday Abbey* will engage new themes each month. Our companions will participate together in rich conversation, practice and reflection on what we are learning in our everyday lives about how we might be part of reweaving Christian life together. As new themes begin, they will appear in our companions portal and include a *Practice Sheet* such as this. These sheets will help you to move into action around each of the monthly themes.

We encourage you to plan time to engage the activities below. **We learn best when we are engaged in practices that really matter to our everyday life.**

## Practice Sheets

Each *Practice Sheet* consists of:

- *Key question* to guide our exploration of the monthly theme
- *Scripture* to be the filter through which we engage the key question
- *Practices* to give us simple actions and a place to begin

## Let's Begin

- Print or download this document.
- Put aside some time to engage the practices below.
- Print copies of the guides below (Pages 5-6) and grab a favourite pen.



# Time Practice Sheet

*Key Question: How might we embrace the freedom and goodness of God's gift of time in our everyday lives?*

## 1 Practice Daily Examen

DAILY

For as many evenings as you can over at least one month, take some time to engage this practice. You will find a printable guide that you can make copies of on page 5.

### READ

### Ecclesiastes 3:9-15

*<sup>9</sup> What do workers gain from their toil? <sup>10</sup> I have seen the burden God has laid on the human race. <sup>11</sup> He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end. <sup>12</sup> I know that there is nothing better for people than to be happy and to do good while they live. <sup>13</sup> That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God. <sup>14</sup> I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that people will fear him. <sup>15</sup> Whatever is has already been, and what will be has been before; and God will call the past to account. (NRSV)*

\* New Revised Standard Version Bible, copyright © 1989 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved worldwide.

### PRAY

Thank you God, for the gift of today which is a manifestation of your grace and abundance. As I reflect on the events of the day and pay attention to my feelings and experiences, I know your faithful presence surrounds me. Bless this time spent together.

### JOURNAL

Take some time to journal on the following questions:

- I felt alive in your presence today, God when...
- I struggled to feel your presence today, God, when...
- God, I want to share more deeply with you about one moment that stands out from today. Through this experience, I think you might be telling me...
- As I think about tomorrow, God, I pray that...



## 2 Practice Generous Listening

WEEKLY

This is a practice that requires you to spend time with others. There are some questions below to assist you. Enjoy!

Sometime over the course of each week, spend time listening to someone for at least 30 minutes without agenda. This can be someone you know or someone who you meet for the first time. The purpose of this action is to practice being with someone in a way that is free of hurry and free of purpose other than to open up time that is unencumbered by deliverables and open for experiencing the unexpected. Some questions that you could use to shape this time are:

- What is life-giving for you these days? What is life-draining?
- What do you love about this time of year? Why is that?
- What are you looking forward to?

## 3 Practice Reflecting

WEEKLY

This is a weekly reflection. Choose a time at the end of each week to engage these questions in your journal or in the printable guide on page 6.

- Was being intentional about allowing time for *Daily Examen* and generous listening practice difficult or relatively easy for me this week? Why was that? Was one practice more difficult than the other? Why was that?
- Did my practice of *Daily Examen* influence how I approach my generous listening practice this week? How? Did my generous listening influence my *Daily Examen* practice? How?
- What am I learning about how I might embrace the freedom and goodness of God's gift of time in my everyday life?



We are in this together. We need each other to learn, explore and discover how God might be inviting us to reweave our lives as God's people. Take some time to attend to other companions in the abbey.

This is about engaging in the abbey community. You can find a link here to participate:  
<http://everydayabbey.org/time/>

*Note: You will have created a username and password when you first visited the TIME page and downloaded this Practice Sheet. You can find your log in information in an email from [office@everydayabbey.org](mailto:office@everydayabbey.org).*

- Bring questions, stories, challenges and reflections to the abbey to share. What has resonated for you in practicing *Daily Examen*? How is your generous listening practice going?
- Respond to another companion with a question, a word of encouragement or a simple comment that shows that they are being heard.



# Daily Examen Guide

DAILY

## READ

Ecclesiastes 3:9-15

## JOURNAL

Take some time to journal on the following questions:

I felt alive in your presence today, God when...

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I struggled to feel your presence today, God, when...

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God, I want to share more deeply with you about one moment that stands out from today. Through this experience, I think you might be telling me...

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As I think about tomorrow, God, I pray that...

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## PRAY

Thank you God, for the gift of today which is a manifestation of your grace and abundance. As I reflect on the events of the day and pay attention to my feelings and experiences, I know your faithful presence surrounds me. Bless this time spent together.



# Reflection Guide

WEEKLY

Choose a time at the end of each week to engage these questions:

Was being intentional about allowing time for *Daily Examen* and generous listening practice difficult or relatively easy for me this week? Why was that? Was one practice more difficult than the other? Why was that?

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Did my practice of *Daily Examen* influence how I approach my generous listening practice this week? How? Did my generous listening influence my *Daily Examen* practice? How?

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What am I learning about how I might embrace the freedom and goodness of God's gift of time in my everyday life?

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