

## Pastor's Point



*“Christian practices are things Christian people do together over time in response to and in the light of God’s active presence for the life of the world.”*

Bass, Dorothy C. Ed. *Practicing our Faith: A Way of Life for a Searching People*

As the Church moves into the season of Lent, it’s appropriate to talk not just about what we choose to fast from, but also which practices we might develop to deepen our spiritual lives. “Spending more time in prayer,” seems to be a default setting, but we tend to define prayer very narrowly as the act of sitting still and “talking” with God, asking for God’s presence, strength, comfort for those around us. While this particular method may work for many people, I want to suggest that prayer is a much more fully encompassing attitude than particular posture or practice. Indeed, as Christians living in faith community as the Body of Christ, we find as many ways of listening for and communing with God as there are folks around us.

In the anthology, “Practicing Our Faith,” each chapter presents a particular Christian practice and makes an argument for it as a spiritual discipline done as an act of prayer. The list is long, but includes some of the following: Honoring the Body, Hospitality, Household Economics, Saying Yes and Saying No, Keeping Sabbath, Testimony, Discernment, Forgiveness, Healing, Dying Well, and Singing. Christian practice is more than devotional time or worship once a week. Christian practice quite literally encompasses our entire lives informing our habits, actions, and convictions. How we live in relationship with each other and our wider community speaks volumes, not only about who we are, but who Christ is as well.

So, my Lenten question for you is this: “What does the way you practice Christianity tell others about Christ?” I encourage you to spend time contemplating your answers during this Lenten season.

Blessings,

*Pastor Heather*