

Everyday Garden

Reclaiming the Rhythm of Our Days



Devotional Guide for Everyday Christians

By Gillian Lo for Nation to Nation

Genesis 2:8,15. 3:8-9

Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed. The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man,

“Where are you?”

Everyday Garden:
Reclaiming the Rhythm of
Our Days

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WHAT IS THE EVERYDAY GARDEN?

See, I am doing a new thing!

*Now it springs up;
do you not perceive it?*

*I am making a way in
the wilderness
and streams in the
wasteland.*

Isaiah 43:19

Your everyday garden is a sacred space—physical, temporal, and spiritual—where you meet and spend quality time with God your Creator every day. It is every day because 1. Frankly, we need it to survive and thrive 2. The practices are easy and accessible. My wish for you is that going to your everyday garden to meet with God will become part of your daily routine just like brushing your teeth or drinking water.

ABOUT THIS PLAN

The **Everyday Garden: Reclaiming the Rhythm of Our Days** devotional plan is designed for you, everyday Christians of all ages and walks of life who are juggling work, family, church, and community demands. You who desire to live in (and out of) a lively, day-to-day, down-to-earth and intimate relationship with God the Father, Jesus Christ the Son, and the Holy Spirit.

The plan contains 5 movements that can be used together or on their own. Each movement follows a **RISE** rhythm. It stands for:

Rest Slow down, stop. Take a moment to enter God's rest.

Imagine Read the Word, converse with God. (Re)imagine the possibilities.

Savour Chew, taste, listen & take notice of the comfort, correction, and teaching from the Holy Spirit.

Elevate Turn your gaze upward, praise & worship God. Accept the new ideas/assignments and put them in action.

TIPS TO ENJOY YOUR EVERYDAY GARDEN EXPERIENCE

- 1. Expect the unexpected.** God is the most creative person in the universe! When you invite God to design/redesign your everyday garden, expect Him to do some amazing renovations. Stay flexible to follow how the Holy Spirit guides you.
- 2. Don't rush.** Spend as much time as you need. While each movement is designed to be completed in a day, you might find yourself wanting to stay and spend more time at some points. Welcome those pauses. In fact, you might feel the opposing tension to rush through. When you feel this ungodly pull to rush, stop and pray for help from the Holy Spirit because the enemy is trying to steal away your time with God. Don't let him.
- 3. Mark it on your calendar.** If you tend to have a full schedule, reserve your everyday garden time. Allocate 30-60 undisturbed minutes each day.
- 4. Enjoy your alone time with God.** Most of the activities are designed to be used alone; nevertheless, you can partner with a small group of close friends to keep each other company.
- 5. Find a time and space that works for you.** You'll be asked to design, discover/rediscover and cultivate your own sacred space with God, and there isn't an ideal time or place for it. Some people prefer to have their quiet time with God first thing in the morning with their coffees, some people like a variety of places and times to keep things fresh. However you decide to spend time with God is entirely up to you.
- 6. Keep distractions away.** Keep anything that might distract you away from your sacred garden. Things like phones or smart watches that chime or vibrate, incoming emails that ping on your computer, or a TV playing in the background. If you have trouble with quietness, this could be a good time to befriend it. A good tip to consider is turning on the "Do Not Disturb" function on your smart devices during your quiet time if you need them for note-taking or reading the digital Bible. Better yet, turn off the digital devices and use a print Bible and journal.

"To live a spiritual life we must first find the courage to enter into the desert of loneliness and to change it by gentle and persistent efforts into a garden of solitude."

— Henri Nouwen

GILLIAN'S STORY

In early 2020, the COVID-19 virus outbreak reached North America. In March 2020, Greater Vancouver (where I live) declared a state of emergency. The city went into a forced lockdown and its people into self-isolation. The abrupt enforcement of social distancing put a stop to all gatherings: church services, summer picnics, conferences and weddings were all cancelled.

After the initial shock from the “unprecedented pandemic” had passed, I suddenly found myself welcoming the quietness. My schedule was freed up from social appointments, work meetings and church events. The space carved out by the pandemic isolation has allowed me to “be still” and hear Jesus calling, “Come to me who are weary and heavy laden and I will give you rest.” (Matt. 11:28) When I stopped, I realized I’d been running at too fast a pace, driven by obligations and other people’s expectations instead of being led by the Holy Spirit.

Until the pandemic hit, I’d been putting my self-worth and effort into other people’s work. I let other people’s agendas become mine. My good intention to be responsible and professional had quickly turned into people-pleasing. I was running other people’s races. I found myself tired, worn out, and disappointed.



God showed me that I had been casting my hope on things other than Him. Returning to Jesus for me was about re-attaching all of myself to Jesus and to Him alone. So I returned, repented, and started my journey back into the garden with Jesus.

YOUR INVITATION TO THE GARDEN

In the coming days, I invite you to join Jesus in the garden to slow down, rest, plant, and dwell in your spiritual gardens with God. He delights to spend time with us in our garden.

Everyday Garden

Reclaiming the Rhythm of Our Days



1. DESIGN YOUR EVERYDAY GARDEN

Declutter

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2. DWELL IN YOUR EVERYDAY GARDEN

With Jesus
the Shepherd

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3. HOLDING SPACE

Be Still

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4. ENJOY YOUR EVERYDAY GARDEN

Delight in God

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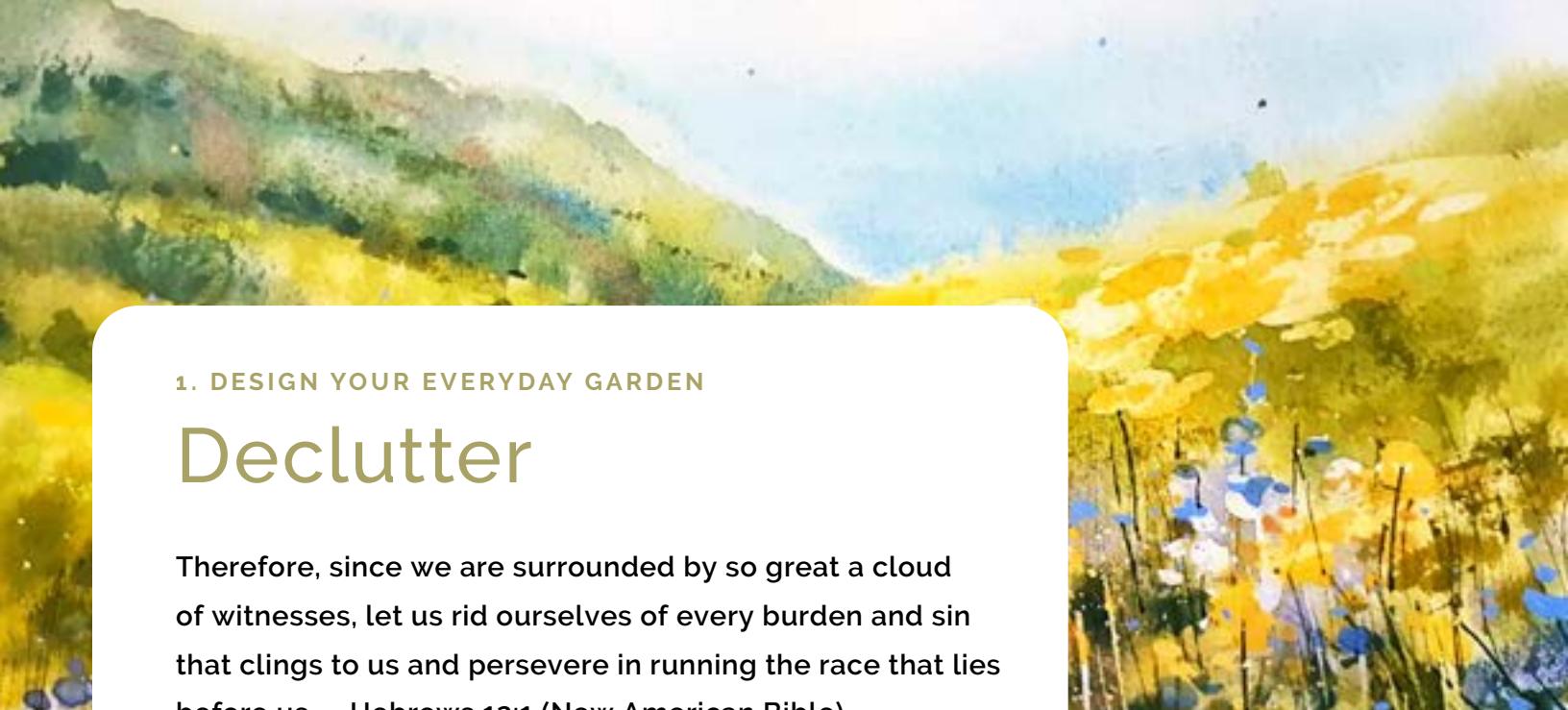
5. SHARE SPACE

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SUGGESTED PROMPTS
FOR GROUPS

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1. DESIGN YOUR EVERYDAY GARDEN

Declutter

Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us. —Hebrews 12:1 (New American Bible)



Rest

Welcome to your everyday garden! Gather the things you'll need for the next 30-60 minutes. Turn on "Do Not Disturb" on your phone & computer. If you wish, light a candle as a reminder of the presence of the Holy Spirit.

Sitting comfortably with your eyes closed, take a few deep breaths. As you inhale, invite God to meet you right where you are, just as you are. As you exhale, release any tension you might be feeling on your body. When you're ready, slowly open your eyes.

"Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing."

— Eugene Peterson

Imagine

You're invited to design/redesign your everyday garden.

Covered with God's grace, gently but honestly examine your life over the past few months. How did you spend your time, money and energy? Was it with yourself, others, and God?

Hebrews 12:1 says, "Let us rid ourselves of every burden and sin that clings to us." What do you need to give up to make room for more intimacy with God?

Pause here. Use the companion journal on page 9 to explore some decluttering ideas and action items.

Declutter

Savour

Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us while keeping our eyes fixed on Jesus, the leader and perfecter of faith. For the sake of the joy that lay before him he endured the cross, despising its shame, and has taken his seat at the right of the throne of God. Consider how he endured such opposition from sinners, in order that you may not grow weary and lose heart. —Hebrews 12:1-3 (New American Bible)

Read Hebrews 12:1-3 out loud slowly. Following the guidance of the Holy Spirit, meditate & pray:

“Holy Spirit, show me the things that are distracting me from being closer to God and help me remove them.” -OR- pray what the Spirit is highlighting to you at the moment.

As you become aware of thoughts, return ever so gently to the prayer. You are invited to use the companion journal on page 10. When you’re ready, remain silent with eyes closed for a couple of minutes before moving on.

Elevate

Turn your gaze upward and worship God.

Keeping your eyes fixed on Jesus, admire Jesus the Lamb of God, who was slain and with His blood He purchased people for God from every tribe, language, and nation (Rev. 5:9).

Praise & Worship! Sing [Amazing Grace / He is Lord - Steph Macleod with Celtic Worship & Friends](#)

Finish by thanking God for meeting you in your everyday garden today.

1. DESIGN YOUR EVERYDAY GARDEN

Declutter

“Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing.” — Eugene Peterson

You're invited to design/redesign your everyday garden.

Imagine: What do I need to give up to make room for more intimacy with God?

Invite the Holy Spirit to help you reorganize your life, and let go of any attachment that is not from God.

1. Tasks & commitments I will keep—that are part of my duty & calling (e.g., I'm the father of 2 children, I'm a staff in my company.)
 2. Tasks & commitments that I will delegate (e.g., I will ask my family to help with the house chores.)
 3. Tasks & commitments that are for this season (e.g., I'm serving in the outreach team for the next 4 months.)
 4. Tasks & commitments that I will say 'no' to (e.g., I'm going to step down from the deacon position for I've finished my term and to make room for a young leader to step up.)

Declutter

“Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing.” — Eugene Peterson

Holy Spirit, show me the things that are distracting me from being closer to God and help me remove them.

Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us while keeping our eyes fixed on Jesus, the leader and perfecter of faith. For the sake of the joy that lay before him he endured the cross, despising its shame, and has taken his seat at the right of the throne of God. Consider how he endured such opposition from sinners, in order that you may not grow weary and lose heart. —Hebrews 12:1-3 (New American Bible)

Space for Journaling

Space for Sketching



2. DWELL IN YOUR EVERYDAY GARDEN

With Jesus the Shepherd

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.

—Ps 23:1-3 (NIV)

Rest

Welcome to your everyday garden! Gather the things you'll need for next 30-60 minutes. Turn on "Do Not Disturb" on your phone & computer. If you wish, light a candle as a reminder of the presence of the Holy Spirit.

Sitting comfortably with your eyes closed, thank God for each breath, then start to repeat a two-word prayer "I'm Yours" in your mind. Breathe in with the word "I'm" and out with the word "yours". Lengthen your breaths until they are longer and deeper. Allow your heart to flow from gratitude, to submitting, to resting in the awareness of your belonging to God. When you're ready, open your eyes.



"I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep. I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd."

—John 10:14-16 (NIV)

Imagine

Imagine you're one of the sheep and Jesus is your shepherd.

How do you feel? How do you respond to the assurance of lacking nothing? What do the "green pastures" and "quiet waters" look like for you today (sketch them)? How is Jesus refreshing your soul today?

Pause here. Use the companion journal on p. 13 to explore this time and space where you can relax and be with Jesus our great shepherd.

With Jesus the Shepherd

Savour

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.

—Ps 23:1-3 (NIV)

Without haste, read Psalm 23 verses 1 to 3 out loud at a tempo of one *Selah*¹ at the end of each verse. Meditate and pray following the guidance of the Holy Spirit. Listen to what the Spirit is highlighting to you.

Please use the companion journal on p. 14 to write down thoughts, prayers or what you hear God says. When you're ready, remain silent with eyes closed for a couple of minutes before moving on.

Elevate

Turn your gaze upward and worship God.

Keeping your eyes fixed on Jesus, admire Jesus the Great Shepherd who laid down His life for us (John 10:17).

Praise & Worship! Sing [What a Friend We Have in Jesus + The Blessing by ATG Worship](#)

Finish by thanking God for meeting you in your everyday garden today.

¹ *Selah*: to lift up, exalt. (<https://biblehub.com/hebrew/5542.htm>)

With Jesus the Shepherd

“I am the good shepherd; I know my sheep and my sheep know me.” —John 10:14

You’re invited to dwell in your everyday garden with Jesus, the great shepherd.

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.

—Ps 23:1-3 (NIV)

Imagine: you’re one of the sheep and you’re with Jesus your shepherd.

What do the “green pastures” and “quiet waters” look like? Where is Jesus? Where are you?

Use the space below to sketch it out.

How do you feel when you receive the assurance of lacking nothing from the Great Shepherd?

How does Jesus refresh your soul today?

With Jesus the Shepherd

“I am the good shepherd; I know my sheep and my sheep know me.” —John 10:14

Dwell in your everyday garden with Jesus, your great shepherd.

Savour: Slowly read Psalm 23 verses 1 to 3. Set your tempo to *Selah* at the end of each verse to meditate and pray following the guidance of the Holy Spirit. Listen to what the Spirit is highlighting to you.

Space for Journaling

Space for Sketching

The Lord is my
shepherd, I lack
nothing.

He makes me lie
down in green
pastures,

he leads me
beside quiet
waters,

he refreshes my
soul.

3. HOLDING SPACE

Be Still

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." —Matthew 11:28-30 (NIV)



Rest

Welcome to your everyday garden! We're going to do a simple grounding exercise. Sitting comfortably, notice and name

- 5 things you can see.
- 4 things you can feel.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste.

As you notice and name the things you can sense, thank God for them. Acknowledge that each detail is something that He has given to you.

Imagine

"Come to me." Jesus is inviting you.

Stay present in His presence. Enjoy your time with Jesus without thinking about the past or worrying about the future.

Imagine you're walking with God in your everyday garden. Who is in the garden with you, God the Father, Jesus, the Spirit or all 3 of them? Where is God (in front of you, beside you, behind you)? Is He far or near? Is he touching you? How does it feel to be walking with God? Is He saying anything to you? What is He saying? Use the companion journal on p. 17 to explore.

"Sabbath-keeping requires two orientations. One is Godward. The other is timeward. To keep Sabbath well—as both a day and an attitude—we have to think clearly about God and freshly about time. We likely, at some level, need to change our minds about both. Unless we trust God's sovereignty, we won't dare risk Sabbath. And unless we receive time as abundance and gift, not as ration and burden, we'll never develop a capacity to savour Sabbath."

— Mark Buchanan

Be Still

Savour

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." —Matthew 11:28-30 (NIV)

Stop striving. Read Matthew 11:28-30 slowly and meditatively. Be still and settle in the attributes of God:

The LORD is my Provider: Jehovah Jireh
The LORD is my Healer: Jehovah Rapha
The LORD is present: Jehovah Shammah
The LORD is my Peace: Jehovah Shalom
The LORD is my Banner: Jehovah Nissi
The LORD is my Shepherd: Jehovah Raah
The LORD is my Righteousness: Jehovah Tsidkenu

Meditate and receive the rest of God. Please use the companion journal on p.17-18 to jot your thoughts, prayers and what you hear God says. When you're ready, remain silent with eyes closed for a couple of minutes before moving on.

Elevate

Turn your gaze upward and worship God.

Admire Jesus the Son of Man, who became one of us so He can empathize with our struggles and weaknesses (Hebrews 4:15).

Praise & Worship! Sing [For All My Life by TAYA](#)

Finish by thanking God for meeting you in your everyday garden today.

3. HOLDING SPACE

Be Still

“Unless we trust God’s sovereignty, we won’t dare risk Sabbath.” — Mark Buchanan

“Come to me.” Jesus is inviting you.

Imagine: you’re walking with God in your everyday garden. Not thinking about the past, not worrying about the future, stay present in His presence:

1. Who is here, God the Father, Jesus, the Spirit or all 3 of them?
2. Where is God (in front of you, beside you, behind you)? Is He far or near? Is he touching you?
3. Examine your emotions. Notice and name the emotions that are surfacing as you walk with God.
4. Is He saying anything to you? What is He saying?

Savour: Stop striving. Read Matthew 11:28-30 slowly and meditatively. Be still and settle in the characters of God:

The LORD is my Provider: Jehovah Jireh
The LORD is my Healer: Jehovah Rapha
The LORD is present: Jehovah Shammah
The LORD is my Peace: Jehovah Shalom
The LORD is my Banner: Jehovah Nissi
The LORD is my Shepherd: Jehovah Raah
The LORD is my Righteousness: Jehovah Tsidkenu

Be Still

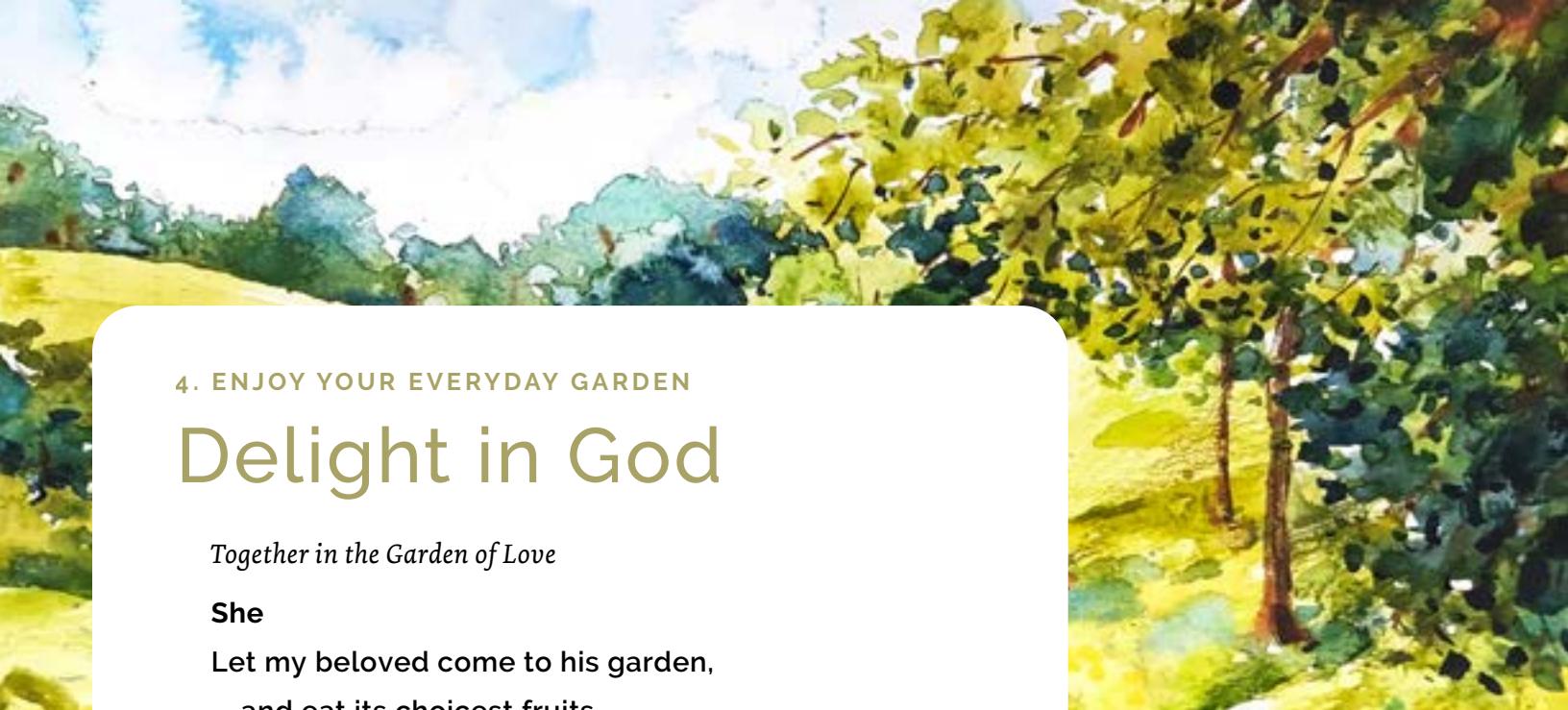
“Unless we trust God’s sovereignty, we won’t dare risk Sabbath.” — Mark Buchanan

“Come to me.” Jesus is inviting you. Meditate and receive the rest of God.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” —Matthew 11:28-30 (NIV)

Space for Journaling

Space for Sketching



4. ENJOY YOUR EVERYDAY GARDEN

Delight in God

Together in the Garden of Love

She

Let my beloved come to his garden,
and eat its choicest fruits.

He

I came to my garden, my sister, my bride,
I gathered my myrrh with my spice,
I ate my honeycomb with my honey,
I drank my wine with my milk.

Others

Eat, friends, drink,
and be drunk with love!

— Song of Solomon 4:16-5:1 (ESV)

Rest

Welcome to your everyday garden! Your beloved is waiting for you. Sitting comfortably with distractions put aside and with your eyes closed, slow down your breathing to help you settle your mind, body and soul. Smile, and thank God for His love. When you're ready, open your eyes.

Imagine

“Let my beloved come to his garden.” God loves you.

Is it easy or difficult to accept God’s love just as you are? Recall when you have experienced great delight with others (e.g., birth of a baby, have a deep connection with a friend etc.) God longs for you to delight in Him. Pause to discover your longings with God. Use the companion journal on p. 21 to explore.

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

—John 10:10 (ESV)

And Jesus replied, “Today you will be with me in Paradise. This is a solemn promise.”

—John 23:43 (The Living Translation)

Delight

Savour

Together in the Garden of Love

She

Let my beloved come to his garden,
and eat its choicest fruits.

He

I came to my garden, my sister, my
bride,
I gathered my myrrh with my spice,
I ate my honeycomb with my honey,
I drank my wine with my milk.

Others

Eat, friends, drink,
and be drunk with love!
— Song of Solomon 4:16-5:1 (ESV)

Without feeling the need to perform or earn
God's approval, you are loved. Read Song of
Solomon 4:16-5:1 slowly...

Meditate and take delight as God's beloved. Take
time to meditate on this phrase, "God loves me."
Receive and let God's love fill your heart. Allow
the Holy Spirit to gently draw out anything
that may hinder you from entering a deeper
relationship with God.

Please use the companion journal on p. 21-22 to
journal and design your joy pathway.

When you're ready, remain silent with eyes
closed for a couple of minutes before moving on.

Elevate

Turn your gaze upward and worship God.

Admire Jesus the one and only giver of life, the lover of your soul.

Praise & Worship! Sing [Jesus Lover Of My Soul by Awakening Music, featuring Daniel Hagen](#)

Finish by thanking God for meeting you in your everyday garden today.

Delight

And Jesus replied, “Today you will be with me in Paradise. This is a solemn promise.”
—John 23:43 (The Living Translation)

“Let my beloved come to his garden.”

Imagine: “Let my beloved come to his/her garden.”
 God loves you. You’re God’s beloved.

1. What makes it easy for you to accept God’s love just as you are today (e.g., without feeling the need to perform or earn His approval)? What makes it difficult?
2. Recall and name when you have experienced great delight with others (e.g., birth of a baby, have a deep connection with a friend etc.)
3. What are you longing for? Tell Jesus your lover what is on your heart.

Savour: Without feeling the need to perform or earn God’s approval, you are loved. Read Song of Solomon 4:16-5:1 slowly...

Meditate and take delight as God’s beloved. Take a moment to meditate on this phrase, “God loves me.”

Receive and let God’s love fill your heart. Allow the Holy Spirit to gently draw out anything that may hinder you from entering a deeper relationship with God.

4. ENJOY YOUR EVERYDAY GARDEN

Delight

*And Jesus replied, “Today you will be with me in Paradise. This is a solemn promise.”
—John 23:43 (The Living Translation)*

God invites you to delight in Him.

Together in the Garden of Love

She

Let my beloved come to his garden,
and eat its choicest fruits.

He

I came to my garden, my sister, my
bride,

I gathered my myrrh with my spice,
I ate my honeycomb with my honey,
I drank my wine with my milk.

Others

Eat, friends, drink,
and be drunk with love!

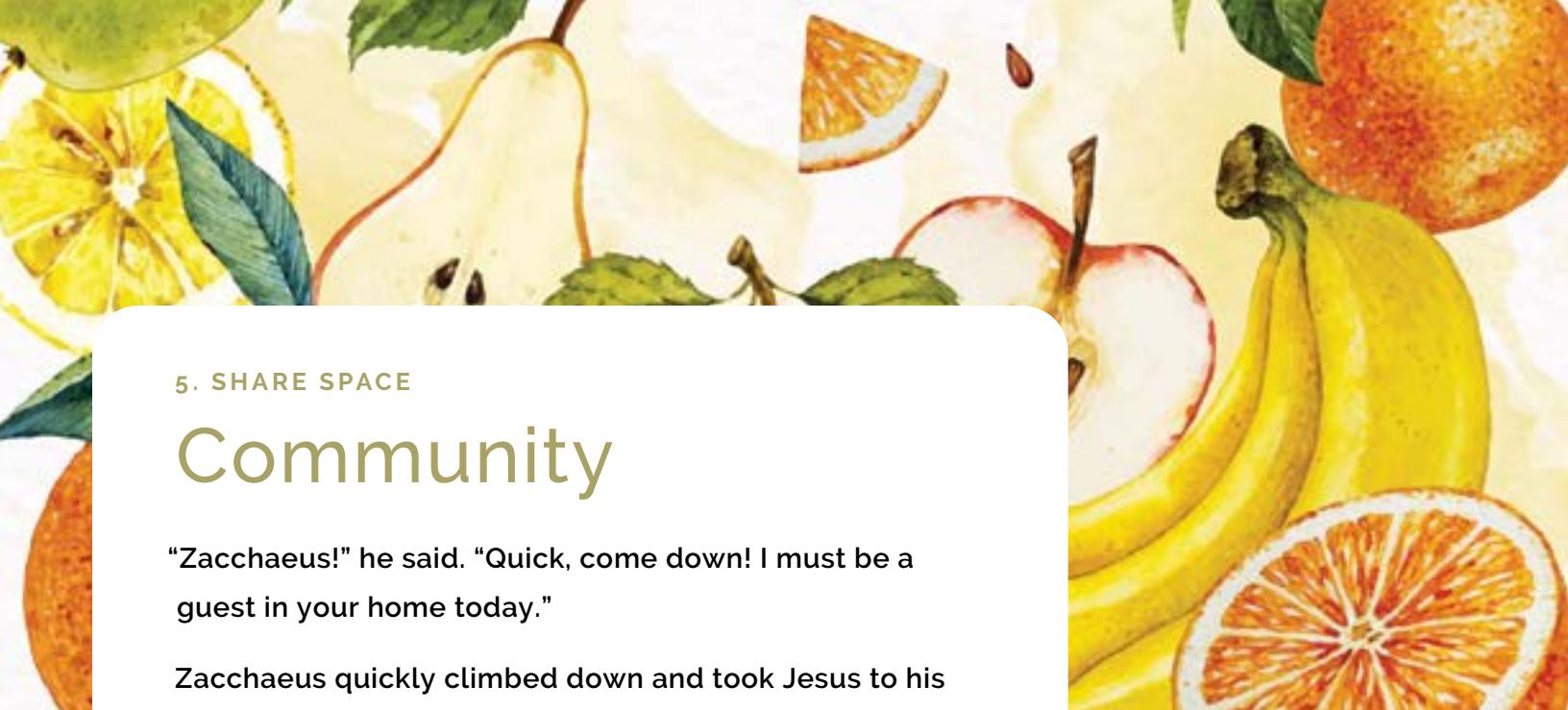
— Song of Solomon 4:16-5:1 (ESV)

Design your joy pathway

Rediscover activities that give you joy:

1. What do you enjoy doing? Discover and name at least 3 activities that you can do alone or with others that give you joy.
2. Identify a few things you miss doing and long to do again.
3. Based on your answers above, find 1 activity that is feasible for you to do right away. Use the space below to make some “joy steps” to realize your plan.

Space for Brainstorming



5. SHARE SPACE

Community

"Zacchaeus!" he said. "Quick, come down! I must be a guest in your home today."

Zacchaeus quickly climbed down and took Jesus to his house in great excitement and joy. But the people were displeased. "He has gone to be the guest of a notorious sinner," they grumbled.

—John 19:5-7 (New Living Translation)

Rest

Welcome to your everyday garden! God has prepared a table before you (Ps. 23:5)! Sitting comfortably with distractions put aside, with your eyes closed, think about the people in your community, starting from the ones closest to you (e.g., your spouse, children, family, friends, colleagues & business partners...etc.) Allow the Holy Spirit to bring forward the names without needing to go through your entire contact list. As their names or faces appear, pray a brief blessing over them and thank God for them. When you're ready, open your eyes.

Imagine

"Quick! I must be a guest in your home today!"

Imagine Jesus is coming for dinner to your home tonight. Jesus comes to seek and save the last, the least, and the lost. Today salvation has come to your house.

Who will you invite? Is there any specific guest or demographic you wish to reach out and connect with? What steps can you take?

"Community is where humility and glory touch."

"Hospitality is not to change people, but to offer them space where change can take place."

— Henri Nouwen

Community

Savour

Slowly read John 19:5-7. As you read, replace *Zacchaeus* with your name:

“*<My name>*” he said. “Quick, come down! I must be a guest in your home today.” I quickly climbed down and took Jesus to my house in great excitement and joy. But the people were displeased. “He has gone to be the guest of a notorious sinner,” they grumbled.

Meditate and receive Jesus as your house guest. How do you feel when you hear Jesus is coming to your home today? What thoughts come to mind?

Do you identify with being a “notorious sinner”? What breakthrough occurs when Jesus sees you?

Enjoy sitting at the feast table with Jesus. Who else from your community is at the table? Who are the last, the least, and the lost you will invite? Enjoy their company as well.

Please use the companion journal on p. 25 to take notes, and use p. 26 to plan a community outreach.

Elevate

Turn your gaze upward and worship God.

Admire Jesus who comes to seek and save the last, the least, and the lost, including us!

Praise & Worship! Sing [Every Table Is An Altar by Jason Upton](#)

Finish by thanking God for meeting you at your everyday garden today.

Community

“Hospitality is not to change people, but to offer them space where change can take place.”
— Henri Nouwen

“Quick! I must be a guest in your home today!” said Jesus.

Imagine: Jesus comes to seek and save the last, the least, and the lost. Today salvation has come to your house. Jesus is coming to your home for dinner.

Who will you invite? Is there any specific guest or demographic you wish to reach out and connect with? What steps can you take?

1. Who will you invite from your community? Imagine with God to come up with a guest list together. (Note: include people you have access to or can reach, i.e., the guests should not have already passed away.)

2. Surveying the guest list you co-created with God, are you surprised by any of the guests? Why or why not?

3. Is there a specific person or demographic God is prompting you to reach out to? What practical steps can you take today?

Savour: Read John 19:5-7. As you read, replace ‘Zacchaeus’ with your name. Meditate and receive Jesus as your house guest.

How do you feel when you hear Jesus is coming to your home today? What thoughts come to mind?

Do you identify with being a “notorious sinner”? What breakthrough occurs when Jesus sees you? Enjoy sitting at the feast table with Jesus. Who else from your community is at the table? Who are the last, the least, and the lost you will invite? Enjoy their company as well.

Community

“Hospitality is not to change people, but to offer them space where change can take place.”
—Henri Nouwen

“Quick! I must be a guest in your home today!” said Jesus.

“Zacchaeus!” he said. “Quick, come down! I must be a guest in your home today.” Zacchaeus quickly climbed down and took Jesus to his house in great excitement and joy. But the people were displeased. “He has gone to be the guest of a notorious sinner,” they grumbled. —John 19:5-7 (NLT)

Plan a community outreach. Expand your everyday garden to include others into the fellowship with Jesus. Use this space to plan a community event that you can host in the near future. Have fun with it! :)	3. Pick a party theme	Things I will need
1. Pick a date	4. Pick a location	
2. Make a guest list	5. Send out invites	Notes

Jesus says,

“Come to me,

all you who are weary and burdened,
and I will give you rest. Take my yoke
upon you and learn from me, for I am
gentle and humble in heart, and you
will find rest for your souls. For my
yoke is easy and my burden is light.”

Matthew 11:28-30 (NIV)

Everyday Garden:
Reclaiming the Rhythm of
Our Days



FROM THE AUTHOR

Thank you for joining the **Everyday Garden: Reclaiming the Rhythm of Our Days** experience! As you take what you've learned and continue to apply it in your every day life, you will encounter opposition. The biggest opposition you will face is, "I don't have time."

When this comes up, it's important to recognize that there is a spirit behind it whose sole purpose is to prevent you from entering your everyday garden to be with God. Then, recognize what you could be saying is, "Everything else that's demanding and occupying my time and space is more important than spending time alone with God." When this happens, I invite you to allow the Holy Spirit to examine your heart and to shed light on the root cause(s). From my experience, some reasons could include: being afraid of not meeting other people's expectations, being a perfectionist, feeling guilty for taking time, or feeling unworthy of the time and space that I need. Ask God for healing with His power and truth.

Jesus says, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and him with me." (Rev. 3:10 NIV) Notice that Jesus didn't kick down the door and let Himself in. Although God sometimes intervenes to get our attention, He is more likely to be waiting patiently for us to come to Him. So we ought to make every effort to meet God.

Friends, may you find joy, peace and hope in your everyday garden with God!

Gillian

Spring, 2022 in New Westminster, Canada

MORE RESOURCES

I highly recommend the book *The Rest of God: Restoring Your Soul by Restoring Sabbath* by Mark Buchanan https://www.goodreads.com/book/show/1245979.The_Rest_of_God for a more thorough study on Sabbath.

Everyday Garden

Reclaiming the Rhythm of Our Days

Suggested Prompts for Groups

Use as many prompts as you felt led to share and debrief with your group:

1. Recall how you were entering into today's everyday garden. Compare it with how you were after. How were you the same or different? What has shifted?
2. Read the quote at the sidebar of today's movement and share your thoughts about it. What do you agree or disagree with?
3. Share your first impressions of today movement's topic (e.g., surprised, intrigued, puzzled, uninterested).
4. Share parts of today's scripture that jumps out at you and how.
5. What was easy during your everyday garden time? What was difficult or challenging? How can you seek help and support from your group?
6. What about God has been revealed to you during your everyday garden time today?
7. What about yourself has been revealed to you during your everyday garden time today?
8. What are some of God's promises or encouragements you will take away today?
9. What are some sins you want to confess & repent?
10. If any, share some areas that have become clear during your everyday garden time.
11. Share and discuss questions you have about today's movement.
12. Share what you look forward to tomorrow at your everyday garden, and a few practical things you will do to prepare yourself for it.

Everyday Garden

Reclaiming the Rhythm of Our Days

Song links



Amazing Grace / He is Lord
by Steph Macleod with Celtic Worship & Friends



What a Friend We Have in Jesus + The Blessing
by ATG Worship



For All My Life
by TAYA



Jesus Lover Of My Soul
by Awakening Music, featuring Daniel Hagen



Every Table Is An Altar
by Jason Upton