

A PRACTICAL GUIDE TO

L I V I N G

L I T U R G I C A L L Y



TIPS TO INTEGRATE
LITURGY INTO DAILY LIFE

BY REVELATION WELLNESS®



Recall the tasks you repeat daily. Now imagine inviting the Lord to be present during those activities. Integrating liturgy into life makes this a possibility.

Liturgy is defined by Webster as a customary repertoire of ideas, phrases, or observances. It is the stuff that makes up your day, your life – habits, words, and actions.

Liturgy brings to mind the church traditions and orders found among some congregations on Sundays. In terms of the church, the liturgy is essentially the order of worship – singing, reading Scripture aloud, the sermon, prayers, confession, communion, etc. These are prayers and practices that are repeated week after week with the hope of forming a congregation into Christ-likeness.

In *Liturgy of the Ordinary*, Tish Harrison Warren states, “Our hearts and our loves are shaped by what we do again and again and again.”

So, what do you do every day? Have you considered how those repeated practices shape you?

This is an invitation to use the concept of liturgy to establish a rhythm of reconnecting with the Lord as you go about your day. Rather than viewing liturgical living as an addition to your already full schedule, think of integrating liturgy as transforming your time.

STEP 1: WHAT'S YOUR SCHEDULE?

In the space below, record a general outline of a weekday.

[illegible]



STEP 2:

INVITE GOD INTO YOUR DAY

We know God is already present in every moment of your day. But, are you aware of Him? Do you seek the Holy Spirit's guidance when you're knee-deep in dirty laundry?

It's easy to get overwhelmed, so start small. First, identify short pockets of time that are already available – folding laundry, waiting for coffee to brew, driving to work, watching soccer practice, etc. Though your body may physically be occupied, your mind could be transformed by habits of prayer and Scripture reading.

Another approach is to integrate liturgy into routines and tasks in your day that feel stressful, boring, dry, or dreadful. For example: Your dishes are piled high in the evening and you're dreading the task. This is a great opportunity to pray for Christians enduring trials or meditate on a verse about endurance, like James 1:2-4.

CONSIDER THESE PRACTICES:

- Start the day with prayers of invitation or scripture for the Lord's direction and guidance.
- Use the afternoon coffee break to invite the Lord's strength.
- Load the dishwasher and recount a verse about the washing of our sins.
- Exchange checking the phone one last time for a prayer or scripture card placed on the nightstand to end the day.

DAILY LITURGY

So whether you eat or drink or whatever you do, do it all for the glory of God.
Corinthians 10:31

[illegible]



STEP 3:

WRITE PRAYERS & SCRIPTURES ON NOTECARDS

Now that you know where you want to integrate prayer and Scripture throughout the day, it is time to write those prayers and Scriptures and keep them in places where you will see them.

On your nightstand

By the sink

By the front/back door

In the car

In the bathroom

In the kids room

At the dinner table

PRAYER RESOURCES:

[Every Moment Holy- Volume I & II](#)

[Common Prayer: A Liturgy for Ordinary Radicals](#)

The Book of Common Prayer - multiple editions

[Liturgy of the Ordinary: Sacred Practices in Everyday Life](#)

[5 Ways to Connect with God Throughout Your Day - Revelation Wellness Blog](#)

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