

THE EMMAUS MANUAL:  
A CATECHISM  
*WHAT THE GOOD NEWS IS*

I.	RECEIVING MERCY	3
II.	THE ASCENDED CHRIST	23
III.	THE MEANS OF GRACE	29
IV.	A CRUCIFIED HEART	35
V.	A SIMPLE RHYTHM	41

## I. RECEIVING MERCY

“Once you were not a people,  
but now you are God's people;  
once you had not received mercy,  
but now you have received mercy.” *1 PETER 2:10*

*Why is life so hard?*

Life is full of trouble.

*What kind of trouble?*

Life is full of contention and temptation,  
Uncertainty and complication,  
Affliction and mistreatment.

*What does it mean that life is full of trouble?*

It means we suffer.  
We suffer from all life's troubles.  
Life is full of suffering,  
And we don't know how we're going to make it.

*What else is life like?*

Life is full of trouble and loss.  
In a life full of suffering,  
we've lost what we need to be okay.  
We do not have what our souls most long for

*What is a soul? And what does it long for?*

A soul is a way of talking about ourselves,  
a way of talking about  
what we need to be okay.

The deepest longing of the soul  
is to somehow be okay.  
To be fed with honor, strength, and purpose.  
We have lost what we need to be okay.  
Our souls are wounded by this loss  
And hunger for what was lost.

*What do we need to be okay?*

We need honor and regard,  
and its loss is felt as shame.  
We need assurance and security,  
and its loss is felt as fear.  
We need fulfillment and purpose,  
and its loss is felt as despair.  
Life is full of trouble and loss.  
We've lost what we need to be okay.  
And we don't know how we're going to get it back.

These losses make us feel like we're lost,  
like we're not at home in this world.

*Why is life full of trouble and loss?*

Because the world is broken and fallen.  
It's brokenness and fallenness  
is a sign of Death.  
And Death is a power than has  
been unleashed on the world.

*Is life just trouble and loss?*

No, life is full of trouble, loss and lies.

*What are lies like?*

Lies are like bullies.  
They grip and pull.  
They tell us what to do.  
And make us feel like we can't say no.  
The lies to us about who we are,  
what life's about,  
What we should expect,  
And what we need to be okay.

*Who are the bullies, who are the liars?*

These are the liars I know of:  
The devil's accusation.  
The world's provocation,  
The mind's intimidation,  
The body's anticipation

But the chief Liar is the Devil,  
the deceiver and the accuser.

*Why do they lie to us?*

Our minds and bodies are vulnerable,  
The world is misguided,  
The devil is our enemy

*Is that all the bullies and liars?*

No, in a life full of trouble and loss,  
There is always Pride,  
The thing in us that says we  
can depend on ourselves and be okay.

Pride is the thing in us that says  
we can get rid of trouble, prove ourselves,  
And take back what we've lost.  
The thing in us that says  
we can take things back,  
And make things right,  
By relying on ourselves.

Pride is the biggest bully and liar.  
And the hardest to spot because it lives inside us.  
It is a blindness we can't see to get rid of,  
And yet we are still under its power.  
It has made us selfish.  
And it is called Sin.

In addition to  
The devil's accusations  
The world's provocation  
The mind's intimidation, and  
The body's anticipation.  
There is also Sin's domination.

*So we are wounded by loss, bullied by lies, and suffer from troubles, and pride does not help?*

No, pride only deepens the losses that wound us,  
Strengthens the lies that bully us.  
And only makes more trouble for us.

*Why is Pride even there?*

We don't really know,  
except perhaps to say

that pride is the first sin.  
What it means though,  
is that our hearts are hardened,  
so that we only know  
how to depend on ourselves to be okay.  
Something is wrong.  
The heart is about what we'll trust in,  
and count on to be okay.  
Our hearts only know how  
To trust in the wrong thing.  
The only shepherd of the wounded soul  
is the hardness of our own heart.

*Why is life like this?*

There is mystery to how things have fallen apart.  
What we know is that we are  
Under the dominion of powers we have no power over.  
We are in the Land of Sin, Death, and the Devil.

*In the Land of Sin, Death, and the Devil, do trouble, loss, pride, and lies take  
turns destroying us?*

No, they are overlapping,  
compounding,  
crashing in  
and all happening at once.  
They pile on top of each other.  
We do not feel them separately,  
but feel tangled up in all of them.  
And feel that we are stuck and trapped.  
That all is lost, nothing matters,  
And that nothing makes sense.

And that all is chaos.

*So how do we tell the difference?*

In my experience, this is what it is like  
in the Land of Sin, Death, and the Devil.

In my experience, it is like  
there is a Shrieking Fog  
called Pride and Lies  
A Shrieking Fog we can't  
make our way out of.

In my experience, it is like  
there is an Impenetrable Wilderness  
called Trouble and Loss  
An Impenetrable Wilderness  
we can't make our way through

In my experience, it like  
there is a Simple Table,  
called Meaning and Purpose,  
A Simple Table  
we cannot make our way toward  
In the Land of Sin, Death, and the Devil.

*And who are we in the land of Sin, Death, and the Devil?*

We are wounded, selfish,  
bullied, and troubled people.  
Ruined gods, frightened children,  
And utter strangers.  
Lost souls whose only shepherd



is the hardness of our own heart.

Lost souls because we don't  
have what we need to be okay

Hardened hearts because we only know  
how to count on the wrong thing to be okay.  
We only know how to trust in pride and lies.

*What hope do wounded, selfish people have in the Land of Sin, Death, and the Devil?*

Mercy is the only hope  
for wounded, selfish people  
The only hope  
for ruined gods, frightened children,  
and utter strangers.  
The only way to be okay  
in the Land of Sin, Death, and the Devil.  
The only way forward  
The only way  
Out of the Shrieking Fog  
called Pride and Lies.  
Through an Impenetrable Wilderness  
called Trouble and Loss.  
To a Simple Table  
Called Meaning and Purpose.

*How? How will Mercy do this?*

In the Land of Sin, Death, and the Devil,  
Mercy rescues wounded, selfish people  
from that Fog,

leads them  
through that Wilderness,  
And gives them back to  
that Table

Mercy is Safe Passage through what life is like.  
Mercy is Safe Passage  
in the Land of Sin, Death, and the Devil

Mercy is the rescue from Pride and Lies,  
The way through Trouble and Loss.  
And the Meaning and Purpose  
We're given back to  
And headed toward.

*Does Mercy takes turn? Rescuing, then Leading, then Giving?*  
All three are happening at the same time.

*What is the difference between being rescued, led, given?*

This Safe Passage is based in rescue.  
The whole thing is about rescue.  
Being rescued is the gift.  
Being led is its vindication.  
Being given back is the fulfillment.

*How do I get Mercy?*

Mercy is a gift for wounded, selfish people  
It can only be received.  
And to receive Mercy  
Is to claim Safe Passage  
Out of that Fog

Through that Wilderness  
To that Table

*What will we become if we receive Mercy?*

Ruined gods, frightened children,  
and utter strangers  
Who receive Mercy  
Become helpless sinners, honored guests,  
And humble servants.  
Helpless sinners cleansed as  
Honored guests, presented  
As humble servants.  
And all of it a mending.  
Those who receive Mercy  
Cleansed, mended, presented.

*How do we know we have received Mercy?*

If we are Christians we have received Mercy.  
Because that is what a Christian is.  
A Christian is a wounded, selfish person  
who has received Mercy  
A Christian is a wounded, selfish person  
who has claimed Safe Passage.

*That is all a Christian is?*

That is all a Christian is.

*If we have to receive Mercy to be rescued, led, and given, then what is Mercy anyway?*

In this life we are wounded by loss,  
selfish from pride,

bullied by lies,  
and suffer from trouble.  
That is what life is like  
In the Land of Sin, Death, and the Devil.  
It is like being in a Shrieking Fog  
and an Impenetrable Wilderness  
with no way to a Simple Table.  
That is what life is like,  
but that is not what life's about.

Life is about receiving Mercy.  
The point of living  
is for wounded, selfish people  
to receive Mercy,  
and claim Safe Passage  
out of that Fog,  
through that Wilderness,  
to that Table.

This can happen  
because Mercy  
is What God Is Like.  
Mercy is about  
Who God Is  
Where God Goes  
What God Does

The point of living is for wounded, selfish people  
to receive Mercy  
and be changed by What God's Like

Being  
Helpless sinners Rescued by Who God Is  
Honored guests Led Where God's Going  
Humble servants Given back to What God's Doing

Out of a Shrieking Fog  
called Pride and Lies  
Through an Impenetrable Wilderness  
called Trouble and Loss  
To a Simple Table  
called Meaning and Purpose

*What is it that God does?*

God gives us a Simple Table  
called Meaning and Purpose  
by giving us back  
to Himself, ourselves, and others

*Is there a difference between Who God Is, Where God Goes, and What God Does?*

What Gods Like is based in Who God Is.  
The whole thing is about Who God Is.  
The gift is Who God Is  
It's vindication is Where God Goes  
It's fulfillment is What God Does

*Is that all Mercy is?*

Yes and No  
We are always talking about Mercy  
But there is more than one way  
to say what Mercy is.

*Like what?*

Life is about receiving Mercy.  
The point of living is for wounded, selfish people  
to receive Mercy  
and claim Safe Passage  
out of that Fog,  
through that Wilderness,  
to that Table.

This Mercy  
is What God's Like,  
But this is something  
that has to be revealed to us.  
Mercy, then, is the Revelation of God

The Revelation of  
His Truth  
His Goodness  
His Beauty

The point of living is for wounded, selfish people  
to receive Mercy  
and behold this Revelation,  
Helpless sinners Rescued by His Truth  
Honored guests Led by His Goodness  
Humble servants Given to His Beauty

Out of the Shrieking Fog  
called Pride and Lies  
Through an Impenetrable Wilderness

called Trouble and Loss  
To a Simple Table  
called Meaning and Purpose

*Is there a difference between His Truth, Goodness, and Beauty?*

This Revelation is based in His Truth.  
The whole thing is about His Truth.  
His Truth is the gift  
His Goodness its vindication  
His Beauty it's fulfillment.

*What else are we talking about when we talk about Mercy?*

Life is about receiving Mercy.  
The point of living is for wounded, selfish people to  
receive Mercy,  
and claim Safe Passage  
out of that Fog,  
through that Wilderness,  
to that Table.

This Mercy is What God's Like.  
This Mercy is a Revelation, but what it reveals is  
The Reality of God,  
The Reality of  
His Steadfast Love,  
His Involvement,  
His Making Things Right.

The point of living is for wounded, selfish people  
to receive Mercy,  
And accept this Reality,

Helpless sinners Rescued by His Steadfast Love,  
Honored guests Led by His Involvement,  
Humble servants given back to  
His Making Things Right

Out of the Shrieking Fog  
called Pride and Lies  
Through the Impenetrable Wilderness  
called Trouble and Loss  
To a Simple Table  
called Meaning and Purpose

*Is there a difference between His Steadfast Love, His Involvement, and His Making Things Right?*

This Reality is based in His Steadfast Love.  
The whole thing is about His Steadfast Love.  
His Steadfast Love is the gift,  
His Involvement its vindication,  
His Making Things Right its fulfillment

*What else are we talking about when we talk about Mercy?*

Life is about receiving Mercy.  
The point of living is for wounded, selfish people  
to receive Mercy  
And claim Safe Passage  
out of that Fog,  
through that Wilderness,  
to that Table.

This Mercy is What God's Like.



This Mercy is a Revelation and Reality,  
That is also the Story of God  
The Story of  
The Ultimate Claim  
who pulls people out of bondage  
And leads them in Solemn Procession  
Toward the Final End.

This Story doesn't just tell us something,  
it does something to us,  
it draws us into Mercy itself.

*The Final End of what?*

The Final End of pride, lies, trouble, and loss.  
The point of living is for wounded, selfish people  
to receive Mercy,  
And become a part of this Story,  
Helpless sinners Rescued by the Ultimate Claim  
Honored guests Led in the Solemn Procession  
Humble servants Given to the Final End  
Out of the Shrieking Fog  
called Pride and Lies,  
Through an Impenetrable Wilderness  
called Trouble and Loss  
To a Simple Table  
called Meaning and Purpose

*Is there a difference between the Divine Claim, the Solemn Procession, and the Final End?*

This Story is based in the Ultimate Claim.

The whole thing is the Ultimate Claim  
The Ultimate Claim is the gift.  
The Solemn Procession its vindication.  
The Final End its fulfillment.

*What else are we talking about when we talk about Mercy?*

Life is about receiving Mercy.  
The point of living is for wounded, selfish people  
to receive Mercy,  
And claim Safe Passage  
out of that Fog,  
through that Wilderness,  
to that Table.

This Mercy is What God's Like.  
This Mercy is a Revelation, Reality, and Story  
That is also the Promise of God,

The Promise that  
God is for us,  
God is with us, and  
God will give us back to Himself, ourselves, and  
each other.

The point of living  
is for wounded, selfish people  
to receive Mercy,  
and inherit this promise,

Helpless sinners Rescued by the God who is for us,  
Honored guest Led by the God who is with us,

Humbles servants Given to the God who gives us  
back to Himself, ourselves, and each other.

Out of the Shrieking Fog  
called Pride and Lies,  
Through an Impenetrable Wilderness  
called Trouble and Loss  
To a Simple Table  
called Meaning and Purpose

*Is there a difference between God being for us, with us, and giving us  
back to Himself?*

This Promise is based in God being for us.  
God being for us is the gift.  
God being with us is its vindication.  
God giving us back to Himself, ourselves, and each  
other is the fulfilment.

*What else are we talking about when we're talking about Mercy?*

Life is about receiving Mercy.  
The point of living is for wounded, selfish people  
to receive Mercy,  
And claim Safe Passage  
out that Fog,  
through that Wilderness,  
to that Table.

This Mercy is What God's Like.  
This Mercy is a Revelation, Reality, Story, and  
Promise  
That is also the Gift of God

The Gift of  
His Forgiveness,  
His Company,  
His Joy

The point of living is for wounded, selfish people to  
receive Mercy,  
And take this Gift,  
Being  
Helpless sinners Rescued by His Forgiveness,  
Honored guests Led by His Company,  
Humble servants Given back to His Joy

Out of the Shrieking Fog  
called Pride and Lies  
Through an Impenetrable Wilderness  
called Trouble and Loss  
To a Simple Table called Meaning and Purpose

*Is there a difference between His Forgiveness, His Company, and His Joy?*

This Gift is based in His Forgiveness.  
The whole thing is about His Forgiveness.  
His Forgiveness is the gift.  
His Company its vindication  
His Joy its fulfillment.

*What else are we talking about when we talk about Mercy?*

Life is about receiving Mercy.  
The point of living is for wounded, selfish people  
to receive Mercy,  
And claim Safe Passage

out of that Fog,  
through that Wilderness,  
to that Table.

This Mercy is what God's like.  
This Mercy is a Revelation, Reality, Story, Promise,  
and Gift  
That is also, and maybe most importantly, the  
Word of God.

This Word is not just something we would come up  
with ourselves,  
and not something we are used to telling ourselves.  
This Mercy has to be spoken to us.

We talk about Revelation, Reality, Story, Promise,  
and Gift all at once  
when we say that Mercy is the Word of God  
A Word of  
Cleansing,  
Provision,  
Rest,

*What needs Cleansing, Provision, and Rest?*

Our hardened hearts need to be cleansed,  
cleansed of Pride and Lies.  
Our wounded souls need provision,  
provision for Trouble and Loss,  
And we need rest from the things that destroy us  
and make life feel futile.  
A Rest that gives back Meaning and Purpose.

This Word will have to overturn the verdicts of Sin,  
Death, Devil.

It will have to overthrow Sin's Domination,  
Death's Devastation, Devil's Accusation.

Mercy is this,  
The Overturning Word  
in the Land of Sin, Death, and the Devil

The point of living is for wounded, selfish people  
to receive Mercy,  
And become the creation of the Overturning Word,

Helpless sinners  
Rescued by this Word of Cleansing,  
Honored guests Led by this Word of Provision,  
Humble servants Given back to this Word of Rest,  
Out of the Shrieking Fog  
called Pride and Lies,  
Through the Impenetrable Wilderness  
called Trouble and Loss  
To a Simple Table  
called Meaning and Purpose.

*Is there more than one Word? A Word that Cleanses, Provides, and  
Gives Rest?*

It is a single Word based in Cleansing.  
The whole thing is about His Cleansing.  
Cleansing is the gift.  
Provision its vindication.  
Rest its fulfillment.

## II. THE ASCENDED CHRIST

“He himself bore our sins  
in his body on the tree,  
that we might die to sin  
and live to righteousness.  
By his wounds  
you have been healed.  
For you were straying like sheep,  
but have now returned  
to the Shepherd and Overseer  
of your souls.” *1 PETER 2:24-25*

*Is that all it means to receive Mercy?*

No, it means something even stranger to say we  
have received Mercy.

Life is about receiving Mercy.  
The point of living is for wounded, selfish people  
to receive Mercy,  
And claim Safe Passage  
out of that Fog,  
through that Wilderness,  
To that Table.

This Mercy is What God’s Like.  
This Mercy is a Revelation, Reality, Story, Promise,  
Gift,  
And above all Word.  
A Word of Cleansing, Provision, and Rest.  
But this Word is also a single Person.

And this Person is Jesus.

*So Jesus is everything we talked about, all at once?*

Yes,

Jesus is What Life's About. Life is about Him.

He is What God's Like:

Who God Is, Where God Goes, What God's Doing

He is the Revelation of God:

God's Truth, Goodness, and Beauty.

He is the Reality of God:

His Steadfast Love, Involvement,  
and Making Things Right.

He is the Story of God:

the Divine Claim, Solemn Procession, and  
Final End.

He is the Promise of God:

God for us, God with us,  
and God giving us back  
to Himself, ourselves, and each other.

He is the Gift of God:

His Forgiveness, Company, and Joy

But mostly, and more particularly,

He is the Overturning Word of God.

The Cleansing of Pride and Lies,

The Provision for Trouble and Loss,

The Rest, the Meaning and Purpose given back to  
us.

The way out of the Shrieking Fog



The way through the Impenetrable Wilderness.  
The Simple Table we are headed to.

Every Revelation, Reality, Story, Promise, Gift, and  
Word of God  
Is summed up in a single Person, Christ Himself.

*Who is He?*

The Man who died, rose, and will come again.  
The still crucified, now risen, one day returning  
Christ.  
We say all this at once—  
that has died, is risen, and will come again—  
When we say He is the Ascended Christ.

It is the Ascended Christ who is alive, in charge,  
and can be trusted.  
This Mercy is the Ascended Christ  
It is the Ascended Christ who rescues, leads, and  
gives us back.

The point of living is for wounded, selfish people  
to receive Mercy, and  
know this Person,

Helpless sinners Rescued  
by the Christ who died  
Honored guests  
Led by the Christ who's risen  
Humble servants  
Given back to the Christ who'll come again

Out of the Shrieking Fog  
called Pride and Lies.  
Through an Impenetrable Wilderness  
called Trouble and Loss  
To a Simple Table  
called Meaning and Purpose.

*Is there a difference between the Christ who died, the Christ who's risen, and the Christ who'll come again?*

There is only One Person,  
We know this Person because He died.  
The Christ who died is the gift.  
The Crucified and Risen Christ is the vindication.  
The Crucified, Risen, and Returning Christ is the fulfillment.

But in all this there is only one Person—still  
crucified, now risen, one day returning.

*So who is the Ascended Christ supposed to be for us?*

The Ascended Christ is the Overturning Word  
The Ascended Christ is Mercy.  
The Ascended Christ is Safe Passage.  
The Ascended Christ is our Shepherd.  
The Ultimate Claim  
who leads us in Solemn Procession  
toward the Final End.

*How does He Shepherd us?*

The Ascended Christ shepherds us

by giving Himself  
to wounded, selfish people.

The Christ who died, who's risen,  
and will come again, give us  
His Own Life—  
His Dying, Rising, and Coming Again.

The point of living is for wounded, selfish people  
to receive Mercy,  
and partake of His Own Life,

Helpless sinners Rescued by His Dying,  
Honored guests Led by His Rising,  
Humble servants Given to His Coming.

Out of the Shrieking Fog  
called Pride and Lies.  
Through an Impenetrable Wilderness  
called Meaning and Purpose  
To a Simple Table  
called Meaning and Purpose.

*Is there a difference between His Dying, Rising, and Coming?*

The gift of His Life is based in His Dying for us.

The whole thing is about His Dying.

His Dying is the gift.

His Rising its vindication.

His Coming the fulfillment.

But there is only one Life we partake of.

The Life of Christ Himself.

*So Mercy is a Word, this Word is a Person. This Person is a Shepherd. Who  
Shepherds by giving Himself to wounded, selfish people. A Man whose life is  
Safe Passage?*

Yes, His Own Life is the Overturning Word.

His Own Life is Mercy,

His Own Life is Safe Passage

in the Land of Sin, Death, and the Devil.

Out of that Fog,

Through that Wilderness,

To that Table.

### III. THE MEANS OF GRACE

“...love one another earnestly  
from a pure heart  
since you have been born again,  
not of perishable seed  
but of imperishable  
through the living and abiding  
word of God.

For ‘all flesh is like grass  
and all its glory  
like the flower of grass.

The grass withers  
and the flower falls,  
but the word of the Lord  
remains forever.’

And this word is the good news  
that was preached to you.” *1 PETER 1:22-25*

*How can he shepherd us if he is not here? How can he give us Himself if he is  
Ascended and gone?*

The Ascended Christ shepherds us,  
giving Himself to a wounded, selfish people  
Through His Means of Grace,

Put another way:  
We receive Mercy,  
behold this Revelation,  
accept this Reality,  
become a part of this Story,  
inherit this Promise,  
take this Gift,

know this Person,  
Become the creation of this Word,  
And partake of His Own Life,  
By counting on the Means of Grace.

*What is the Means of Grace?*

The Means of Grace is  
His Gospel  
working through His Spirit,  
For the building of His Fellowship

His Gospel is Good News,  
The Announcement and Promise  
of Who Christ Is and What He Has Done.  
And What It Means For Us.

*Who is Christ? And what has He done?*

Jesus Christ is Lord and Savior.  
He has died, is risen, and will come again.  
And the Forgiveness of Sin, and the gift  
Of the Holy Spirit, is now offered  
In His Name.

*What kind of news is that?*

It is the News, Promise, and Announcement  
of His Dying, His Forgiveness, His Steadfast Love,  
His Cleansing.

Wounded, selfish people are changed by this News,  
this Promise, this Announcement.  
And by this Good News,

Promise, and Announcement  
they partake of Own His Life.

This Gospel is meant to be proclaimed  
And the proclamation of His Gospel  
is an inexhaustible Light  
held out to wounded, selfish people  
in the Shrieking Fog  
The Light of His News.

*What about His Spirit?*

His Spirit is God's own personal presence in us, bringing Christ near to  
us, making His Gospel live in our hearts,  
The Holy Spirit is the one who makes it possible  
To believe in this Gospel.  
And somehow live as if it were true.  
His Spirit makes sure the Gospel  
is not just information,  
But becomes the Light by which we see Him  
And the Bread by which He gives Himself to us.  
Making effective His Dying,  
Leading us His Rising,  
His Company, and His Provision,  
leading those who've heard His News to follow His Way, overturning  
our disobedience with his obedience, our faithlessness with His  
faithfulness.

We are to walk in His Spirit.

The guidance of His Spirit is an unbreakable thread a wounded, selfish  
people follow in

the Impenetrable Wilderness  
The Thread of His Way.

*What about His Fellowship?*

His Fellowship is the people Christ  
gathers to Himself by His Gospel and His Spirit.  
A Fellowship Christ promises to be  
at the center of at His Coming,  
and to whom he gives His Joy, His Rest.

We work with Christ by the proclamation of His Gospel and through  
the guidance of His Spirit  
For the building of His Fellowship.

His Fellowship is the unending feast  
that a wounded selfish head toward  
And are given back to.  
A Simple Table.  
The Feast of Jesus and His People.

The point of living  
is for wounded, selfish people  
to receive Mercy and  
Be changed by His Means of Grace,

Helpless sinners  
Rescued by the proclamation of His Gospel  
Honored guests  
Led by the guidance of His Spirit  
Humble servants  
Given to the building of His Fellowship



Changed by what we hold out,  
follow along,  
and head toward.

Holding out the Light of His News  
Following along the Thread of His Way  
Heading toward the Feast for His People

Out of the Shrieking Fog  
called Pride and Lies,  
Through the Impenetrable Wilderness  
called Trouble and Loss,  
To a Simple Table  
called Meaning and Purpose.

*Can you say this more simply?*

Yes, the Means of Grace means  
That who those  
Who are rescued by His Gospel  
Have died with Him  
Those who are led by His Spirit,  
Have risen with Him,  
Those who are given to His Fellowship  
Share in the joy of His Return.

*Is there a difference between His Gospel, Spirit, and Fellowship?*

The Means of Grace is based in His Gospel.  
Based in this Good News,  
The Promise, Announcement of  
Who Christ Is and What Christ Has Done.

And What it Means for us.  
The whole thing is about His Gospel.  
His Gospel is the gift.  
His Spirit its vindication.  
His Fellowship its fulfillment.

#### IV. A CRUCIFIED HEART

“...conduct yourselves with fear  
throughout the time of your exile,  
knowing that you were ransomed  
from the futile ways  
inherited from your forefathers,  
not with perishable things  
such as silver or gold,  
but with the precious blood of Christ.” 1 PETER 1:17-19

*But how does this change us? What does the Means of Grace do to us?*

The Ascended Christ shepherds us,  
giving Himself to wounded, selfish people  
Through His Means of Grace,  
By which we have a Consecrated Life

I wish Christ's Dying, Rising, and Coming Again,  
Was the same as special feelings or superpowers,  
But what we have because  
Christ has died,  
Christ is risen,  
And Christ will Come Again,  
Is a Consecrated Life  
In the Land of Sin, Death, and the Devil.

*But what is a Consecrated Life?*

It's a life that is set apart from the power of Sin,  
Death, and the Devil,  
And set aside for God by His Means of Grace.  
The Consecrated Life is made up two things:  
A Crucified Heart and A Simple Rhythm

The two are tied together, tethered.

*What is a Crucified Heart?*

The point of living is for wounded, selfish people  
to receive Mercy,  
And claim Safe Passage  
out that Fog,  
through that Wilderness,  
to that Table.

This Mercy is What God's Like.  
This Mercy is a Revelation, Reality, Story, Promise,  
Gift, Word,  
In a single Person.  
Who gives Himself, His Own Life  
to wounded, selfish people,  
Through His Means of Grace,  
By which they are given a Crucified Heart.

A Crucified Heart that trusts in Christ  
instead of Pride and Lies.  
A Crucified Heart that trusts Christ  
with Trouble and Loss  
A Crucified Heart  
that finds Meaning and Purpose in  
entrusting itself to others  
for the sake of  
their trust in Christ.

A Crucified Heart is called Faith, Hope, Love.  
Mercy creates a Faith that is led in Hope and ends in Love.

This Crucified Heart means the Ascended Christ  
is the new Shepherd of the deepest longings  
of the soul.

The longing to be okay.

The longing to be fed with honor, strength,  
purpose.

*If we are ruined Gods, frightened children, and utter strangers, what does the  
new heart make us?*

The Crucified Heart makes us Helpless Sinners,  
Honored Guests and Humble Servants

*If this New Heart is called Faith, Hope, and Love,  
What is Faith, Hope, and Love?*

His Gospel rescues our trust.

So that we trust in Him  
instead of Pride and Lies.

Faith is the trust He rescues.

We are rescued by the Light of His News.

His Spirit leads our attention,  
Hope is the attention He leads,  
So that we trust Him  
with Trouble and Loss.

We led by the Thread of His Way.  
Love is the gift of ourselves to the world as it is.  
So that Meaning and Purpose  
is found in entrusting ourselves to others  
for the sake of their trust in Christ.

We are given back to the Feast for His People.

The trust He rescues becomes the attention He  
leads and the intention  
To be given in His Name.

Faith is led in Hope and ends in Love.

The point of living  
is for wounded, selfish people  
to receive a Mercy,  
That deepens and creates  
That Crucified Heart.  
So that  
Our trust is rescued in Him,  
Our attention is led toward Him,  
and we are given in His Name.

Out of the Shrieking Fog  
called Pride and Lies  
Through an Impenetrable Wilderness  
called Trouble and Loss  
To a Simple Table  
called Meaning and Purpose.

*Why is trust so important?*

Trust is about what we'll count on to be okay.  
What we trust changes what we pay attention to.  
What we trust and pay attention to  
changes what we'll give ourselves to,

Trust is about what we have  
and what has us.  
What we trust becomes our feast.  
It is by trust that we know Him.  
And it is with that trust that we serve Him.  
It is trust that partakes of Christ  
And takes hold of His Own Life.  
And by the Means of Grace,  
Christ creates and deepens our trust in Him.

*So what is the goal of the Consecrated Life?*

The goal of the Consecrated Life is  
A deeper trust in Christ  
By His Gospel,  
Through His Spirit ,  
And in His Fellowship.  
To have a more Crucified Heart:  
More rescued,  
More led,  
More given.  
By His Gospel, through His Spirit,  
in His Fellowship.  
Until Christ has all our trust, all our attention, and  
all of our selves.  
Until we fully become what we already are:  
Honored Guests and Humble Servants  
Of the Ascended Christ  
So that Life is about Him.  
And He is What Life is About.

*Is there a difference between Faith, Hope, and Love?*

This Crucified Heart is based in the Faith  
rescued by the Gospel.

The whole thing is about Faith.

Faith is the gift.

Hope its vindication.

Love its fulfillment.

The whole thing is about Trust.

The Trust He rescues is the gift,

The Attention He leads its vindication

The Gift of ourselves its fulfillment.



## V. A SIMPLE RHYTHM

“Since therefore  
Christ suffered in the flesh,  
arm yourselves  
with the same way of thinking,  
for whoever has suffered in the flesh  
has ceased from sin,  
so as to live  
for the rest of the time  
in the flesh  
no longer for human passions  
but for the will of God. 1 PETER 4:1-5

*How will we become more rescued, led, and given?*

Things happen but they only happen slowly  
By His Gospel, through His Spirit,  
In His Fellowship  
A deeper trust in Christ is painful,  
A more Crucified Heart is painful.

It is painful to become more rescued, led, and given  
and we only gradually become more rescued, led,  
and given by His Means of Grace.

*If it's gradual and painful, how does it even happen?*

It happens because this Consecrated Life is  
Both a Crucified Heart,  
And a Simple Rhythm

The point of living  
is for wounded, selfish people  
to receive Mercy,

And claim Safe Passage  
out that Fog, through that Wilderness,  
to that Table.

This Mercy is What God's Like.  
This Mercy is a Revelation, Reality, Story, Promise,  
Gift, and Word  
But above all a single Person.  
Who gives Himself, His Own Life  
to wounded, selfish people,  
Through His Means of Grace,  
By which they are given a Crucified Heart.  
That is deepened by a Simple Rhythm

*What kind of Simple Rhythm is it?*

This Simple Rhythm is  
The promises of Scripture,  
The attempt of prayer,  
And an ordinary hospitality

*What is this Simple Rhythm about?*

is about Feasting.  
It is about being with Christ.  
It is about a deeper trust in Him  
By His Gospel,  
Through His Spirit,  
In His Fellowship.  
It is about how the longing soul is fed  
With honor, strength, and purpose  
as we partake of Christ's Own Life  
By His Gospel, through His Spirit,

In His Fellowship,  
And become more and more  
like what we already are.  
Helpless Sinners, Honored Guests  
and Humble Servants.

It is about learning  
To be rescued by His Gospel  
And die with Him,  
To be led by His Spirit,  
And rise with Him,  
To be given to His Fellowship  
And share in the joy of His Return.

It is about learning how to be rescued, led and given by the good undertow of Word, Spirit, and Fellowship.

*Is there another way to talk about this Simple Rhythm?*

Yes.  
The promises of Scripture  
are about withstanding.  
We withstand Pride and Lies  
by the promises of Scripture  
By holding out the Light of His News.

The attempt of prayer  
Is about enduring.  
We endure trouble and loss through prayer.  
And follow the Thread of His Way.

The sacrifice of service is about overcoming.  
We overcome futility and complete despair  
By offering ourselves to the world as it is.  
By heading toward the Feast for His People.

This Simple Rhythm means we  
Withstand, endure, and overcome,  
As we are rescued, led, given,  
By His Gospel, through His Spirit,  
In His Fellowship.  
In the Land of Sin, Death, and the Devil.

*Why does this sound so ordinary?*

Because it is.  
Mercy is an ordinary life.  
Mercy means ordinary life is possible.  
Mercy means it possible to have an ordinary life in  
The Land of Sin, Death, and Devil.  
An ordinary life with an Overturning Word.

This Simple Rhythm  
is how we are rescued, led, and given.  
And become more rescued, led, given.  
It is how we get a more Crucified Heart,  
And a deeper trust in Him.

This Simple Rhythm  
is the Ascended Christ taking us somewhere,

This Simple Rhythm  
Is our long walk

Out of Shrieking Fog  
called Pride and Lies,  
Through an Impenetrable Wilderness  
called Trouble and Loss,  
To a Simple Table  
called Meaning and Purpose

The point of living is for wounded, selfish people  
to receive Mercy and take hold of this  
Simple Rhythm,

Helpless sinners  
More and more rescued by the Gospel  
Honored guests  
More and more led by His Spirit,  
Humble servants  
More and more given to His Fellowship

More rescued and more rescued  
By the promises of Scripture,  
More and more led  
in the in the attempt of prayer  
More and more given  
To a the sacrifice of service

This Simple Rhythm  
Will move in the opposite direction  
Of the Devil's accusations,  
The world's provocation,  
The mind's intimidation,  
The body's anticipation,

And pride's domination,

But it also

The shepherding of the broken mind and body,

The loving of a broken world,

The resisting of the devil and our own pride.

*Is there a difference between the promises of Scripture, the attempt of prayer, and the sacrifice of service?*

This Simple Rhythm

is based in the promises of Scripture

The whole thing is about the promises of Scripture

The promises of Scripture are the gift,

The attempt of prayer its vindication,

The sacrifice of service its fulfillment.

*If you make it sound so easy, how come its not? How do I learn how to do this?*

The Ascended Christ shepherds us

By giving Himself, His Own Life,

to wounded, selfish people

Through His Means of Grace,

By which we have a Consecrated Life,

A Crucified Heart,

Deepened and created by that Simple Rhythm.

To put it another way.

We receive Mercy,

behold this Revelation,

accept this Reality,

inherit this Promise,

take this Gift,

become the creation of this Word,  
know this Person,  
partake of this His Life,  
and are changed by His Means of Grace,  
Deepening that trust  
Getting a more Crucified Heart  
As we take hold of a Simple Rhythm.

We partake of Christ's Own Life.  
As we take hold of this Simple Rhythm  
We hold out the Light of His News  
Follow the Thread of His Way  
And head toward the Feast for His People

As we take hold of a Simple Rhythm.

*Why is Scripture so important to this Simple Rhythm?*

Scripture is a collection of stories, poems,  
prophecies, and letters,  
a bunch of written words that want to  
reveal this Word to us.

The Gospel comes to us  
Through the words of Scripture.

Christ wants to reveal Himself,  
Through the promises of Scripture  
And give Himself to us  
By the promises of Scripture.

We can partake of His Life

through the promises of Scripture  
Words that confesses Who He Is,  
and announces What He's Done.  
The power of the Gospel pouring through  
the very words of Scripture.

*Okay, but isn't Simple Rhythm just a Habit?*

Yet, but this Habit is our friendship with His  
Means of Grace.  
And our life with this Good News. .  
It is we learn to count on His Means of Grace  
to be okay.  
And how we learn this Consecrated Life.  
It is how we learn  
That Faith, Hope, and Love are ours.  
And that we get to have them.  
In the Land of Sin, Death, and the Devil.  
And that they can be deepened and created  
In that Land of Sin, Death, and Devil

This Simple Rhythm  
is the Habit of being with Jesus,  
Our long walk out of pride and lies,  
Through trouble and loss  
Toward meaning and purpose.

A Simple Rhythm is our life with this Gospel.  
A Gospel to create and deepen  
our trust in Him,  
Shepherd our attention toward Him,  
And give us to each other in His Name.



We take hold of a Simple Rhythm  
To be somehow be with Jesus.  
to withstand pride and lies,  
Endure trouble and loss,  
And overcome complete despair.

A Simple Rhythm so we may be  
Rescued by the Gospel and die with Him,  
Led by His Spirit and rise with Him.  
Given to His Fellowship and share  
In the joy of His Return.

We learn that its going to have to be enough  
to be with Jesus.  
Whose Own Life is Mercy, Safe Passage.  
Whose Own Life is the Overturning Word

This Simple Rhythm is  
our Ordinary Life with the Ascended Christ  
in the Land of Sin, Death, and the Devil.

Receiving Him  
As we hear the promises of Scripture.  
Staying with Him  
As we make the attempt of Prayer  
Working with Him  
As we offer an ordinary hospitality.

We cannot learn how to be with Jesus  
Or deepen our trust in Him,

without some Rhythm  
of Scripture, Prayer, and Service.

*How will we know we're reading Scripture right, praying right, or serving right?*

We have the Apostles' Creed, the Lord's Prayer, and the Ten Commandments as our guide.

The Apostles' Creed is the summary of all Scripture, and guides our contemplation.

The Lord's Prayer is the summary of all Prayer, and guides our attempts.

The Ten Commandments is the summary of all Service, and guides our offerings.

*But doesn't this Simple Rhythm start to feel repetitive?*

Yes, and yet it is a crucial part of time we're in.

What we often miss is the dailiness  
Of the Christian Life.

This Simple Rhythm is how  
We learn the dailiness of the Christian life.

The dailiness of the Consecrated Life.

This Simple Rhythm becomes  
a way through the day.

.

This Simple Rhythm is how we learn  
To withstand be hearing, endure through prayer, overcome as an offering,

That we can be rescued, led, given,  
That we can receive Him, stay with Him,  
And work with Him.

By His Gospel, through His Spirit,  
in His Fellowship  
In the Land of Sin, Death, and the Devil.

This Simple Rhythm shepherds  
our deepest longings so the soul is fed.  
This Simple Rhythms changes what we trust  
Pay attention to,  
And even want.

This Simple Rhythm is how we learn  
What each day is.  
That each day is a Vindication and Preparation.

The Vindication of the Christ who died  
and our Preparation  
for the Christ who'll come again.

The Vindication of His Forgiveness  
and our Preparation for His Joy

The Vindication of His Cleansing  
and our Preparation for His Rest

The Vindication of His Gospel  
and our Preparation for His Fellowship.

The Vindication of the words of Scripture  
and our Preparation for the sacrifice of service.

Another way to say is that in this time of

Vindication and Preparation,

We have something and are headed somewhere.

We have the Christ who died and the Christ who's  
risen,

And are headed to the Christ who'll come again.

We have His Dying and Rising,  
And are headed to His Coming,

We have the proclamation of His Gospel  
and the guidance of His Spirit,  
And are headed to the building of His Fellowship.

We have the promises of Scripture  
and the attempt of prayer,  
And are headed toward an ordinary hospitality.