

Core Routines: April 20-24

- A. Sit Spot: “Find one place in your NATURAL world that you visit all the time and get to know it as your best friend. Let this be a place where you learn to sit still—alone, often, and quietly— before you playfully explore beyond. This will become your place of intimate connection with nature.” (Young, Haas, McGown, 36)
 - A. This week decide where your sit spot at home is and visit it twice a day (preferably as early as possible and as late as possible) to begin with. While you are there try to be as quiet as possible for as long as possible. As you grow accustomed to your spot, allow your spot to grow accustomed to you.
 - B. Bring your journal with you. Do not feel like you have to write, but have it available for when inspiration happens so that you write down your thoughts, sketch something unique that you observe, or just doodle.
 - C. Become aware of how you observe nature from your spot. How often do you rely on your eyes? Your ears? Your nose? Your fingertips or your toes? Your tastebuds? Do you find yourself observing through counting or measuring?
 - D. As you visit the same spot over and over, what do you notice?
 - E. This spot is your starting point, your basecamp, for exploration. Use it to start your day off, to refuel in the middle of the day when you are tired, and the wrap up your day at its close. Go there and pray, read or sing out loud, and to just be silent.
- B. Story of the Day: “The Sit Spot routine is essential. But equally important to the development of sensory awareness and knowledge of place is its complementary twin, its primary dance partner, the Story of the Day.” (Young, Haas, McGown, p. 41)
 - A. Once your Sit Spot is embedded in your day begin with Story of the Day. Storytelling is very important. Each day holds all of the essential elements to tell a good story. We just have to be aware of them as they happen.
 - B. Decide how you will tell each day’s story. Verbally around the dinner table each night? Writing it down in your journal just for you? Drawing it out as a comic? Through video? Through song?
 - C. Collect your stories at the end of the week. What do you notice about them? Were there any running themes from each day? Who are the characters? Where is the setting? When did the main action of each day happen? Was their conflict? How was it resolved?
- C. Questioning and Tracking: “Become a detective and track everything as a clue to a mystery to solve. Ask questions about everything, and push your questions until they yield answers. Who? What? When? Where? Why? How?” (Young, Haas, McGown, p. 47)
 - A. Beginning at your sit spot, start asking questions. Watch the ants, the birds, the trees. What do you not know about them?
 - B. Get up and follow a lead looking for clues to your questions.
 - C. Look around for tracks in the dirt, the sand, the rocks. See if you can follow them. Where do they take you?
 - D. As you find answers to your questions begin to develop more questions. For every question that you find the answer to there could be 10 more questions that require your attention.

Scripture focus for this week: Psalm 130

“Out of the depths I have cried to You, O Lord. Lord, hear my voice! Let your ears be attentive to the voice of my supplications. If You, Lord, should mark iniquities, O Lord, who could stand? But there is forgiveness with You that you may be feared. I wait for the Lord, my soul does wait, and in His word do I hope. My soul waits for the Lord more than the watchmen for the morning; indeed, more than the watchmen wait for the morning. O Israel, hope in the Lord; for with Him is abundant redemption. And He will redeem Israel from all his iniquities.”

Interpretation: This Psalm seems like a perfect prayer for a sit spot. It seems like the author was alone, in his sit spot speaking out loud to God. Hearing from God. What is your first impression? What stood out to you? What was the feeling you got from it? Could you relate to his words?

Investigation: What does the scripture make you think of? What could be causing the conflict for the author? This psalm is called a “Song of Ascents”, what does that mean? What questions do you have about the psalm? Were there any unfamiliar words for you?

Ideation: Brainstorm possible answers your questions. Write down all of your ideas.

Innovation: What is the message of the psalm? There is conflict, but there is also comfort if you look for it. The difficult part is the waiting that happens in the middle. Even though it only takes a minute or two to read the psalm, it could possibly cover years. Crying out to God, recognizing your own faults and limitations, getting to a point where you are willing to wait and look for God, and then sensing the hope that is available to us within it all. Do you know someone who could benefit from this message? What could you do about it? For example: Katherine actually wrote these verses on a notecard for me and gave it to me. I have pulled it out of my pocket several times since then and read it over again.

Integration: Put your plan into practice.

Wilderness Questions:

46. What is something that you've been through that warrants saying, “I could never have done that by myself.”

47. Do you phase out some friends, but keep others? Why?

48. If you could force any two people into a road trip who would it be? Where would they go?

49. Would you rather be introverted or extraverted?

50. What is the last thing you did for the first time?