

THE EMMAUS MANUAL:  
A CATECHISM  
*GOOD NEWS FOR THOSE WHO STRUGGLE*

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## 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.

We've lost honor, assurance, and purpose.  
And shame, fear, and despair are the loss we have instead.

These losses make us feel like we're lost,  
like we're exiles, 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 that 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 our inmost compulsion, 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 all life's 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.  
Telling us to win so we don't have to lose,

to refuse so we don't have to accept,  
To take so we don't have to give,  
To be right so we don't have to be wrong.

*Why is life like this?*

There is mystery to how things have fallen apart.  
What we know is that we are in a nightmare,  
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.

The Land of Sin, Death, and the Devil is a nightmare.

There is a Shrieking Fog called Pride and Lies  
A Shrieking Fog we can't make our way out of.

There is an Impenetrable Wilderness called Trouble and Loss

An Impenetrable Wilderness we can't make our way through

There is a Simple Table called Meaning and Rest,  
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.  
To win instead of lose, to be right instead of wrong,  
to refuse and not accept. To take and not give.

*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.

Mercy is the only way to be okay  
in the Land of Sin, Death, and the Devil.

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 Rest.

*How? How will Mercy do this?*



In the Land of Sin, Death, and the Devil,  
Mercy rescues wounded, selfish people  
from the Shrieking Fog,  
leads them through the Impenetrable Wilderness,  
And gives them to a Simple 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 Rest we're 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 the Shrieking Fog, through an Impenetrable Wilderness  
Toward a Simple 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,  
And presented as humble servants. And all of it a mending.  
Those who receive Mercy are 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 all life's 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 the Shrieking Fog, through an Impenetrable Wilderness,  
And toward a Simple Table.

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

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

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 Rest

*What is it that God does?*

God gives us a Simple Table called Meaning and Rest  
by giving us back to Himself, ourselves, and each other

*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 Shrieking Fog, through that Impenetrable Wilderness,  
toward that Simple 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, and 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 Rest.

*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 the Shrieking Fog, through an Impenetrable Wilderness,  
Toward a Simple 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 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 Rest.

*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 Rights 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 Shrieking Fog,

through that Impenetrable Wilderness,

to that Simple 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 Rest

*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 Shrieking Fog,  
through that Impenetrable Wilderness,  
to that Simple 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, that God is with us, and  
That 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 Rest

*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 Shrieking Fog,  
through that Impenetrable Wilderness,  
to that Simple 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, and His Joy

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

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 Shrieking Fog,  
through that Impenetrable Wilderness,  
to that Simple 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, and 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, Purpose, and Satisfaction..

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 to this Word of Rest,  
Out of the Shrieking Fog called Pride and Lies,  
Through the Impenetrable Wilderness called Trouble and Loss  
To that Simple Table where there is Meaning, Purpose, and  
Fulfillment.

*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

Christ also suffered for sins once for all,  
the righteous for the unrighteous,  
that he might bring you to God.  
“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 the Shrieking Fog, through an Impenetrable Wilderness,  
To a Simple 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 to Himself.

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 and Fulfillment 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 to God,  
ourselves, and each other.

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 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 Rest.

*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

Through this nightmare, this Land of Sin, Death, and the Devil.

Out of the Shrieking Fog, through that Impenetrable Wilderness,

To Simple 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,  
And in 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.  
It is 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 in His Rising,  
leading those who've heard His News to follow His Way,

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 and Fulfillment.

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

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

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 now  
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 way through the nightmare.  
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 Shrieking Fog,  
through that Impenetrable Wilderness,  
to that Simple 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 a 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 and Fulfillment 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 trust in Christ by His Gospel

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 trust Him with things through His Spirit

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 and Fulfillment  
is found in entrusting ourselves to others  
for the sake of their trust in Christ.

We entrust ourselves to others in His Name and for His Fellowship

We are given back to the Feast for His People.

We trust in Christ by His Gospel (faith)

Trust Him with things through His Spirit (hope)  
And entrust ourselves to others in His Name and for His Fellowship (love)

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 creates and cultivates a 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 Rest.

*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 cultivates a deeper 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.

Trusting in Him by His Gospel, trusting Him with things through His Spirit, entrusting ourselves to others in His Name and for His Fellowship.

The goal is to have a more Crucified Heart:

And become more rescued, more led, and 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 is 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 Shrieking Fog, through that Impenetrable Wilderness,  
to that Simple 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 how he cultivates 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, and 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.

An ordinary hospitality is about overcoming.  
We overcome futility and complete despair  
By offering ourselves to the world as it is.  
Offering those things by which Christ gathers a people to Himself.  
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,  
As we trust in Him by His Gospel, trust Him with things through His  
Spirit, and entrust ourselves in His Name and for His Fellowship.

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 Rest.

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,  
So that we trust in Him.  
Honored guests more and more led by His Spirit,  
So that we trust Him with things.  
Humble servants more and more given to His Fellowship  
So that we entrust ourselves in His Name.

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 an Ordinary Hospitality.

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 this nightmare,

In this 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.

Trusting in Him by His Gospel, trusting Him with things through His  
Spirit, entrusting ourselves in His Name and to His Fellowship.

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.

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This Simple Rhythm is how we learn

To trust in Him by His Gospel,

trust Him with things through His Spirit

And entrust ourselves in His Name and to His Fellowship.

To withstand be hearing, endure through prayer,  
overcome as an offering,

How we learn 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.