LIVING WATER FOR AN EMPTY AGE

A LIFE WITH JESUS GUIDE



OVERFLOW PODCAST

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"COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST.

TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND HUMBLE IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS.

FOR MY YOKE IS EASY AND MY BURDEN IS LIGHT."

MATTHEW 11:28-30 (NIV)

"ARE YOU TIRED? WORN OUT? BURNED OUT ON RELIGION? COME TO ME. GET AWAY WITH ME AND YOU'LL RECOVER YOUR LIFE. I'LL SHOW YOU HOW TO TAKE A REAL REST. WALK WITH ME AND WORK WITH ME—WATCH HOW I DO IT. LEARN THE UNFORCED RHYTHMS OF GRACE. I WON'T LAY ANYTHING HEAVY OR ILL-FITTING ON YOU. KEEP COMPANY WITH ME AND YOU'LL LEARN TO LIVE FREELY AND LIGHTLY."

MATTHEW 11:28-30 (MSG)

A LOOK BACK

WE HOPE THIS YEAR OF OVERFLOW HAS BEEN A MEANINGFUL INVITATION TO WALK CLOSELY WITH JESUS. THROUGHOUT THE YEAR, YOU'VE BEEN INVITED TO EXPLORE AND ENGAGE IN 15 DIFFERENT SPIRITUAL PRACTICES TO ENRICH YOUR CONNECTION TO GOD— THE SOURCE OF LIFE ITSELF. The essence of the spiritual life is clear: we become more like Jesus by intentionally focusing on God's presence in our lives. With each season of life, these different tools, and spiritual practices, will help us attune our hearts and minds to him.

In a world that often demands more from us, these practices provide a much-needed pause, guiding us to follow Jesus' path rather than life's distractions.

Everyone experiences God's presence in unique ways. For some, it may be through a gentle whisper; for others, it is a conversation with a colleague that reveals God's grace on a tough day. Yet, many find him in moments of rest and reflection in Scripture. The beautiful truth is that we are all created uniquely by God, and he meets us right where we are.



In your Overflow Journal, take a moment to reflect: Over the past ten months, when did you feel closest to God? Where did you notice his presence in your life?

Scripture promises that those who draw near to God will always meet God.

JAMES 4:8 SAYS,

"COME NEAR TO GOD AND HE WILL COME NEAR TO YOU...."

This month, we want to remind you of a powerful promise: God will meet you as you earnestly seek his presence. You don't need to rely on your own strength, your goodness, or even the church itself. Instead, you can place your complete trust in God and his Word. Below is a list of examples from the past year you can use to practice drawing near to God and intentionally seeking him. Many of these can be integrated as daily habits, while others are better suited for weekly, monthly, or even seasonal rhythms. Remember, there is no one-size-fits-all approach to your discipleship journey; it is a path uniquely designed for you to walk.

FEBRUARY: PRAYER

HOW YOU COMMUNICATE WITH GOD

- Begin your day with prayers of gratitude.
- Remember your breath prayer and commit to practicing it daily.
- Pray the Examen, reflecting on your day with God.
- Use centering prayer during times of stress.
- Set specific times throughout your day to pray.
- Pray for others in your life.
- Bring your needs and desires to God in petition.
 - Add one of your own:

MARCH: SABBATH

GOD'S INVITATION TO REST AND RESTORATION

- Light a candle to set your intentions.
- Begin the Sabbath with a special meal.
- Spend time immersed in a good book.
- Take a restorative nap.
- Enjoy a nature walk in silence.
- Refrain from technology.

- Avoid buying or selling on the Sabbath.
- Spend intentional time with family and friends.
 - → Add one of your own: _____

APRIL: SECRECY AND CONFESSION

GOD'S INVITATION TO GIVE ONLY UNTO HIM AND BE DEEPLY KNOWN BY ANOTHER

- Bless someone anonymously.
- Share your vulnerability with a trusted friend.
- Schedule a time for confession with a confidant.
- Share your story with another.
- Practice intentional listening.
 - Add one of your own: _____

MAY: SOLITUDE AND SILENCE

INTENTIONAL TIME SPENT IN QUIET COMMUNION WITH GOD

- Spend five minutes alone in your car before work.
- Take nature walks by yourself, without distraction.
- Start your day with 15 minutes of quiet reflection.
- Go on an overnight retreat.
- Enjoy a car ride in silence.
- Spend a day without your phone.
 - Add one of your own: _____

JUNE: LISTENING AND DISCERNMENT

LISTENING TO GOD'S VOICE AND GUIDANCE

- Look for God in your daily rhythms.
- Act on the urge to reach out to a friend.
- Encourage others when prompted by the Spirit.
- Share your discernment process with a friend.
- Invite others to speak into your spiritual journey.
 - Add one of your own: _____

JULY: SIMPLICITY AND FASTING

CLEARING THE NOISE TO BE WITH GOD

- Skip a meal and buy someone else a meal instead.
- Resist the urge to buy something new.
- Fast from sunrise to sunset.
- Remove an activity from your calendar.
- Fast for 24 hours from a distraction in your life.
 - → Add one of your own: ____

AUGUST: STUDY OF GOD'S WORD

DISCOVERING GOD'S CHARACTER AND OUR BELOVEDNESS IN SCRIPTURE

- Read a chapter of the Bible each day.
- Use a Bible reading plan to read through the Bible in a year.

- Memorize a Psalm.
- Spend a month studying a specific book of the Bible.
 - Add one of your own: _____

SEPTEMBER: WORSHIP AND CELEBRATION

PRAISING GOD FOR ALL HE HAS DONE

- Attend worship services as a family.
- Host a celebratory meal for a small accomplishment.
- Sing freely in worship, focusing only on God.
- Listen to praise music.
 - Add one of your own: _____

OCTOBER: SERVICE AND GENEROSITY

RESPONDING TO GOD'S FAITHFULNESS AND JESUS' EXAMPLE

- Volunteer with a Peachtree Ministry or a Peachtree Mission Partner.
- Do something kind for a neighbor.
- Participate in an international mission trip.
- Treat yourself to something you love, and gift one to a friend.
- Begin the practice of tithing.
 - Add one of your own: _____

WHO ARE YOU BECOMING?

AS WE GROW, WE ARE ALWAYS MOVING TOWARD SOMETHING; THERE IS A DESTINATION AHEAD. THE KEY QUESTIONS ARE: WHAT ARE YOU GROWING TOWARD? WHO ARE YOU BECOMING?

A VITAL ASPECT OF ESTABLISHING A RULE OF LIFE IS DEFINING THE PERSON YOU ASPIRE TO BE. ONE EFFECTIVE WAY TO GAIN CLARITY IS TO CONSIDER HOW YOU WANT OTHERS TO DESCRIBE YOUR CHARACTER AND PRESENCE.



Take a moment to reflect in your Overflow Journal: At the end of your life, who do you want to be? Write down three qualities that capture your ideal self.

At Peachtree Church our discipleship strategy involves three parts:

Behold in Worship: where we engage in a weekly celebration and calibration of God's grace.

Belong to a Community: where we gather in ongoing relational communities that gather, learn, serve, and care.

Become on a Journey: where we experience recurring opportunities designed for learning, training, and transformation.

Our goal is for you to *become* more like Jesus. By beholding in worship, belonging to a community, and participating in intentional discipleship training, we can follow in Jesus' footsteps and embody his teachings. What an incredible invitation our God offers us!

If Jesus is our goal, these practices are designed to shape, mold, and transform us into more loving, caring, patient, fair, joyful, and generous people.

As you reflect on the year of Overflow and discern which practices to include in your rhythms, perhaps we should ask ourselves:

- 1. Does this practice help me become less hurried?
- 2. Does this practice encourage me to surrender more to Jesus?
- 3. Does this practice lead me to experience greater freedom?

On the podcast this month, John Ortberg shares that he measures his discipleship progress by reflecting weekly upon those three questions.



In your Overflow Journal: Based on the qualities you used to describe who you want to become, what additional questions can you use to measure your progress?

Thomas Merton, an American Trappist monk, a theologian, author, and follower of Jesus says if you want to truly understand someone,

"ASK THEM NOT WHERE THEY LIVE, OR WHAT THEY LIKE TO EAT, OR HOW THEY COMB THEIR HAIR, BUT ASK THEM WHAT THEY ARE LIVING FOR, IN DETAIL, AND ASK WHAT THEY THINK IS KEEPING THEM FROM LIVING FULLY FOR THE THING THEY WANT TO LIVE FOR."

MY ARGUMENT WITH THE GESTAPO

WHAT ARE YOU LIVING FOR? AND WHAT IS KEEPING YOU FROM LIVING FULLY FOR IT?

This month, we invite you to synthesize your practices and reflections from the past year to create your own Rule of Life.

As you start to discern the rhythms and habits that will help you become the person Jesus envisions, here are a few recommendations to consider:

- Start Small: Begin where you are, not where you aspire to be. Setting unrealistic goals can lead to discouragement and disillusionment. Focus on achievable goals that will help you progress in your spiritual formation.
- Be Specific: Choose practical and concrete practices to integrate into your daily rhythms. Clarity in your intentions will make it easier to follow through.
- 3. Consider Yourself: Design a balanced approach that suits your life and personality. Reflect on how you recharge your energy and how you express it. Tailor your practices accordingly.

4. Maintain a Balance of Engagement and Abstinence:

Incorporate both engaging and abstaining practices. Engaging practices to actively seek God and abstaining practices where you create boundaries to step back from the noise of the world. Strive for a healthy mix of both to enrich your spiritual journey.

5. Embrace Flexibility: Remember that your Rule of Life is a guide, not a rigid mandate. It should evolve with each season of your life. Some practices, like regular fasting, may fit your rhythms at certain times but not at others. Treat your Rule of Life as a living document that grows and adapts alongside your discipleship journey.

GROUP PRACTICE

WE MADE IT! WE'VE EXPLORED 15 DIFFERENT SPIRITUAL PRACTICES AND SPENT MEANINGFUL TIME IN THE PRESENCE OF GOD. NOW, WE GET TO INTEGRATE EVERYTHING WE'VE LEARNED TO HELP US LIVE OUT THE VALUES AND COMMITMENTS THAT GUIDE OUR DAYS, MONTHS, AND YEARS.

TO KICK OFF THIS MONTH, PLEASE WATCH THE INTRODUCTION VIDEO TOGETHER.



A LIFE WITH JESUS INTRODUCTION VIDEO Congratulations to your group on this incredible achievement! Walking through Overflow together this year is a significant accomplishment. First, take some time to reflect on October's focus on Service and Generosity by considering the questions below:

- 1. What did you learn about serving others last month? How did your experiences shape your understanding of what it means when we say *Jesus came to serve*?
- 2. In what ways were you generous last month? Were you generous with your time? Your resources?
- 3. Have you experienced Jesus' promise that "it is more blessed to give than to receive" (Acts 20:35)?



Join Dr. Richard Kannwischer, Senior Pastor, and Morgan Kennedy, Director of Teaching and Learning, as they guide us in reflecting on the past year. They will help us understand how to consolidate all our learning into a Rule of Life that will effectively guide us on our discipleship journey.

LOOKING FORWARD TO 2025

Let's make plans. The invitation for next year is to continue gathering around a table and journeying together on your discipleship path.

Please visit PeachtreeChurch.com/Overflow to:

- Register your current Overflow group
- Volunteer to lead a new group
- Find a group for 2025

We look forward to partnering with you as you become more like Jesus.

DID YOU KNOW?

St. Benedict, an Italian monk who founded twelve monastic communities, is credited with writing the first Rule of Life. His rule provided a framework for living a balanced, simple, and prayerful life within community, centered around five key principles: prayer, work, study, hospitality, and renewal.

Your own Rule of Life should reflect every aspect of who you are your identity at home, at work, at rest, and at play. Each moment offers a choice about who you are becoming, and your Rule of Life helps direct those choices along a meaningful path.

This month, we are excited to welcome Justin Earley to Peachtree, where he will guide us in creating our own Rule of Life. You might recognize him from his Overflow Podcast series with Dr. Richard Kannwischer. As a father of four boys, a lawyer, an author, and a speaker, Justin is passionate about helping Christians integrate their faith into everyday life.

On November 10, he will join us on campus to facilitate a workshop focused on developing our family and individual Rules of Life. This event is the culmination of our Overflow journey, and it's one you don't want to miss!



Catch up on the podcast with Dr. Richard Kannwischer and Justin Earley.



peachtree welcomes author, speaker, lawyer JUSTIN EARLEY

SUNDAY, NOVEMBER 10 9:45am | Rule of Life for Parents The Gym

5pm | Rule of Life for Individuals The Fellowship Hall

If you're accessing this content after November 10, 2024, you can find the workshop at PeachtreeChurch.com/Overflow and on our podcast channel. We encourage you to use these resources to ensure your work with Overflow remains meaningful and impactful on your journey with Jesus.

The following pages are ways to workshop your own Rule of Life, straight from Justin's two books: *The Common Rule* and *Habits of the Household*. This information is given for our use with his permission to guide you as you develop your own Rule of Life. The Common Rule (or Rule of Life) is a set of daily and weekly habits designed for formation in the love of God and neighbor. While this content is a template for general habit planning, you can explore the specific daily and weekly habits of The Common Rule at thecommonrule.com.

THE COMMON RULE

JUSTIN EARLEY WORKSHOP November 10 | 5pm | Fellowship Hall

HOW TO USE THE COMMON RULE HABIT PLANNER:

1// THINK THROUGH YOUR ROLES

We are not just our careers, our bodies, or our family relationships. Our whole life is a web of different roles that we play, and it's hard to change one without impacting others. List out the roles you exist in, and ideally set them in order of priority from top to bottom.

2// SET A VISION FOR EACH ROLE

In each of our roles, we have a dream or a vision. Try to articulate this in a broad sort of vision statement. This should be big, beautiful, and compelling. It may be impossible to achieve, but that's OK. That's the point.

3// LIST HABITS FOR EACH ROLE

Here is where vision meets reality. Our habits form us more than we form them. Start listing out what kinds of rhythms or habits should be true of your daily or weekly life if you wanted to become that kind of person stated in your vision. This is far more important than goal setting. These should be almost mundane, achievable realities, that would—over time—be the guardrails guiding you towards your goal. Some should be "do not's" and some should be "do's." You don't need a habit for each timeframe. The goal isn't to fill everything out, but to flesh out the key habits that will form you.

4// REVIEW AND REVISE

Ideally, you should be doing this in community. If so, set a time each month to review with someone. My wife and I do this every few months, for example, and my friends and I talk about it semiannually. Make edits and adjust. Check in on benchmark goals to see if after some time you are coming any closer, or if you think actually that they should be scrapped. Print it out and put it in your journal. Email it to yourself. Revise it, over and over and over.



JUSTIN EARLEY WORKSHOP RECORDING

Available November 10, 2024

THE COMMON RULE

WHO AM I?		WHO AM I BECOMING?		
ROLES	VISION	HABITS ANNUAL QUARTERLY MONTHLY		
1.		ANNOAL	QUANTENET	MONTHEI
2.				
3.				
4.				
5.				

FORMING HABITS OF PURPOSE FOR AN AGE OF DISTRACTION

WHO AM I BECOMING?			
HABITS WEEKLY DAILY		MILESTONES	
WEEKLY	DAILY		

Justin's Rule of Life Example THE COMMON RULE

WHO AM I?		WHO AM I BECOMING?		
ROLES	VISION	HABITS ANNUAL QUARTERLY MONTHL		
1. DISCIPLE	To love God		 Revise this chart One day of silence and reflection 	Fast twice Memorize one verse
2. HUSBAND	To be best friends with Lauren	One getaway just us	Saturday of deep house cleaning reset	 One fun date night One conversation date night
3. FATHER	My sons know they are loved	Write a letter to each child	Parenting review with Lauren	One blank weekend in town with no prior commitments
4. FRIEND, BROTHER & SON	Friends like family, family like friends	One Cast Weekend One Family Vacation	One weekend at Smith Mountain Lake with immediate family	At least two intentional 1:1 conversations with a friend
5. WORKER	Build excellent institutions	Tithe 5% of hours to pro bono / volunteer	Clean office and reconsider health of space	Two networking lunches
6. CREATOR & CATALYST	To help myself and others see			Spend extended 90 min engaged in hobby
7. STEWARD	To multiply talents		Quit one thing	

FORMING HABITS OF LOVE FOR A WORLD OF CHAOS

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HAI	MULECTONEC	
WEEKLY	DAILY	MILESTONES
 Have two extended quiet times a week Sabbath 	Morning / Noon / Night Kneeling Prayer	
 Only one weeknight per Sun- Thurs of social activity out of house Evening of downtime with Lauren 	 Pray with Lauren before bed Keep phone off from 6-8pm 	
 Every Saturday morning with just the boys and give Lauren a break One family night of prayer and bible reading 	Stop work at 6pm even if I have to work after bedtime	
Sunday family dinner		
	 10 min of prayer / meditation midday One time of checking news at 3:30pm, no others 	
Journal at least one page	Record daily activities in iCal	
 Limit alcohol to no more than 2x per week Two active / exercise time per week Review budget 	 Drink two liters of water per day Eat light lunch Vitamins 	

// OVERFLOW / FAMILIES

FAMILY RULE OF LIFE

A Rule of Life is a simple framework of daily, weekly, monthly, and yearly spiritual habits that guide your family toward a closer relationship with God and each other.

In Deuteronomy 6:6-7, God calls us to live with intention: "These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

A Family Rule of Life isn't a set of rules to follow, it's a way to align your family's daily life with your spiritual values. These practices can take place within the normal context of your everyday life—when you sit at home relaxing or eating, when you walk or drive, when you head to bed, and when you wake in the morning. A Rule of Life helps you create sacred moments in the ordinary routines.

Why Create a Family Rule of Life?

- A Shared Vision for Spiritual Growth: A Rule of Life helps your family align around a common vision for growing in faith together.
- Intentional Focus: It offers a way to counter the pressures of busyness, distractions, and cultural habits that may not align with your faith.
- Making Decisions with Purpose: A Rule of Life helps you make choices—whether about time, technology, or relationships—that support your spiritual goals.

Key Elements of a Family Rule of Life

- Daily Rhythms
- Weekly Rhythms
- Monthly Rhythms
- Yearly Rhythms

Steps to Create Your Family Rule of Life

1. Identify Your Family's Core Values

What spiritual values do you want to cultivate? What practices stood out to you this year? Is it prayer, worship, listening, service, or simplicity? What spiritual practices do you want your family to know and participate in? Write down these values as a foundation for your Rule of Life.

2. Assess Your Current Rhythms

Take a look at your daily and weekly routines. Where are you already integrating spiritual practices? Are there areas where you could add new habits? This isn't about overwhelming your schedule but about finding meaningful ways to weave faith into your existing rhythms.

3. Craft Your Rule of Life

Begin with a simple plan: one or two daily practices, a weekly rhythm, and a yearly tradition that reflects your family's values. This is your family's plan, designed to grow with you as you journey together in faith.

MOVING FORWARD

Creating a Family Rule of Life is not about perfection—it's about intention. As your family grows in faith, you'll find these rhythms help you stay connected to God and to each other, deepening your spiritual life as a family. Start small, reflect often, and watch as your family grows closer to God through simple rhythms focused on God.

Your Family Rule of Life doesn't have to be perfect, just intentional. God's grace is sufficient. He will fill in the gaps!

Each month, our Family Ministry Team will provide resources for your family to experience these practices in your home.



Scan the QR code to watch members from our Family Ministry Team help you as you continue to discern what this practice could look like in your family.

HABITS OF THE HOUSEHOLD PRACTICING THE STORY OF GOD IN EVERYDAY FAMILY RHYTHMS

JUSTIN EARLEY WORKSHOP November 10 | 9:45Am | The Gym

- Fill in years and your corresponding ages. Consider going in increments of 1 to 3 years, depending on what time span you choose to focus on.
- 2. Write down your children's ages. Pencil in a column for each child.

3. Name some seasons you notice.

For example, when will you all be under the same roof? When will you be in the teenage season? When will be the best time to take trips? When will you need to be the most available for conversation? When may you be sending them out of the house?

4. Name your hope for the future.

In light of these seasons, write down some future realities you hope to be true.

5. Name some habits for today.

Remember, habits are small, concrete, repeating actions, but tiny habits can build enormous new realities. Feel free to use some of the habits in the book, or develop your own ideas.

6. Pray.

Ideally, go over this with your spouse and spend an evening discussing and praying. You might also consider doing it with another couple or close family friends. Put it in a journal or on your refrigerator where you can be reminded to pray.

FAMILY AGING CHART

YEAR	YOUR AGE	CHILDREN'S Ages	SEASONS
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FUTURE R	EALITIES	HABITS F	OR TODAY
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BEDTIME LITURGY A BEDTIME BLESSING OF GOSPEL LOVE

Said perhaps with a hand on your child's face or head.

Parent: Do you see my eyes? Child: Yes. Parent: Can you see that I see your eyes? Child: Yes. Parent: Do you know that I love you? Child: Yes. Parent: Do you know that I love you no matter what bad things you do? Child: Yes. Parent: Do you know that I love you no matter what good things you do? Child: Yes. Parent: Who else loves you like that? Child: God does. Parent: Even more than me? Child: Yes. Parent: Rest in that love.

A BOUNCY BLESSING

While bouncing the bed around the child, and trying to get as much giggling and flopping as possible:

Parent: Dear Lord, may this child bounce from blessing to blessing, all of his/her days.

Child: Bouncing and laughing.

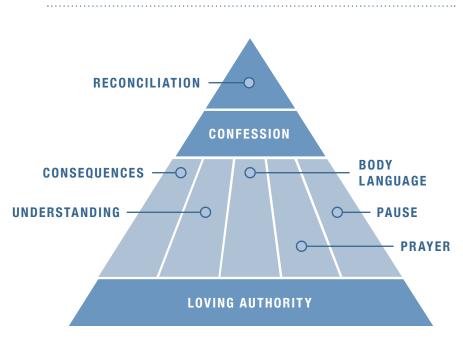
Parent: Amen.

A BEDTIME BLESSING

Jesus, bless their feet, may they bring good news. Bless their legs, may they carry on in times of suffering. Bless their backs, may they be strong enough to bear the burdens of others. Bless their arms to hold the lonely, and their hands to do good work. Bless their necks, may they turn their heads toward the poor. Bless their ears to discern truth, their eyes to see beauty, and their mouths to speak encouragement. Bless their minds, may they grow wise.

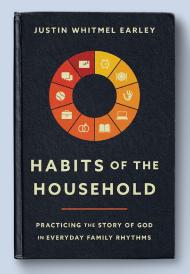
And finally, bless their hearts, may they grow to love you—and all that you have made—in the right order.

Amen.



RESOURCES

Want to go deeper in the practices of A Life with Jesus? Consider reading the suggested resources below:

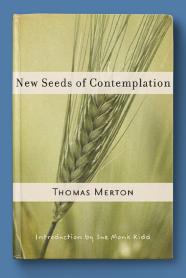


HABITS OF THE HOUSEHOLD

Justin Whitmel Earley



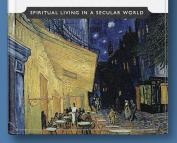
THE COMMON RULE Justin Whitmel Earley



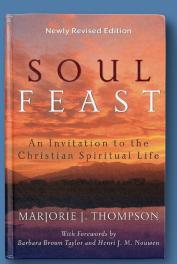
NEW SEEDS OF CONTEMPLATION Thomas Merton

HENRIJ.M. Nouwen

Life of the Beloved



LIFE OF THE BELOVED Henri J. M. Nouwen



SOUL FEAST Marjorie J. Thompson



THE BEDTIME FAMILY DEVOTIONAL Ruth and Patrick Schwenk REMAIN IN ME, AS I ALSO REMAIN IN YOU. NO BRANCH CAN BEAR FRUIT BY ITSELF; IT MUST REMAIN IN THE VINE. NEITHER CAN YOU BEAR FRUIT UNLESS YOU REMAIN IN ME.

"I AM THE VINE; YOU ARE THE BRANCHES. IF YOU REMAIN IN ME AND I IN YOU, YOU WILL BEAR MUCH FRUIT; APART FROM ME YOU CAN DO NOTHING. IF YOU DO NOT REMAIN IN ME, YOU ARE LIKE A BRANCH THAT IS THROWN AWAY AND WITHERS; SUCH BRANCHES ARE PICKED UP, THROWN INTO THE FIRE AND BURNED. IF YOU REMAIN IN ME AND MY WORDS

REMAIN IN YOU, ASK WHATEVER YOU WISH, AND IT WILL BE DONE FOR YOU.

JOHN 15:4-7

