

## Making Room – A Missional Practice

*Missional practices: cultivating new understandings, ways of being, and living Christ's mission.*

**Purpose:** Intentionally and prayerfully record and reflect on your purchases and time spent each week. Seek the Spirit's guidance in what you can eliminate to make room (i.e. increase your capacity) to deepen your ministry and share with others. "It is easy to say no when there is a deeper yes burning within" – Richard Foster

### Suggested Steps:

1. Begin each week with personal reflection on Luke 12:22-34 from The Message Bible each week.
2. Find a journal, inexpensive notebook, or simple note taking application on your smartphone.
3. Create two columns. Under the one column write down all our purchases for the week. Under the second column record how you spent your time during the week.
4. Pick a day toward the end of the week and set aside 30 minutes for prayerful reflection. Begin with prayer asking for insight and courage to evaluate your capacity openly and honestly in the presence of God.
5. First review your purchases for the week.
6. Place a check next to purchases that you decide are not necessary.
  - a. Next place a question mark next to purchases you would like to eliminate but are unsure if you want to or have the will to eliminate.
  - b. Pray over your list and commit to eliminate one purchase in the coming week in order to increase your capacity.
  - c. Share your commitment with a spouse or friend. Determine an alternative use for your money that will increase your capacity (i.e. either saving or giving to a worthy cause)
7. Second review your time spent during the week.
  - a. Place a check next to time spent that was clearly not useful. (*Remember that finding times for Sabbath rest is useful and renewing for the soul*)
  - b. Next, place a question mark next to time spent that could have potentially been used in better ways.
  - c. Pray over your list and consider replacing one of your activities with one that will increase your capacity for ministry or directly benefit others. Share your commitment with a spouse of friend.
8. End your time with a prayer of thanksgiving.

Consider repeating this practice weekly or several times a month. Invite several friends to join you in this practice and commit to sharing your decisions and experiences together. Support one another in prayer.