

January 10th – 17th, 2016

Why Abide?

But now more than ever the word about Jesus spread abroad; many crowds would gather to hear him and to be cured of their diseases. But he would withdraw to deserted places and pray.

Luke 5:15-16

Jesus lived His life in rhythm: crowds then solitude, preaching then prayer, and healing then rest. He was well acquainted with the deserted places in and around Galilee. He would often return to the desert - the place of his forty-day fast - to reconnect with the Father, to listen, and to be filled with the presence of God.

Why would the God-made-flesh spend such a large portion of his three years of active ministry “taking a break”? Wouldn’t he want to do all he could during those 36 months? Wouldn’t he want to preach as many sermons, heal as many lepers, and perform as many signs as he could? He did, but the man who had such a short time to bless this world also knew that his productivity for the Kingdom was directly proportional to his connectivity to the King.

If God-made-flesh needed to abide in the midst of three years of ministry it would follow that his disciples, those who are *with Jesus to learn from Jesus how to live like Jesus*, would need seasons of abiding in the midst of their ministries as well.

This is our week – corporately and individually – to rest, to listen, to be filled, and to cease from productivity and kingdom building. We will find our deserted places – places of solitude and silence where we learn to surrender and listen to the Father in deeper ways. And we will return ready to bear much fruit

learning once again that apart from Jesus we can do nothing. There is much work to be done, but first we must abide.

Reading Plan

This week we encourage you to download the Bible app from YouVersion and search Bible reading plans. Select a reading plan that will help you to focus on spending time in the Word of God this week.

Fasting

On Wednesday, January 13th, we encourage a corporate day of fasting as church. Would you please consider practicing this spiritual discipline individually as we seek the Lord together as a church family?

Weekly Rhythm

Each morning this week (1/11-1/15) we will gather from 6:00-6:45am for Morning Lauds. This is a time to read scripture and pray together as a church.

Each evening this week (1/10-1/15) we will gather from 6:30-7:30pm for Evensong. This is a time for an organic/traditional service, which includes worship, scripture, silence, communion, and a time of prayer. Childcare is provided for children from newborn through 1st grade.

Friday night, January 15th, we will eat dinner together as a church family at 5:30PM. Dinner is \$5 per person or \$10 for a family. Please sign up for dinner on CCB or the webpage by Thursday, January 14th.

The Church of the Holy Sepulcher is the place where Christ was said to be buried and a candle is continually lit to represent the presence of God. When worship begins, the candle is brought out and placed in the middle of church as a sign that Christ is alive and is the light of the world.

Phos Hilaron

Φῶς ἱλαρὸν ἁγίας δόξης ἀθανάτου Πατρός, οὐρανίου, ἁγίου, μάκαρος, Ἰησοῦ Χριστέ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν, ἰδόντες φῶς ἐσπερινόν, ὑμνοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον Πνεῦμα, Θεόν. Ἄξιόν σε ἐν πᾶσι καιροῖς μνεῖσθαι φωναῖς αἰσίαις, Υἱὲ Θεοῦ, ζωὴν ὁ διδοὺς· διὸ ὁ κόσμος σὲ δοξάζει.

Translation

O Light gladsome of the holy glory of the Immortal Father, the Heavenly, the Holy, the Blessed, O Jesus Christ, having come upon the setting of the sun, having seen the light of the evening, we praise the Father, the Son, and the Holy Spirit: God. Worthy it is at all times to praise Thee in joyful voices, O Son

of God, Giver of Life, for which the world glorifies Thee

Heidelberg Catechism

First published in 1563, the Heidelberg Catechism has been used by Christians around the world ever since. The Catechism has been appreciated by young and old alike as one of the most clear, helpful and comforting guides into all the spiritual treasures of the holy gospel.

The Heidelberg Catechism helps you discover just how powerful the gospel really is and "how wide and long and high and deep is the love of Christ" (Eph 3:18).

Q. What is your only comfort in life and in death?

A. That I am not my own,¹ but belong—
body and soul, in life and in death—²
to my faithful Savior, Jesus Christ.³
He has fully paid for all my sins with his precious blood,⁴
and has set me free from the tyranny of the devil.⁵
He also watches over me in such a way⁶
that not a hair can fall from my head
without the will of my Father in heaven;⁷
in fact, all things must work together for my salvation.⁸
Because I belong to him,
Christ, by his Holy Spirit,
assures me of eternal life⁹
and makes me wholeheartedly willing and ready
from now on to live for him.¹⁰

¹ [1 Cor. 6:19-20](#)

² [Rom. 14:7-9](#)

³ [1 Cor. 3:23](#); [Titus 2:14](#)

⁴ [1 Pet. 1:18-19](#); [1 John 1:7-9](#); [2:2](#)

⁵ [John 8:34-36](#); [Heb. 2:14-15](#); [1 John 3:1-11](#)

⁶ [John 6:39-40](#); [10:27-30](#); [2 Thess. 3:3](#); [1 Pet. 1:5](#)

⁷ [Matt. 10:29-31](#); [Luke 21:16-18](#)

⁸ [Rom. 8:28](#)

⁹ [Rom. 8:15-16](#); [2 Cor. 1:21-22](#); [5:5](#); [Eph. 1:13-14](#)

¹⁰ [Rom. 8:1-17](#)

Apostles Creed

The Apostles' Creed is the oldest creed, and lies at the basis of most others. Though not, as the long-current legend of its origin affirmed, the direct work of the Apostles, it has its roots in apostolic times, and embodies, with much fidelity, apostolic teaching.

*Christianity did not begin when we were born. Nor did our generation invent Christian thought... Today's Christianity is directly affected by what earlier Christians chose to do and to believe. —Justin Holcomb, **Know the Creeds and Councils***

Apostles Creed

I believe in God, the Father Almighty,
the Maker of heaven and earth,
and in Jesus Christ, His only Son, our Lord:

Who was conceived by the Holy Ghost,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried;

He descended into hell.

The third day He arose again from the dead;

He ascended into heaven,
and sitteth on the right hand of God the Father Almighty;
from thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost;
the holy catholic church;
the communion of saints;
the forgiveness of sins;
the resurrection of the body;
and the life everlasting.

Amen.

JUSTICE PRAYER FOCUS

RACIAL PREJUDICE

- Confess and repent of any indifference to injustice and oppression that leads to racial conflict.
- Pray for a spirit of peace and love toward all races, tribes and tongues.
- Pray for the persecuted in Syria.
- Pray for opportunities where you can engage others as a minister of reconciliation.
- Praise God that He has broken down the dividing wall of racial conflict through the blood of Jesus Christ.
- Pray for the racial reconciliation tension in the United States
- Pray for unity in the spirit, regardless of race, location, wealth

SANCTITY OF HUMAN LIFE

- Confess and repent of any indifference to injustice and oppression that leads to the destruction of human life.
- Pray for the unborn and for all those who are persecuted in this world.
- Pray for a global awakening to injustice and oppression that champions the destruction of human life.
- Pray for the hearts of our government leaders who have the power to enact change.
- Praise God for His wonderful and personal gift of life.

MISSIONS

- Confess and repent of any indifference to injustice and oppression among the nations.
- Pray for direction and guidance from the Lord in how you can minister to the nations.
- Pray for a particular people group or nation every day this week.
- Pray for those affected by the crisis in Syria and for those who are seeking asylum in other countries.

- Praise God that He is pleased to display the glory of the gospel among the nations.

PERSONAL INVENTORY QUESTIONS

During our times of silence, use these questions to ask God what area(s) of your life He wants to speak to you about? These times of silence are designed not so much to talk to God, but to allow space for His spirit to speak to and minister to you.

UP: How you relate to God

1. Do I make enough space for prayer?
2. Do I pursue intimacy with Jesus
3. What is on my heart for intercession?
4. Am I living in the power of the Spirit?
5. AM I seeing personal revival?
6. Do I still feel pleasure?
7. Am I living in a state of peace?
8. Am I afraid or nervous?
9. Am I obedient to God's prompting?

IN: How you relate to others - in particular, other believers

1. Do I love the church?
2. Is time a blessing or a curse?
3. Am I resting enough?
4. How are my relationships with my friends?
5. Am I experiencing intimacy in relationships?
6. Do I keep my promises?
7. How easy is it for me to trust people?
8. Am I discipling others?
9. Is my family happy?
10. Am I sleeping/eating well?
11. Am I making myself vulnerable to others?

OUT: The direction for your life and how you relate to non-believers

1. Do I have a heart for the lost?
2. How often do I share my faith?
3. Do I leave time for relationship with non-Christians?
4. Am I running the race with perseverance?
5. Do I have vision for my life?
6. Am I dying to success?

7. Am I proud of the Gospel or ashamed?
8. Am I a servant?
9. Am I willing to take risks?

PRAYER

Prayer is critically vital to knowing how to hear from God, recognize his voice and obey. That is what Jesus tells us to do in Mark 1:15. Jesus didn't lay out how to preach or evangelize, but when the disciples asked how to pray, he said very clearly, "Here's how." Praying this way reminds us to communicate with God as Jesus did, reminds us of God's character and our relationship with him, and equips our day-to-day comings and goings with Kingdom eyes and perspective. Jesus helps the disciples understand the character of God and the way to approach him in what we call the Lord's Prayer. Each day this week, we will focus on a part of the Lord's Prayer and pray through the prayer that Jesus taught us:

⁹ *"This, then, is how you should pray:*

*"Our Father in heaven,
hallowed be your name,*

¹⁰ *your kingdom come,
your will be done,*

on earth as it is in heaven.

¹¹ *Give us today our daily bread.*

¹² *And forgive us our debts,*

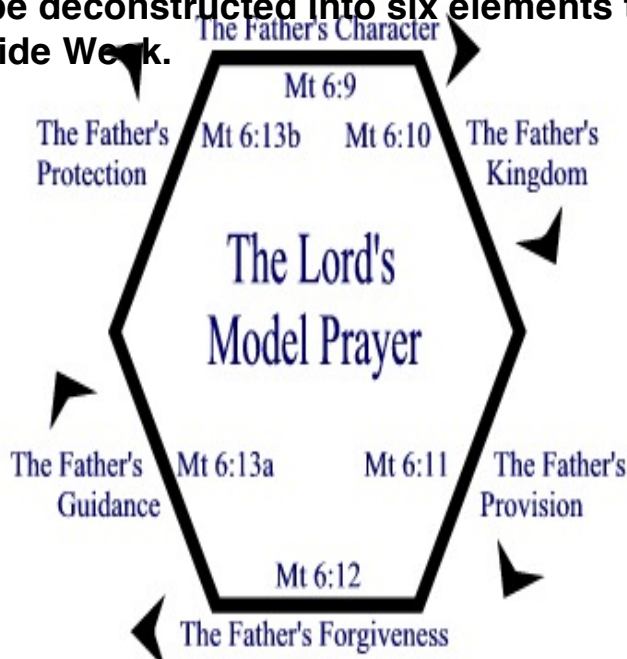
as we also have forgiven our debtors.

¹³ *And lead us not into temptation,
but deliver us from the evil one.*

¹⁴ *For if you forgive other people when
they sin against you, your heavenly
Father will also forgive you. ¹⁵ But if you
do not forgive others their sins, your
Father will not forgive your sins.*

Matthew 6:9-15

Jesus's example can be deconstructed into six elements that we will pray through during our Abide Week.



Evensong - Sunday, January 10th

Worship through Song

Phos Hilaron

Scripture:

Psalm 103:8-14

Colossians 3:12-15

Titus 1:15-16

Apostle's Creed

Prayer: THE FATHER'S CHARACTER

"Our Father"

Jesus begins by addressing God as "Abba" which is the Aramaic word for Father. This is revolutionary. He doesn't approach God as judge, ruler, or supreme pontiff he calls him Daddy. Over and over again, Jesus affirms how children approach God, with child-like faith. If we want to experience the fullness of a relationship with God, through prayer, we must learn how to talk to him as the Father he really is. We're not talking about the father we had or didn't have growing up. We mean the good Father that blows ever the best earthly dads out of the water in comparison. When we relate to him as Daddy, we are implying a few things. A Father is responsible for protecting, providing for guiding, encouraging, teaching, building, correcting. That means we can look to God to bring those things to our relationship and even count on him for it. When we take on the role of child, we're admitting our need to receive those things from Him. God loves to see us in this posture, and it's the safest place in the world we can be. Jesus showed us we must first come to God as his child before anything else, but his identity and our relationship doesn't stop there.

Spend time sharing characteristics of God's character. What characteristic of God do you need most in your life today? Spend time praising God for who He is.

Silence: Spend time in silence to rest and hear from the Lord.

Communion

Group Prayer Focus: Campus

Pray for the campus ministries at Old Dominion (Intervarsity, CRU, FISH and the International student population, Intervarsity, Baptist Campus Ministries, ODU Young Life) as well as students at EVMS,

Norfolk State, and Tidewater Community College. Pray for this generation of 18-25 year olds...that they would love Jesus and live fully for Him.

JUSTICE PRAYER FOR RACIAL RECONCILATION

Morning Lauds - Monday, January 11th

Heidelberg Catechism

Westminster Shorter Catechism

Q. 1. *What is the chief end of man?*

A. Man's chief end is to glorify God, and to enjoy him forever.

Q. 2. *What rule hath God given to direct us how we may glorify and enjoy him?*

A. The Word of God, which is contained in the Scriptures of the Old and New Testaments, is the only rule to direct us how we may glorify and enjoy him.

Scripture:

Psalm 19:1-6

1 Peter 1:3-9

Prayer Time

Evensong - Monday, January 11th

Worship through Song

Phos Hilaron

Scripture:

Psalm 86:1-13

John 1:1-18

Apostles Creed

Prayer: THE FATHER'S KINGDOM

"Hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven."

When we pray this, we acknowledge that we want God's rule to extend to all the earth, and that includes our life. That statement declares He is a powerful, set apart King. It says He owns everything, rules everything and has a right to everything. By praying this, we place ourselves in a beautiful posture of surrender under the hand of a good and loving King (who is our dad). It's a declaration that softens and humbles our hearts, and one we want the rest of the world to believe and confess with us. We pray this line because when God's Kingdom is present, restoration happens and Kingdom fruit is produced. Fruitlike unity, joy, healing, and a myriad of other Kingdom things just start flourishing. Jesus tells us to ask for that now, here and in this present time. We don't have to wait until Jesus comes back to fully redeem humanity. We can see glimpses of God's Kingdom on the earth today.

What are some characteristics of God's Kingdom? Spend time praying for His Kingdom to come into your life, family, the church, and the city of Norfolk.

Silence: Spend time in silence to rest and hear from the Lord.

Communion

Group Prayer Focus: Community and Norfolk Public Schools

Today we pray for the schools and the youth in our city. Please pray for local schools, teachers, principals. Pray for high school students and ministries like Young Life who are reaching out to teenagers. Also, remember to pray for Tidewater Park Elementary, where our church serves weekly the students who attend there. Pray for Norfolk School Superintendent, Mayor, and City Council.

Morning Lauds - Tuesday, January 12th

Heidelberg Catechism

Westminster Shorter Catechism

Q. 6. *How many persons are there in the godhead?*

A. There are three persons in the Godhead; the Father, the Son, and the Holy Ghost; and these three are one God, the same in substance, equal in power and glory.

Q. 9. *What is the work of creation?*

A. The work of creation is God's making all things of nothing, by the word of his power, in the space of six days, and all very good.

Q. 10. *How did God create man?*

A. God created man male and female, after his own image, in knowledge, righteousness and holiness, with dominion over the creatures

Scripture:

Psalm 19:1-6

Romans 12:9-13

Prayer Time

Evensong - Tuesday, January 12th

Phos Hilaron

Scripture:

Isaiah 55:1-6

Philippians 4:1-6

Apostles Creed

Prayer: THE FATHER'S PROVISION

"Give us this day, our daily bread"

A good parent takes care of their kids. God is a good Dad who wants to provide for us. This can be spiritually, emotionally, relationally, financially, and physically. In praying this line, we are acknowledging that everything we have comes from God. He will provide. It's not a rainbows and unicorns type of outlook. It's also not a half-hearted request where we recite these words and then attempt to depend upon our own strength. This is an in the trenches, real deal, faith kind of thing. When we find ourselves with enough or more than enough, we acknowledge His provision. When we find ourselves in need, we ask our Father to provide. In doing so, we watch our faith grow. Paul wrote to the church in Philippi, "not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who gives me strength (Philippians 4:11-12)

As we ask God to provide us what we need to live, our faith grows. If we don't ask Him to provide we miss out on an amazing blessing of spiritual, emotional and physical provision.

What needs are you facing today? Spend time petitioning to God for needs in your life, family, and the church.

Silence: Spend time in silence to rest and hear from the Lord.

Communion

Group Prayer Focus: World

Today we pray for our mission partners serving around the world. Pray for the work of: Rob and Yoko Taylor in Japan, Kerus International in South Africa, Rob and Diane Sampson in East Asia,

Rachel Munoz in Thailand, Pete and Emily Johnson in Mexico. Pray for those in parts of the world that are closed to the gospel and have a small Christian witness.

PRAYER JUSTICE FOR THE WORLD

Morning Lauds - Wednesday, January 13th (Day OF Fasting)

Heidelberg Catechism

Westminster Shorter Catechism

Q. 14. *What is sin?*

A. Sin is any want of conformity unto, or transgression of, the law of God.

Q. 16. *Did all mankind fall in Adam's first transgression?*

A. The covenant being made with Adam, not only for himself, but for his posterity; all mankind, descending from him by ordinary generation, sinned in him, and fell with him, in his first transgression.

Q. 17. *Into what estate did the fall bring mankind?*

A. The fall brought mankind into an estate of sin and misery.

Q. 18. *Wherein consists the sinfulness of that estate whereinto man fell?*

A. The sinfulness of that estate whereinto man fell consists in the guilt of Adam's first sin, the want of original righteousness, and the corruption of his whole nature, which is commonly called original sin; together with all actual transgressions which proceed from it.

Scripture:

Psalm 46

Ephesians 2:1-10

Prayer Time

Evensong - Wednesday, January 13th

Phos Hilaron

Scripture:

Psalm 23

2 Peter 1:3-10

Apostles Creed

Prayer: THE FATHER'S FORGIVENESS

"Forgive us our debts as we forgive our debtors"

First, Jesus shows that an intentional rhythm of repenting is part of a thriving relationship with God. Secondly, He challenges us in the area of forgiving others. Repenting is a joy. It restores us back to the Father, and he delights in nothing more than be connected to us. We often approach God with shame and condemnation that prevents us from practicing repentance with the joy and freedom that He intends for us. Romans 8:1 says, "There is therefore now no condemnation for those who are in Christ Jesus." We can gladly draw near to the throne of grace with the confidence that we may receive mercy and find grace to help in time of need. Jesus also challenges us to ask forgiveness in direct proportion to how we forgive others. This is a good thing if we regularly practice forgiveness but hard for those of us who struggle with forgiveness. This call to extend to others the same forgiveness God gives us should be a regular part of our communications with God. Forgiveness requires submission. When we receive forgiveness, we are submitting to God as King. When we extend forgiveness, we are submitting to the King's command to forgive others. Repenting and extending forgiveness to others is one of the fastest, most powerful ways to experience real freedom. And when you're struggling to believe that, remember we're called to obedience – period. Praying the Lord's Prayer aligns our hearts to see this happen daily and watch the fruit of freedom grow.

How does forgiveness affect your relationship with God and others? Thank God for the forgiveness He has given to you. Is there someone in our life you need to forgive?

Silence: Spend time in silence to rest and hear from the Lord.

Communion

Group Prayer Focus: Church

Please pray today for the ministries and needs of CrossRoads. Pray for our elders and pastors. Pray for the church staff. Pray for our life group leaders and other ministry leaders of the church. Pray that people would continue to be disciplined and come to know Jesus through the ministry of the church.

Morning Lauds - Thursday, January 14th

Heidelberg Catechism

Westminster Shorter Catechism

Q. 86. *What is faith in Jesus Christ?*

A. Faith in Jesus Christ is a saving grace, whereby we receive and rest upon him alone for salvation, as he is offered to us in the gospel.

Q. 87. *What is repentance unto life?*

A. Repentance unto life is a saving grace, whereby a sinner, out of a true sense of his sin, and apprehension of the mercy of God in Christ, doth, with grief and hatred of his sin, turn from it unto God, with full purpose of, and endeavor after, new obedience.

Q. 88. *What are the outward and ordinary means whereby Christ communicateth to us the benefits of redemption?*

A. The outward and ordinary means whereby Christ communicateth to us the benefits of redemption, are his ordinances, especially the word, sacraments, and prayer; all which are made effectual to the elect for salvation.

Q. 89. *How is the word made effectual to salvation?*

A. The Spirit of God maketh the reading, but especially the preaching, of the word, an effectual means of convincing and converting sinners, and of building them up in holiness and comfort, through faith, unto salvation.

Q. 90. *How is the word to be read and heard, that it may become effectual to salvation?*

A. That the word may become effectual to salvation, we must attend thereunto with diligence, preparation and prayer; receive it with faith and love, lay it up in our hearts, and practice it in our lives.

Scripture:

Psalm 60

John 14:15-31

Prayer Time

Evensong - Thursday, January 14th

Phos Hilaron

Scripture:

Psalm 40:1-10

John 15:1-17

Apostles Creed

Prayer: THE FATHER'S GUIDANCE

"And lead us not into temptation"

Thank goodness Jesus acknowledges that this faith journey of ours can be difficult and involve temptation. As we move from our relationship with our Father into the world with the purpose of advancing His Kingdom, we're definitely going to need guidance to know His voice and obey it. As we go out into the world and advance the Kingdom, all we have to do is listen to the Father's voice and move towards it. He guides us, gives us our marching orders, and completes the good work we partner with Him to do. It is crucial that we seek His guidance through all of this. Praying this line reminds us that we need Him. We cannot do it on our own, and we need to be dependent upon His leading.

What area of your life do you need guidance from God? How does it feel for you to know that God wants to give you wisdom about the things you are facing in life?

Silence: Spend time in silence to rest and hear from the Lord.

Communion

Group Prayer Focus: Revival

Today we pray for revival to come to the city of Norfolk. We are asking God to breath afresh on this city and cause hearts to turn to him. We want to see God move in a mighty way to bring freedom and deliverance to those who need it.

Morning Lauds - Friday, January 15th

Heidelberg Catechism

Westminster Shorter Catechism

Q. 33. *What is justification?*

A. Justification is an act of God's free grace, wherein he pardoneth all our sins, and accepteth us as righteous in his sight, only for the righteousness of Christ imputed to us, and received by faith alone.

Q. 34. *What is adoption?*

A. Adoption is an act of God's free grace, whereby we are received into the number, and have a right to all the privileges of, the sons of God.

Q. 35. *What is sanctification?*

A. Sanctification is the work of God's free grace, whereby we are renewed in the whole man after the image of God, and are enabled more and more to die unto sin, and live unto righteousness.

Scripture:

Psalm 84

Matthew 6:19-21

Prayer Time

Evensong - Friday, January 15th

Phos Hilaron

Scripture:

Prayer: THE FATHER'S PROTECTION

"And deliver us from evil"

There is an enemy who desires to steal, kill, and destroy. Our days are wiser and we are more ready to fight simply at that acknowledgement. Many spiritual wars are lost because of our blindness to the enemy's schemes. We are at our best when we ask for the Father's deliverance upfront. God and the enemy are not equals – He has already won. As we engage in Kingdom work, we need His protection over our entire lives. Praying this line acknowledges the war we were born into. It also reminds us of our need for the Father who has won, affirms our confidence in His power, and leans into His protection with a spirit of dependence.

Jesus is the God of Angel Armies. How does knowing he can protect you, help you to trust Him? Is there an area of your life that you need protection in?

Silence: Spend time in silence to rest and hear from the Lord.

Communion

Prayer Time