

# CHURCH WITHOUT WALLS

## Rhythms of Faith

### 1 Thessalonians 5:16-18

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

### Colossians 4:2

Devote yourself to prayer, being watchful and thankful.

### Galatians 6:9-10

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.



### *Faith as a lifestyle*

Over the past few weeks we have look at some of the larger aspects of what life was like for the earliest followers of Jesus after the Resurrection, how they passed on what they had been taught, and how the came together.

Those were big cornerstones of the development of early Christianity, and they were some of the big things that attracted the communities around them. But the little things attracted people even more. Many became followers of this new spirituality in their own right, and others were left engaging it. There was no way to dismiss the influence this had on the wider Roman world.



What many today don't necessarily recognize is we are in similar times, and our influence on how life is lived can be just as significant, because the faith of the early followers was not in the big moments, but in how they lived day to day.

They cared, not only for each other but for the wider world beyond their boundaries.

They shared what they believed, not so they could increase their numbers but so their lifestyle could spread among those who did not experience the same world of empathy and compassion.

And they learned how to pray unceasingly.

### *A Rhythm, Not a Performance*

When we hear words like "prayer" or "spiritual practice", even "lifestyle", it can feel like one more thing to get right in an already full schedule. But the first followers of Jesus were not striving for perfection or performance. They were building patterns - simple, repeatable ways of staying connected to God and to one another.

Scripture captures this beautiful.

"Rejoice always, pray without ceasing, give thanks in all circumstances..."

"Devote yourself to prayer, be watchful and thankful."

This kind of life is not about long, uninterrupted hours of devotion. It is about attention, returning again and again to God in small ways throughout the day.

A short prayer in the morning. A moment of gratitude before a meal. A quiet pause in the middle of a busy afternoon.



These are not small things, and over time, they shape how we see the world, how we respond to others, and how we understand ourselves.

Faith is not an added burden, it is a rhythm that runs quietly underneath everything else. It is simply how we interact with each other, with the divine, and with the world.

The first believers didn't stop to show themselves faithful, they simply incorporated it into their daily lives. They were not driven to 'convert' others, they were just attractive in how they went about life.



## Pray Like This

Our Father or The Lord's Prayer in Matthew 6 and Luke 11, is a beautiful prayer. However, when Jesus introduced the prayer in both Gospels he did not say "pray this prayer" he said "pray like this"

It was common in the days of Jesus for a teacher to give their followers specific prayers to recite, and throughout history we have treated the Lord's Prayer in this vein. But it is more of a formula than words to repeat.

When you pray:

- Address God
- Ask for what is needed most
- Ask for forgiveness and the strength to forgiving others
- Ask for help avoiding the traps of the world around us
- Ask for help making the right choices in our daily lives
- Offer Thanks and conclude the prayer

## Faith in Action

The first followers were known not only for how they prayed, but for how they lived with one another. They shared meals, they supported those in need, they cared for the sick, and they practiced generosity even when resources were limited.

Their faith was visible - not because it was announced, but because it was embodied.

This kind of faith does not require extraordinary circumstances. It grows out of ordinary

opportunities like:

- Checking in on someone who is struggling
- Offering help without being asked
- Sharing a meal
- Giving what you can when you can

These acts may seem small, but they are the building blocks of a community shaped by love. They are how faith becomes something real and tangible. And most important, they move us beyond "me" into "we".

## Living this Today

Modern life is busy. Schedules are full, attention is divided, and it can feel unrealistic to add anything more. But this way of living faith is not about adding more - it's about integrating what already exists. It's about noticing where faith can meet you in the life you already have.

A few minutes of prayer as you begin or end your day. A habit of gratitude, even in difficult moments, a conscious decision to act with kindness or generosity, a willingness to slow down and be present for others.

These are not dramatic changes. They are small, intentional shifts. But over time, they form a rhythm - a way of living that is steady, meaningful, and deeply rooted.

The first followers did not wait for perfect conditions to live their faith. They lived it in the middle of ordinary, imperfect, sometimes chaotic lives.

We can do the same.

### This week consider:

**What small daily practices help you stay oriented towards God? How could prayer, scripture, or generosity become part of your ordinary routines? Who in your life might benefit from a small act of care or hospitality?**

**THE FIRST CHRISTIANS DID NOT LIVE FAITH AS OCCASIONAL MOMENTS OF WORSHIP. THEY SHAPED THEIR LIVES THROUGH DAILY PRACTICES THAT TRANSFORMED ORDINARY LIFE.**



### The Didache

The Didache (did-ah-key), meaning “Teaching”, is the first-century Christian manual that offered practical guidance for daily life and faith. It instructed believers on prayer, care for others, and living in a way that reflected God’s love every day.

Key guidance from the Didache:

- Pray the Lord’s Prayer three times each day
- Give to the needy, visit the sick, and show kindness to all
- The life of a disciple is measured not by a single hour of worship, but by every moment shaped by prayer, generosity, and care for others

This shows that from the very beginning, Christians were called to live faith continuously, in prayer, in generosity, and in practical care - beyond gathering and formal worship. It reminds us that faith is a rhythm woven into daily life.