

EXPERIENCE
MODERN
MOMENTS
OF GOD

THE 60/60 EXPERIMENT ● Starting January 2019

Starting the 60/60 Experiment

For the next 60 days, try to stay in a continuous, honest conversation with God, willing to do his will moment by moment.

Set a watch, alarm, or app to beep every 60 minutes, and put up sticky notes and reminders around your home, car, and office, as a reminder to stay connected.

Try to turn your thoughts back to God all throughout the day, as often as you can. This simple conscious contact with God isn't easy, but it's all you have to do - everything else will begin to fall into place over time. Even if you're not yet convinced this is true, try it. Every 60 minutes, stop and recall "God is with me right now..." and let that propel you to ask God "Show me your will this next moment. I want to be willing to do your will as an act of love toward you." Let your affections rise to the Lord: "I love you, Lord." And, you can turn your attention to God: "Lord, I am listening and paying attention to you with the help of your Spirit."

As you begin this experiment, reflect every hour on the character of God - the one who loves you most and is on your side. Thank Him for His character throughout the day. Thank Him that He promises to give you good gifts as you follow His will. Read what God says about His love and goodness towards you (Jeremiah 29:11-13, 31; Matthew 6:26-33; Romans 8:31-32, 38-39).

Begin the experiment and see if this isn't the path to a far more satisfying life.

Get a Spiritual Running Partner

Just like athletes who train to reach physical goals, we need spiritual training partners to provide encouragement, pacing, and motivation for our spiritual goals. A running partner is another person who I can trust with my struggles and concerns, as well as my dreams and goals. We encourage each other to become all God intends us to be.

A running partner is another person (or couple of people) who I am willing to learn to entrust with my deepest concerns, spiritual struggles, and sins, as well as dreams, successes, and plans to grow.

Together, we'll agree to walk for a season in complete honesty to help each other grow spiritually to be more like Christ. Like exercise partners, we are running with each other along a spiritual path. The purpose of running together is to provide the encouragement, pacing, and motivation we all need to keep running toward wholeness.

We are agreeing to listen, to care, to pray for one another, to point out patterns we see, and to urge each other to keep moving forward in growth to become all God intended us to be.

The goal is to think, live, and act more and more like Jesus would if he were living my life, working at my job, and in my relationships.

Who Should I Look For?

Look for a person who is part our church and who you already trust.

Husbands and wives can be partners, but often it is difficult to get detached feedback because of proximity and effect on each other.

You can have more than one running partner, but be careful not to spread yourself too thin.

How Does it Work?

Agree to “run together” for a defined period of time (February 3 – April 3).

Set a time and place to meet or have a phone appointment every other week (see the schedule on the next page).

When you get together, take turns asking each other the “How Are You Running” questions. Let the conversation go where the Holy Spirit leads. Pay attention to upholding the “Rules of Running.” We suggest you re-read the rules before each meeting as a reminder.

Rules of Running

- Accept and encourage as often as possible.
- Ask questions often; give advice once with permission.
- Give reproof or correction only when absolutely necessary.
- Never give judgment.
- Always protect confidentiality.

Recommended Reading List

From February 3 – April 3, we ask each pair of running partners to read the same book. Choose how many chapters you will read before you meet each time. Here is a recommended book list.

- *Soul Revolution* by John Burke
- *Relational Christianity* by Steve Meeks
- *Holiness, Truth, and the Presence of God* by Francis Frangipane
- For children: *Living with Jesus—Talking and Listening* by Daphne Kirk

“How Are You Running” Questions

- What is the Holy Spirit saying to you or showing you? (Issue of listening)
- Where is the Lord revealing himself to you or changing you? (Issue of paying attention)
- What are you becoming aware of or getting present to? (Issue of awareness)
- What are you learning? (Issue of growth)
- Where are you growing in your spiritual practices that are helping you to go deeper with the Lord? (Issue of transformation)
- Where are you feeling resistance? (Issue of awareness)
- What do you need to get in action around? (Issue of obedience)

● RUNNING PARTNER VALUES

BE A LISTENER

Scripture calls us to "be quick to listen, slow to speak" (James 1:19). We will resist the impulse to fill the air with hollow words. If we have nothing to say, we will say nothing.

BE GRACIOUS

Scripture exhorts us to "forgive whatever grievances you may have against one another. Forgive as the Lord forgave you" (Colossians 3:13). We will extend grace to each other, resist comparisons, and seek to encourage each person in his or her current season of life and maturity.

BE TRUTHFUL

Scripture tells us that Christ came "filled with grace and truth" (John 1:14). We will offer truth with sensitivity, but we will not shrink from exhorting each other truthfully, and we will not encourage perpetual falsehoods in each other's lives.

BE SENSITIVE TO GOD'S SPIRIT

Scripture tells us that God's Spirit will "guide you into all truth" (John 16:1-3). We will not take this to presume upon God's Spirit or assume all we say or think is from God's Spirit, but we will listen for God's guidance and God's voice in each other and in our inner-persons.

BE GENTLE

Scripture tells us that when assisting a brother or sister struggling with sin, we are to "restore them gently" (Galatians 6:1). We are aware of our own shortcomings and will not expect perfection from each other. When needed, we will work gently with each other to point each other toward a better way.

BE MULTIPLIERS

Scripture tells us we are to take what we've discovered and "entrust it to reliable people who will also be qualified to teach others" (2 Timothy 2:2). As Running Partners, we will multiply. We will expand our influence by expanding and multiplying our relationships.

BE SENSITIVE WITH SENSITIVE INFORMATION

Scripture tells us "a gossip betrays a confidence, but a trustworthy person keeps a secret" (Proverbs 11:13). This is not some sort of secret society, but we will handle sensitive information sensitively. We will guard each other's privacy and be trustworthy with each other's vulnerability.

● 60/60 Experiment

Journey Group / Running Partners Schedule *60/60 Experiment runs from February 3 – April 3, 2019*

Week 1	Meet as a Journey Group: February 3 – 8
Week 2	Meet as Running Partners: <ul style="list-style-type: none"> ● February 10 – 15 ● Share from your reading and answer the “How are you running” questions
Week 3	Meet as a Journey Group: <ul style="list-style-type: none"> ● February 17 – 22
Week 4	Meet as Running Partners: <ul style="list-style-type: none"> ● February 24 - March 1 ● Share from your reading and answer the “How are you running” questions
Week 5	Meet as a Journey Group: <ul style="list-style-type: none"> ● March 3 - 8
Week 6	Meet as Running Partners: <ul style="list-style-type: none"> ● March 10 - 15 ● Share from your reading and answer the “How are you running” questions
Week 7	Meet as a Journey Group: <ul style="list-style-type: none"> ● March 17 – 22
Week 8	Meet as Running Partners: <ul style="list-style-type: none"> ● March 24 - 29 ● Share from your reading and answer the “How are you running” questions
Week 9	Church-wide Celebration Dinner: <ul style="list-style-type: none"> ● Friday, April 5, 7:00 – 9:00pm