


The Ancient Road

A Journey Through
Historical Paths of Faith & Practice

WAREHOUSE 242
SPRING 2026



“Out of the
believer’s heart
shall flow rivers
of living water.”
— John 7:38

WELCOME.
**Join us for a six-week invitation
to practice the way of Jesus.**

This series is an invitation. Not just to learn more about Jesus—but to become like him.

For centuries, followers of Jesus have walked what we might call an ancient road—a way of life shaped by rhythms, practices, and habits that form the soul.

In his book, Streams Of Living Water: Celebrating The Great Traditions Of Christian Faith, Richard Foster describes six “streams” of this life—six traditions that together form a deep, whole, and living faith.

We are not simply invited to believe ideas about Jesus. We are invited to apprentice our lives to him—to take on his habits, his rhythms, his way of being in the world.

This booklet is a simple guide for that journey. Each week, we will explore one stream together. You’ll be given a small, practical way to participate. Some of you may already be wading in some of these waters. Some streams may be new to you. For the next 6 weeks, we invite you to dip a toe in each of the streams.

The goal is not perfection. The goal is to make space for God.

The Six Streams

These six streams are not competing paths.
They are expressions of the life of Jesus—
a whole life with God.
Together, they lead to transformation
from the inside out.

THE CONTEMPLATIVE STREAM

A Prayer-Filled Life
Learning to be with God

THE HOLINESS STREAM

A Virtuous Life
Learning to become like Jesus

THE CHARISMATIC STREAM

A Spirit-Empowered Life
Learning to live in the power of the Spirit

THE SOCIAL JUSTICE STREAM

A Compassionate Life
Learning to love our neighbor

THE EVANGELICAL STREAM

A Word-Centered Life
Learning to live in God's story

THE INCARNATIONAL STREAM

A Sacramental Life
Learning to find God in the ordinary

Week 1: The Contemplative Stream

A Prayer-Filled Life

Be With God

Scripture

Psalm 63

Luke 10:38-42

John 15:1-11

What This Stream Is About:

The contemplative life is learning to be with God.

To slow down. To become attentive.

To return—again and again—to the awareness that God is already present.

In a world full of noise and distraction, this stream invites us to a steady, quiet attention to God.

A Voice from the Stream

“The most important thing in your life is not what you do; it’s who you become in God’s presence.”

— Ruth Haley Barton

This Week’s Practice :: 10 Minutes of Presence

Set aside 10 minutes each day to sit in stillness.

Begin by taking a few deep breaths. Perhaps use this breath prayer to begin your time.

- Breathe in: God, you are here.
- Breathe out: I rest in your love.

When it feels difficult, remember distraction is normal. You are not doing it wrong! Just begin again.

Reflection

Where did I notice God today?

Prayer

God, you are already here. Teach me to draw close to you and to rest in your love.

Week 2: The Holiness Stream

A Virtuous Life

Be Like Jesus

Scripture

1 Peter 1:13-16

Galatians 5:16-26

Matthew 5:1-12

What This Stream Is About:

The holiness stream is about transformation. Not striving for perfection, but allowing God to reshape our desires, habits, and lives.

A Voice from the Stream

“Grace is not opposed to effort; it is opposed to earning.”

— Dallas Willard

This Week’s Practice :: Daily Examen (5-10 minutes)

Where was I close to God today?

Where/when did I feel far from God?

Reflection

Is there something that God is bringing to my attention? How do I feel drawn to respond?

Prayer

You are the potter, I am the clay.

Shape me, Lord.

Week 3: The Charismatic Stream

A Spirit-Empowered Life

Live in the Spirit

Scripture

Acts 2:1-21

1 Corinthians 12:4-11

Acts 4:23-31

Philippians 2:13

What This Stream Is About:

God is not distant.

The Spirit is active, present, and speaking.

This stream invites us to listen and respond.

A Voice from the Stream

“God is speaking all the time. The question is, are we listening?”

— Priscilla Shirer

This Week's Practice :: Listening Prayer

Ask: Holy Spirit, speak to me.

You may see an image in your mind's eye or hear a still, small voice. A word or phrase or song lyric may come to mind. Or you may not hear anything and that's ok too.

Reflection

What did I sense the Lord saying to me?

Prayer

Come, Holy Spirit.

Week 4: The Social Justice Stream

A Compassionate Life

Love Your Neighbor

Scripture

Luke 4:16-21

Micah 6:8

Luke 10:25-37

Matthew 25:31-45

What This Stream Is About:

God's heart moves toward the hurting, the overlooked, and the oppressed.

This stream calls us to do the same.

A Voice from the Stream

"Compassion is the sometimes fatal capacity for feeling what it's like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too."

— Frederick Buechner

This Week's Practice :: An Intentional Act of Mercy or Justice

Consider what breaks the heart of God. How can you be curious and learn more about those experiencing injustice or oppression?

Reflection

How did I make space to see others today?

Prayer

Help me to act justly, love mercy, and walk humbly with you, Lord. Open my eyes to see others as you see them.

Week 5: The Evangelical Stream

A Word-Centered Life

Live in the Story

Scripture

2 Timothy 3:14–16

Hebrews 4:12–13

Nehemiah 8:1–12

What This Stream Is About:

Scripture is not just information—it is formation.

God speaks through His Word to shape our lives.

A Voice from the Stream

“Without God, we cannot. Without us, God will not.”

— Augustine

This Week’s Practice :: Read passage of scripture daily

Read one of the passages listed above.

Ask yourself:

- What does this passage say about God?
- What does this passage say about people/me?
- How would my life be different if I believed these things were true?

Reflection

What stood out to you as you read from the Bible? What is the “shape” that we are

Becoming?

Prayer

Jesus, You are the Word of Life. Speak to me through the scripture.

Week 6: The Incarnational Stream

A Sacramental Life

Find God in the Ordinary

Scripture

John 1:1-4

Colossians 1:15-20

Romans 12:1-2 MSG

What This Stream Is About:

God is not only found in the extraordinary.
He meets us in ordinary, everyday life.

A Voice from the Stream

“How we spend our days is, of course, how we
spend our lives.”

— Annie Dillard

This Week’s Practice :: Turn a Daily Routine into a Prayer

Choose something you already do each day—
making coffee, driving, walking, doing dishes—and
write a prayer inviting God into that moment.

It might sound like:

God, thank you for coffee. As I breathe this smell
and feel the warmth of the cup in my hands, help
me to be awake to you today.

Reflection

How did I experience God in an ordinary moment
today?

Prayer

God, you are present in all things.

Open my eyes to see you in the ordinary moments
of my day.

WE DON'T DO THIS ALONE

We are formed not just individually,
but together.

Following Jesus has always been a shared
journey—walking, learning, and growing
alongside others.

TRY THIS EACH WEEK:

Ask someone.

“How did the practice go for you?”

Share one moment
where you noticed God.

Be honest about what felt easy—
and what didn't.

KEEP IT SIMPLE.

A quick conversation after church.

A text midweek.

A moment around the table.

We don't grow by doing this perfectly.

We grow by showing up—together.

May you find that God is
already near.
May your life become
more attentive,
more grounded,
and more open to His presence.
And may these small practices
lead you deeper
into life and friendship
with Jesus.
Amen.

