

## THE INCARNATIONAL STREAM: THE SACRAMENTAL LIFE

“The Incarnational Stream of Christian life and faith focuses upon making present and visible the realm of the invisible spirit. This sacramental way of living addresses the crying need to experience God as truly manifest and notoriously active in daily life.”

*(Streams of Living Water by Richard Foster, p. 237)*

### **Jesus and the Incarnational Stream**

Jesus, in his humanity, shows us how to live. “We would do well to ponder those years Jesus spent as a carpenter... He did not all of a sudden one day start spouting nice sayings about God. No, when he began his public ministry, he was speaking out of a life that had been tested and tried. He had proven the teachings to be true over and over again as he sawed wood and assembled chairs and built cabinets.”

*(Streams of Living Water, p. 20)*



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“Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel” (which means, God with us).

—Matthew 1:23

To (his saints) God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is **Christ in you, the hope of glory**. Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. For this I toil, struggling with all his energy that he powerfully works within me.

—Colossians 1:27-29

## TAKING IT WITH YOU

1. Write out a brief prayer to invite God into every area of your life. Then, pray it throughout your day. It can be as simple as, “Father, may your will be done through me.”
2. Do an internet images search for “picture of Jesus” or “icon of Jesus.” Does one of them particularly speak to you? Keep it near you this week, and look at it before you sleep, saying your prayer.
3. Practice the presence of God: Choose something from your daily routine as a reminder to turn your attention to God. For example, each time you are breathing heavily (maybe from running up the hill to class?), stop to take a deep breath and remember God’s nearness as the air around us. Then, pray the brief prayer you have written.
4. Consider your roommates or family, who live each day with you, and ask God to show you how you can be used as a conduit for his love and presence and then ask him to help you do just that.
5. Use video meditations to help you spend time with God: [dallaswillardcenter.com/video-meditations](http://dallaswillardcenter.com/video-meditations).

(Some suggestions adapted from the Streams workbook, chapter 12.)

