

# ON THE LEVEL



## Sabbath Disciplines





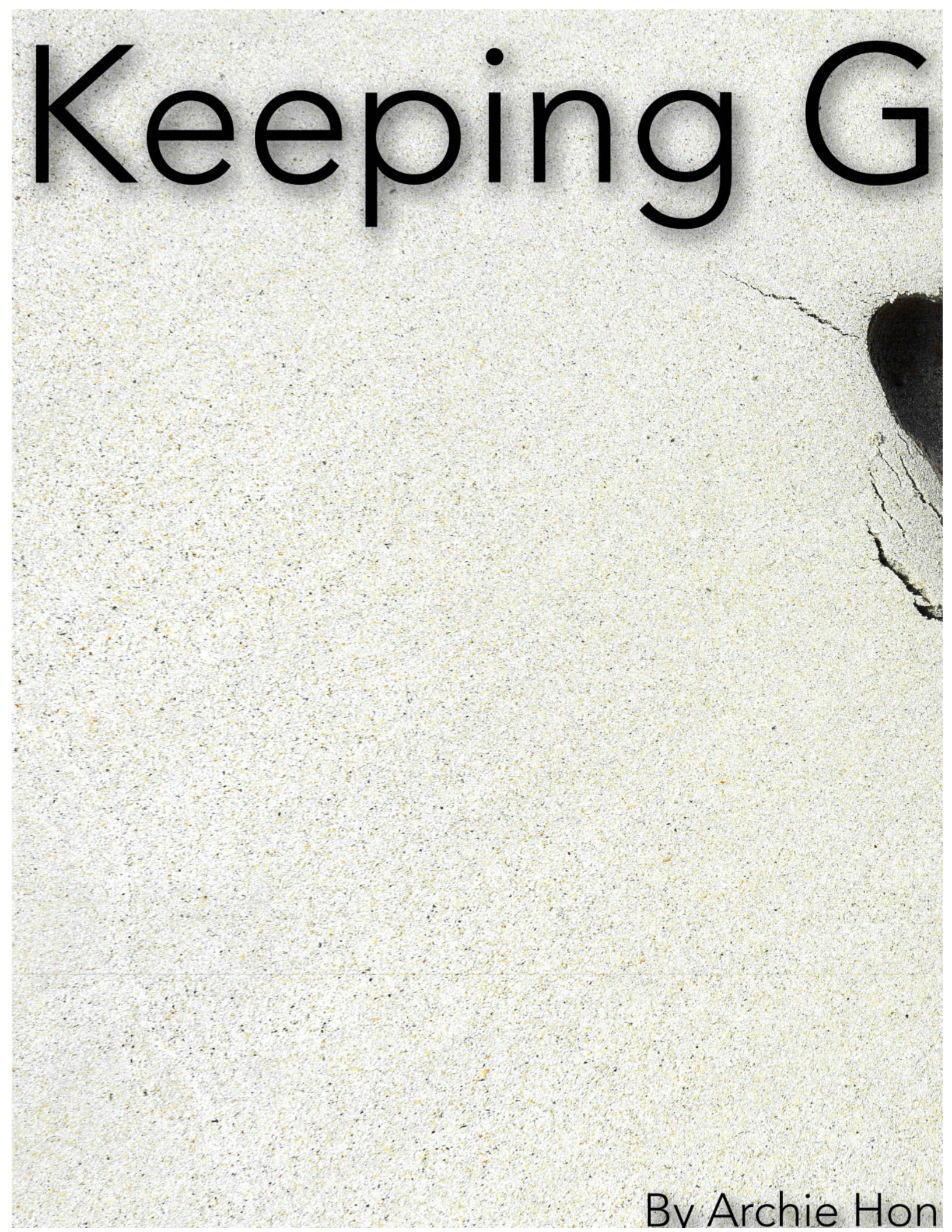
Our staff welcomes Cynthia Burton (San Diego 2000) to the lineup of DVULI city Liaisons. Cynthia is assigned to Fresno, Los Angeles and San Diego. In her role as liaison, Cynthia will provide direction for proposed follow up efforts, have annual contact with alumni and develop new cohorts when appropriate. Cynthia's work spans her previous roles as a Core Values presenter at the First National Conference, a coach for Minneapolis' second round and is currently a *Leading for Life* certified trainer.

Cynthia said she looks forward to celebrating on a constant basis the dynamic people who are building up the Kingdom in her liaison cities. "This is great opportunity to keep the fire burning around the work that is already being done," she said. "I hope to see the investment of DeVos family make a greater impact in these communities."

An answer to prayers, Cynthia said of this opportunity, "Every time I prayed about what more God would have me to do in His Kingdom I would always say, 'and it would sure be nice if I could work for DeVos.'" Cynthia has already toured her three cities, met with Los Angeles and San Diego alumni, and was part of the 2014 cohort selection panel in Fresno.

Totally excited about this new phase in her journey Cynthia says, "Finally I get to see God working in my life in a way that I've asked Him to for years and years."





# Keeping G

By Archie Hon

# ood Present



ado (I A 2010)

In my years of practice as a spiritual director and soul care guide among urban youth workers, almost every urban leader I've met struggles to keep their spiritual life healthy, vibrant and robust.

One of the biggest contributions to spiritual weariness is "prayer fatigue." Many are unaware that a believer's prayer life is ever evolving and growing. A God-infused prayer life is the fuel that keeps our spiritual fervor aflame. So it might be surprising that the cure for prayer fatigue is prayer – but a different kind.

Ordinarily we pray to meet our longings and yearnings for intimacy with God, intercession, thanksgiving, spiritual warfare, worship and petition type prayers. There is yet another degree that we must build into our life's core values and spiritual practices. In his book "Spirit of the Discipline," Dallas Willard talks about two kinds of spiritual disciplines, engagement and abstinence:

The spiritual discipline of engagement (studying the bible, fellowship, corporate worship, giving) cultivates both the interior and exterior life. We give more time to this spiritual discipline because of frequency of use.

The spiritual discipline of abstinence (silence, solitude, fasting, contemplative prayer practices) cultivates your interior life of intimacy with Christ. We use this discipline less for its seeming non-pragmatic and non-utilitarian ministry tools.

Our Lord Jesus lived a life of doing and being; healing the sick, setting captives free but also withdrawing from the crowd to be with the Father. His life of prayer and servant-hood flowed in rhythm. What He did flowed from out of who He is. Jesus' practice of engagement was fueled by his abstinence.

How do you read this?  
"GODISNOWHERE"

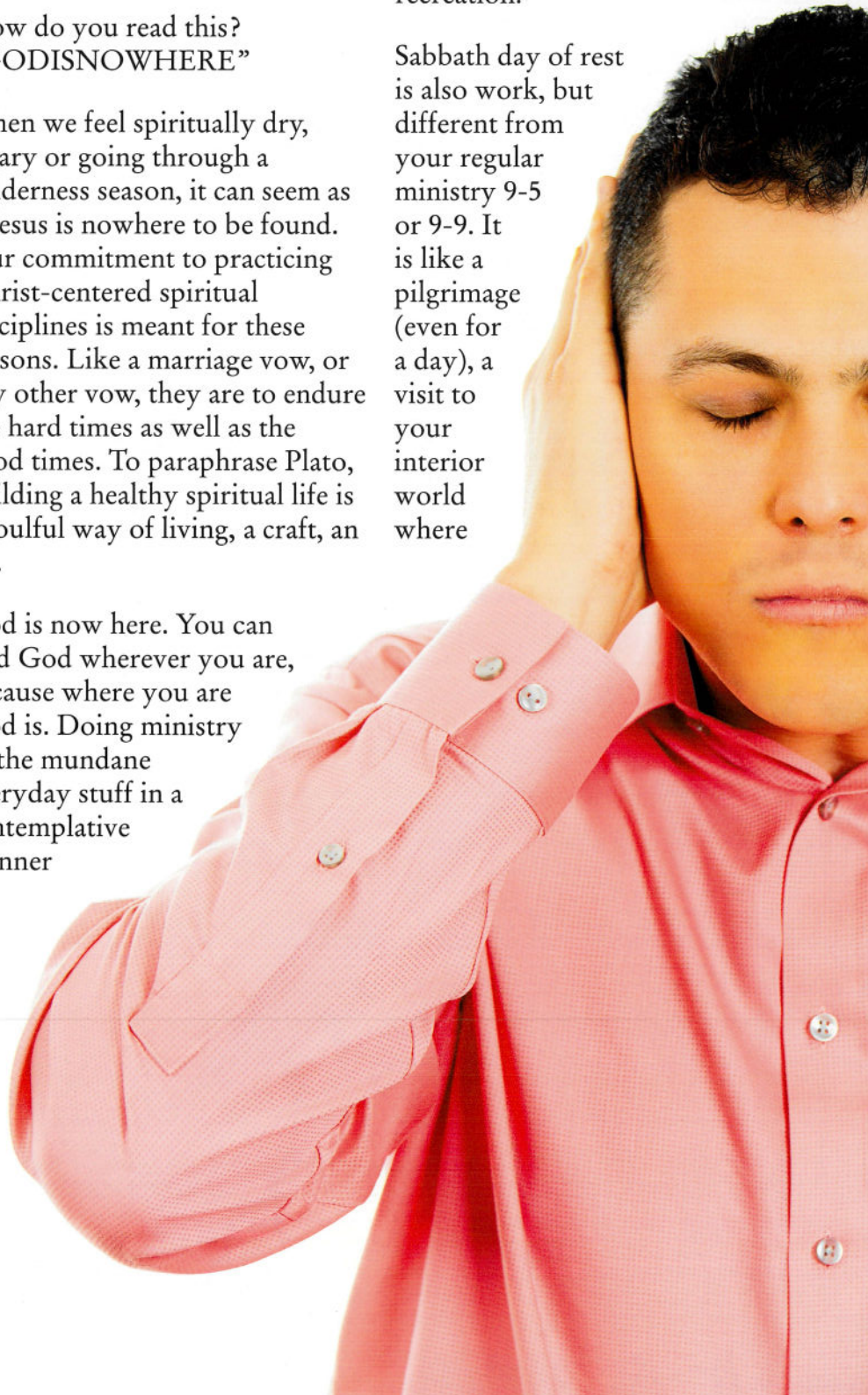
When we feel spiritually dry, weary or going through a wilderness season, it can seem as if Jesus is nowhere to be found. Our commitment to practicing Christ-centered spiritual disciplines is meant for these seasons. Like a marriage vow, or any other vow, they are to endure the hard times as well as the good times. To paraphrase Plato, building a healthy spiritual life is a soulful way of living, a craft, an art.

God is now here. You can find God wherever you are, because where you are God is. Doing ministry or the mundane everyday stuff in a contemplative manner

cultivates the presence of God in the present moment.

Critical to your spiritual health is the disciplined engagement of taking a Sabbath day of rest. Our Sabbath day (Sundays for most) is easily spent vegging out in front of the TV watching sports, or any form of entertainment or recreation.

Sabbath day of rest is also work, but different from your regular ministry 9-5 or 9-9. It is like a pilgrimage (even for a day), a visit to your interior world where



longing for intimacy with Jesus is awakened. Where those longings and yearnings are attended to yet not always met. You simply are in the presence of the Lord, getting a glimpse of eternity in a sacred space.

There are (at least) three contemplative prayer practices I believe leaders should attempt to master (pause to practice during the day and on longer Sabbaths- day, weekly, monthly, quarterly or annually) by practice:

**Silence** - Spend at least 20 minutes a day using “centering-prayer” or “breath-prayer.” These type of prayers involve less words and more

imagery and concepts are used. You just want to “Be still and know that He is God.”

**Solitude** - Whenever you sensed that you are finding it harder to listen to others (or you interrupt them when they are talking) it is an indication that you haven’t spent time listening to yourself in a while. When you talk more and listen less you know it is time for solitude. You don’t have to go to the mountains or desert to practice this prayer. Create a sacred space at home, work or church where you can be all alone even just for an hour or two a week. Solitude and silence are wonderful to practice together.

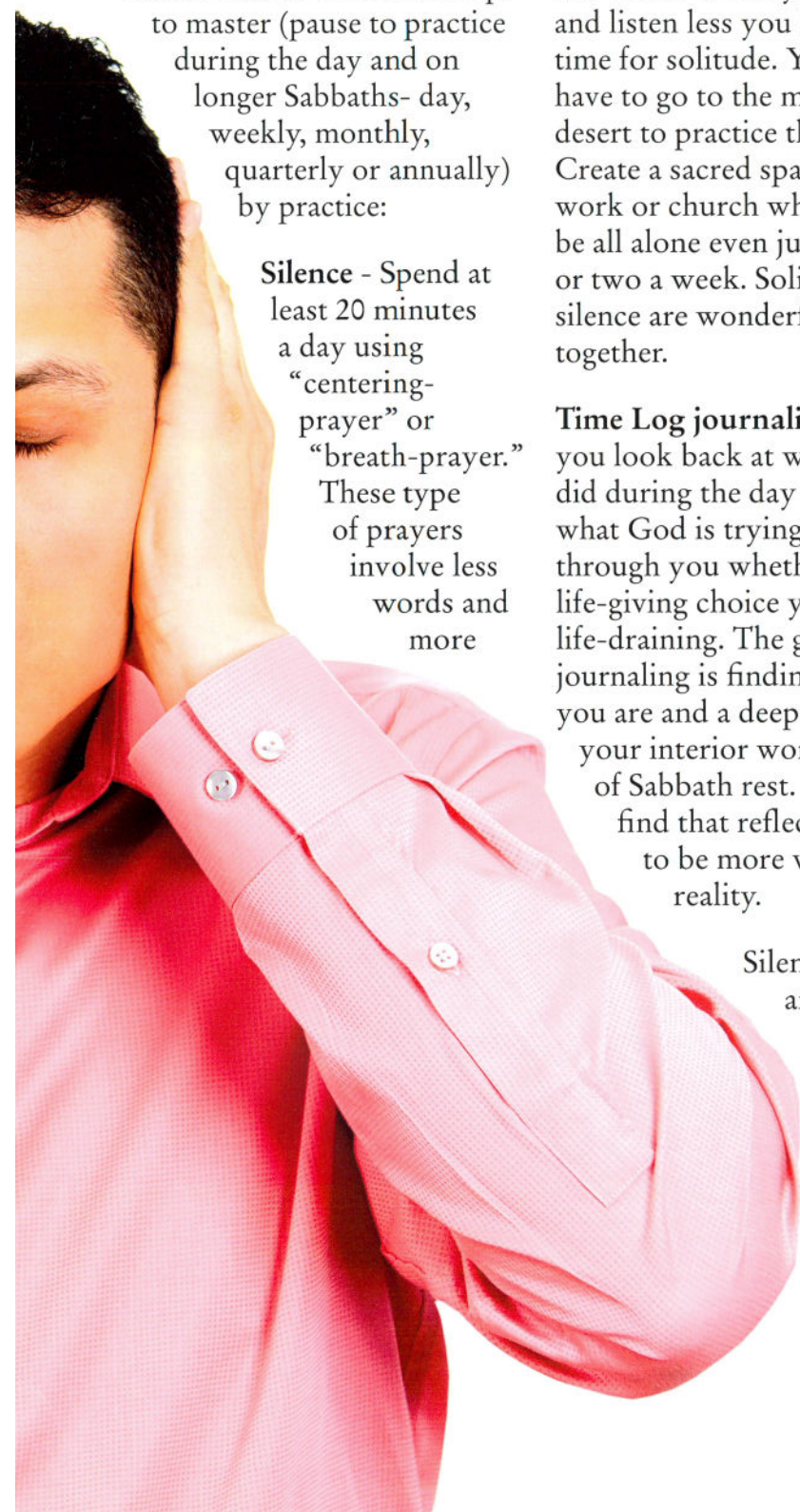
**Time Log journaling** - When you look back at what you did during the day you can see what God is trying to do in and through you whether it was a life-giving choice you’ve made or life-draining. The gift of time log journaling is finding God where you are and a deeper visit into your interior world. It is a form of Sabbath rest. We usually find that reflections tend to be more virtuous than reality.

Silence, solitude and time log journaling when practiced regularly yields a spiritual health that will flow like a fountain into your

ministry. You can flow between “doing and being” throughout the day in rhythm, practicing mini-retreats (being) while busy serving (doing) your ministry. There is also centering prayer, prayer of examine, devotional Bible reading or “lectio divina” (Biblical meditations).

So many urban leaders struggle to keep their spiritual disciplines in synch. But being guided by Jesus’s example of devotion is a way to avoid risking all that He’s calling leaders to. To learn more visit: [soulcaretrellis.com](http://soulcaretrellis.com)

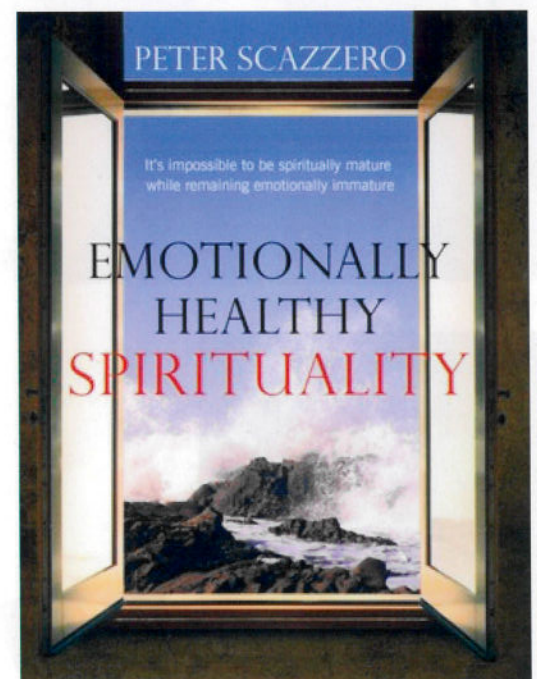
Archie Honrado (LA 2010) is a member of Youth With A Mission. He’s served on staff at YWAM in the Philippines, Austria, Denmark and Los Angeles. He and his wife Tamara have a one-year old and live in Ventura, CA. You can reach out to him at [archiehonrado@gmail.com](mailto:archiehonrado@gmail.com)

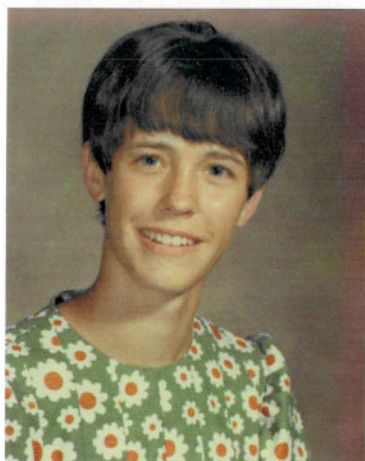
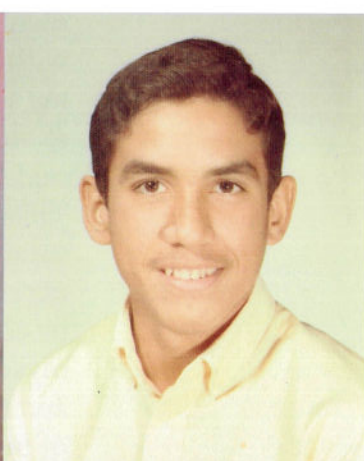
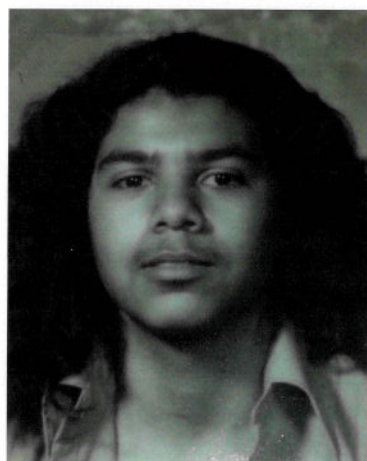




by Gary Mullins (Denver 2012)

**E**motionally unhealthy, me? That was my first thought when Peter Scazzero's *Emotional Healthy Spirituality* was recommended to me as a read that would revolutionize my relationship with Jesus. Fortunately for me and the people I choose to share life with, I am in the midst of this life revolution. This book reinforced the core values of my DeVos learning experience by allowing me to be comfortable in knowing myself, addressing my past, and developing a daily rhythm of interdependency on the Lord. Emotional healthy spirituality will be a lifelong process that allows me to fully immerse myself into a life of ministry. This book is a must read...






**DVULI YOUTH GROUP**



**M**erry Christmas  
from the DVULI  
Youth Group!  
Celebrating

Christmas is about recognizing and honoring something that happened long ago—but still has tremendous impact—the birth of Christ! The story that happened before the cross is just as important as the cross itself. We hope that as you work with young people, you will recognize and honor their pasts as you disciple them into the lives God intends for them. For inspiration, please enjoy our holiday greetings with pictures of our own youthful days. And be thankful we weren't in your youth program!





We are pleased to introduce Zakiya Jackson as the new member to our staff. Zakiya was brought on in July to assume the Program Associate Curriculum Support position for the initiative. She'll be responsible for supporting the ongoing design of our curriculum, content editing and working with the staff to coordinate trainings.

Before coming to DVULI Zakiya worked with Partners Worldwide providing curriculum update services. She also spent eight years at the Bridge Program serving at risk youth in East Nashville, which had the highest dropout rate in the state. Zakiya holds an MBA from Willamette University and is also a graduate of the Christian Community Development Association's second Leadership Cohort.

"When I was young, even before working at The Bridge Program I felt youth needed to be given a better chance to succeed because we expect so much from them," said Zakiya. "I remember as a child feeling like people were not telling me the whole story... I believe youth should have the opportunity to exceed expectations."

Zakiya will get to have the DeVos experience as she will go through the training in 2014 as a participant. She said she looks forward to when she's been "in this position long enough to see others come through the training and see the tangible results from start to finish."

About her new job Zakiya says, "I love it! I wanted to do something where I could use my people skills and my analytical skills...I'm excited about doing [urban] work on a much broader scale."



# THE POWER OF JOURNALING



The last couple of years of ministry have been very difficult, especially financially. But one of the things that has kept me motivated through these tough times is reviewing my journals. After I got saved in 1994, I began keeping a journal because I needed a way to keep track of what God was doing in my life. I wrote the revelations that I received from Sunday sermons, Bible study and my quiet time with God. I also wrote prayers, lists of gratitude, records of my dreams and even nightmares. Further, I wrote my encounters with people that affected my ability to lead because I have this tendency to feel afraid, abandoned or rejected. The practice of journaling has helped me improve as a leader by processing my thoughts before addressing difficult situations. This kind of discipline is a way of gaining clarity, helps me make better decisions and also keeps me focused on God's plan for my life and ministry. Being able to go back to the beginning of the ministry and processing the past has allowed me to see how God has orchestrated and ordered my steps. It's those reflective insights that move me forward in walking out the call of God on my life as a leader.

**By Leslie Grubbs (San Antonio 2010)**



Anna Scott (Orlando 2000) named Site Coordinator OCN Center for Families



Gary Velasquez (NYC 2011) & Nicole were married on 9/7



Jessica Taylor (Portland 2013) & Eric had Elaina on 8/23

Laura Carpenter (Grand Rapids 1998) & Henry were married on 8/2



Taylor Voss & Annie Mulder were united as one on September 21 at Sherman Street Church in Grand Rapids, Michigan.

Jonathan Wynne (Detroit 2004) earned a Masters in Educational Leadership



Jerrell Gilliam (Pittsburgh 2012) & Shanna were married 8/2



Josh Holwerda (Grand Rapids 2006) was ordained in Rehoboth, NM



Jonny Fine (Cleveland 2007) named City Life Director for Cleveland YFC