

Up A Click Introduction

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. – John 15:4

Very early in the morning, while it was still dark, Jesus got up,
left the house and went off to a solitary place, where he prayed. – Mark 1:35

In the “Up A Click” community, people who desire to deepen their devotional life with Jesus gather to be held accountable in that pursuit! It is a life-changing group for those who want to see their interior life with Jesus strengthened and grow. The goal of the people in the group is that there would be dedicated devotional time with Jesus every day.

The crew first started gathering in 2019 and meets in cafes around the Bay at 7:00 am on various days. Contact us about a group that would suit your weekly rhythm.

The gathering starts with coffee and banter, and then we go around the table reporting on how our devotional practices have gone over the last week. We’re all out of the door by 8:00 am, so we try and be mindful of how long we share. That’s it!

However, some important dynamics make this such a helpful community!

1 – We are really honest! This is not a place to show off; it’s a “Pharisee-free zone”. While it is tempting to talk about strong areas of our life, this is a place of honesty and vulnerability about where we want to grow. Our top priority is to make sure we spend time daily with Jesus. We can tell if people are not talking about that part of their life when it comes to their time to share! Brutal honesty is seriously commended and encouraged!

2 – We cheer on each other when we have had a wobbly week! The most important week to come is when you have struggled. It is ok if it’s crap! It is healing and freeing to acknowledge our struggle, and you will have placed yourself in an environment that will inspire you; this group will help you “reset” and “get back on the wagon”.

3 – “Consistency trumps intensity”. More than long devotional times with Jesus (nothing wrong with that!), we value consistent practices that become embedded in our daily routines. If your devotional life has been wobbly, inconsistent, or non-existent, our advice is to start with a shorter 10-minute devotional time and work on having this time consistently. We have seen over the years that if we do that, the time naturally gets longer as we get more hooked on how good it is!

4 – We have heard every excuse for why this isn’t an easy habit to have in our lives. Everyone around the table has busy lives, with families and jobs filled with pressure, and often our free time or “margin” can feel low. However, over the years, we have seen that we can make time for these practices when they are a priority. Instead of thinking we “don’t have time”, we prefer acknowledging that we “didn’t

make time". It is wise to ask advice from others in the group who are further down the track on how they have prioritised this practice. Some people in the group with the strongest disciplines started from a place of greatest scepticism as to whether they could fit this in their lives.

5 – We don't prescribe "how" your devotional practices should look. We acknowledge that the Holy Spirit leads us and that we are all unique snowflakes. However, there are a number of tools that our crew have consistently found helpful. If you're wondering what could be a helpful tool or a bit lost about how a devotional time can look, chat with one of the veterans, and they'll give you some ideas.

Resources that will help you get going;

On the Bay Vineyard website, we have a nine-week home church resource called "Building a Strong Devotional Life". This be a great guide for getting your devotional life off the ground and will give you a good idea of the different resources that we've found helpful.

There are two tools we suggest to get you going.

The first is "Lectio 365" by the fine folks at 24/7 Prayer. This is a guided devotional that helps you pray the bible. You can download the app from the usual places.

The second is "Emotionally Healthy Spirituality, Day by Day". Many of these are floating around the church; feel free to ask for one.

The "Day by Day" will introduce the practice of incorporating times of silence into your devotional habits (just for 2 minutes!), which is very powerful.

We are SO stoked you are up for journeying with us. You will grow if you commit to being with us for the longer term. Getting consistent in this area of our lives takes a few years, so don't be discouraged if you feel it's taking a while to get consistent. You will never regret turning up week after week and chipping away at this cornerstone habit of the Christian life.

