

A sacrament is a visible expression of the invisible God.

A sacramental moment is a sacred time in which God's presence is real to us, touches us, blesses us.

The gossamer curtain that often hides the face of God is pulled aside.

We see, feel, know God.

The church has institutionalized sacramental moments.

In many church traditions, we're accustomed to thinking of sacraments in that context.

But in reality we're living sacraments.

Our lives are the occasions when God is visible to those around us.

There are distinct times when who we are, what we do, and what we say convey God's blessing.

These are the most powerful witnesses God's people can make.<sup>1</sup>

While in prison in 1656, George Fox wrote in his Journal...

*"And this is the word of the Lord God to you all, and a charge to you all in the presence of the living God, be patterns, be examples in all countries, places, islands, nations, wherever you come; that your carriage and life may preach among all sorts of people, and to them. Then you will come to walk cheerfully over the world, answering that of God in every one; whereby in them ye may be a blessing, and make the witness of God in them to bless you. Then to the Lord God you will be a sweet savour and a blessing."*<sup>2</sup>

In essence, living sacramentally is where we turn and become priests to people living around us

Where we live in such a way that Christ is apprehendable by those we encounter

"Let your life speak"

This is actually an adaptation of the phrase, "Let your life preach"

Above quote from Fox, *"that your carriage and life may preach..."*

In George Fox's Epistle 200, he wrote...

*"Let your lives preach, let your light shine, that your works may be seen, that your Father may be glorified; that your fruits may be unto holiness, and that your end may be everlasting life."*

We are to preach—not with our words, but with our lives

Our outward lives and behavior should be a sign of the Spirit at work within

We begin by living in the presence of the living God—24/7—all the time—being at home with God

In that presence—"be patterns, be examples... wherever you come"

It is how we live out the truth of God present within us

Living authentically

Being transparent and real

Following the call of God—doing the Leadings of God—being faithful

Be true to yourself and to God

In so doing—"your carriage and life may preach"

Our actions preach louder than words

The essence of our being in God is such that God speaks through us

The inner life is manifest in our outer life

THEN—one thing naturally leads to the other

Live in the Presence and let that Presence flow through and out of us at all times

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<sup>1</sup> Jan Wood, *Christians at Work*, page 111

<sup>2</sup> George Fox, *Journal of George Fox*, Nickalls, editor, page 263

"Then you will come to walk cheerfully over the world"

If everywhere we go, God is with us and we live in that presence...  
We will be full of cheer, courage, love, joy, longsuffering... fruits of the Spirit  
Even in the face of suffering, we know the One who walks with us  
This walking... over the world—is everywhere we go  
At home and at work  
In our down time  
Intentional conversations and casual conversations  
All the time and in every place

"Answering..."

Our task in Christ, isn't just to be nice all the time  
But in living authentically in the presence of God—we bring answer  
Answering may be with words, but more often it comes out of being patterns, examples  
MaryKate Morse said a powerful thing to graduating seminary students  
As preachers, we want to create power with our words  
But the early church in Acts—the wonder came before the words  
People saw the wonder of God in action  
People asked where the wonder came from  
THEN the followers of Jesus spoke/preached  
Good admonishment—don't be too quick to use words to persuade  
Let the emphasis be on what God is doing  
Name the miracle  
In answering, we recognize that our posture is of real consequence  
We bring the Living God with us into every situation and conversation  
The Living God has answer  
We are given to bear witness to that answer

"Answering that of God in everyone"

Quakers believe that God is present in every person—even those where it is not obvious  
Unlike those who believe in the depravity of all humans  
Fallen and completely without God until saved  
We believe that God is always present  
There is goodness in everyone, although it may be quite hidden  
Fox is talking about the universality of God's grace that is available to everyone  
Elton Trueblood talks about speaking to the potential in a person  
It is to that which we answer  
Find and join what God is doing in a person  
Join their authentic and real self  
Then focus less on what I am to say—and focus on what God is saying  
LISTEN to God—who will give authentic way forward

Then you will be a blessing—to people, to ourselves, and to God  
Living and being in this authentic way does bring blessing