
OUR STORY - EXPERIENCING THE BLESSING OF GOD

SPIRITUAL LIFE AND DISCIPLINES - DEVELOPING RHYTHMS AND HABITS OF LIFE THAT HELP US LIVE OUT OUR IDENTITY IN CHRIST

2.3,4 BETTINA COLLINS

What is the Spiritual Life?

John 15:1-1

Spiritual Formation:

Transformation is possible: But without the gentle though rigorous process of inner transformation, initiated and sustained by the graceful presence of God in our world and in our soul, the change of personality and life clearly announced and spelled out in the bible and explained and illustrated throughout Christian history is impossible. Dallas Willard

Vision:

Intention:

The Soul

Will (Heart/Spirit)

Mind (Feelings/Thoughts)

Body

Social

Means:

Spiritual Disciplines: ...are simply spiritual training tools. They will, over time, help me develop the conditions in the garden of my soul, that will strengthen my connection to God. They will help me bear fruit, with the help of God, that I could not produce by simply trying to do so. Keri Wyatt Kent

Inward Disciplines: Meditation Prayer Fasting Study

Outward Disciplines: Simplicity Solitude Submission Service

Corporate Disciplines: Confession Worship Guidance Celebration

3 Points to consider about the Means:

A Gift of Grace:

Pruning and Protection:

Planning:

Spiritual Transformation cannot be orchestrated or controlled, but neither is it a random venture. We need some kind of support or structure, much as a young vine needs a trellis. John Ortberg

The Prayer-Filled Life (The Contemplative Tradition)

The Virtuous Life (The Holiness Tradition)

The Spirit-Empowered Life (The Charismatic Tradition)

The Compassionate Life (The Social Justice Tradition)

The Word-Centred Life (The Evangelical Tradition)

The Sacramental Life (The Incarnational Tradition)

Richard Foster, Streams of Living Water

EXERCISE: Look at Paul's description of the fruit of the Spirit in Galatians 5:22-23. Consider your own spiritual life.

>Which of these characteristics do you feel God is calling you to cultivate at this present time in your life?

>Which characteristic seems most challenging?

>As you consider the different disciplines we have discussed today, how might you use one as a means of cultivating this fruit in your life?