

ROADMAP FOR THE WIND

THINKING CONCRETELY ABOUT SPIRITUALITY

SPIRITUAL DISCIPLINE

SPIRITUAL FORMATION

THE PROCESS OF BEING CONFORMED INTO THE IMAGE OF CHRIST FOR THE SAKE OF OTHERS.

M. ROBERT MULHOLLAND

ENGAGEMENT AND EMPOWERMENT

- GOD IS ALWAYS AT WORK, SOMETIMES WE JOIN HIM
- ENGAGEMENT WITH GOD IS TRANSFORMATIVE - AS WE SPEND TIME WITH GOD, HE BUILDS HIS NATURE INTO US
- LEARNING HABITS OF ENGAGEMENT WITH GOD PROVIDES US WITH CRISIS TOOLS - AT TIMES OF CRISIS WE WILL DO AS WE HAVE PRACTICED
- GOD EMPOWERS US TO LIVE DIFFERENTLY THAN WE MIGHT LIVE WITHOUT HIS HELP - WE DISCOVER HIS POWER WHEN WE SUCCEED IN LIVING DIFFERENTLY

SPIRITUAL DISCIPLINE

EITHER MAKE THE TREE GOOD AND ITS FRUIT GOOD, OR MAKE THE TREE BAD AND ITS FRUIT BAD, FOR THE TREE IS KNOWN BY ITS FRUIT. YOU BROOD OF VIPERS! HOW CAN YOU SPEAK GOOD WHEN YOU ARE EVIL? FOR OUT OF THE ABUNDANCE OF THE HEART THE MOUTH SPEAKS. THE GOOD PERSON OUT OF HIS GOOD TREASURE BRINGS FORTH GOOD, AND THE EVIL PERSON OUT OF HIS EVIL TREASURE BRINGS FORTH EVIL.

-- MATTHEW 12:33-35

DO YOU NOT SEE THAT WHATEVER GOES INTO THE MOUTH PASSES INTO THE STOMACH AND IS EXPELLED? BUT WHAT COMES OUT OF THE MOUTH PROCEEDS FROM THE HEART, AND THIS DEFILES A PERSON. FOR OUT OF THE HEART COME EVIL THOUGHTS, MURDER, ADULTERY, SEXUAL IMMORALITY, THEFT, FALSE WITNESS, SLANDER. THESE ARE WHAT DEFILE A PERSON. BUT TO EAT WITH UNWASHED HANDS DOES NOT DEFILE ANYONE.

--MATTHEW 15:17-20

WHAT ARE THE NATURES AND CONDITIONS OF OUR HEARTS

HOW DO WE PARTICIPATE IN THE CHANGE OF HEART?

SPIRITUAL BEHAVIOR

- GOD IS ALWAYS AT WORK; SOMETIMES WE JOIN HIM
- SPIRITUAL LIFE IS MARKED BY SPIRITUAL BEHAVIOR
- THE PURPOSE OF ALL SPIRITUAL MODELS IS TO HELP US THINK ABOUT HOW WE GO ABOUT ENGAGING WITH GOD
- EVENTUALLY, THE MODELS MUST GIVE RISE TO ACTION

SPIRITUAL DISCIPLINES

- TWO ERRORS
 - THE BEHAVIORS CHANGE US - LEGALISM
 - WE DO NOT PARTICIPATE IN CHANGE - ANTINOMIANISM
- THE WAY OF SPIRITUAL DISCIPLINE AS PARTICIPATION AND ENGAGEMENT WITH GOD

RICHARD FOSTER

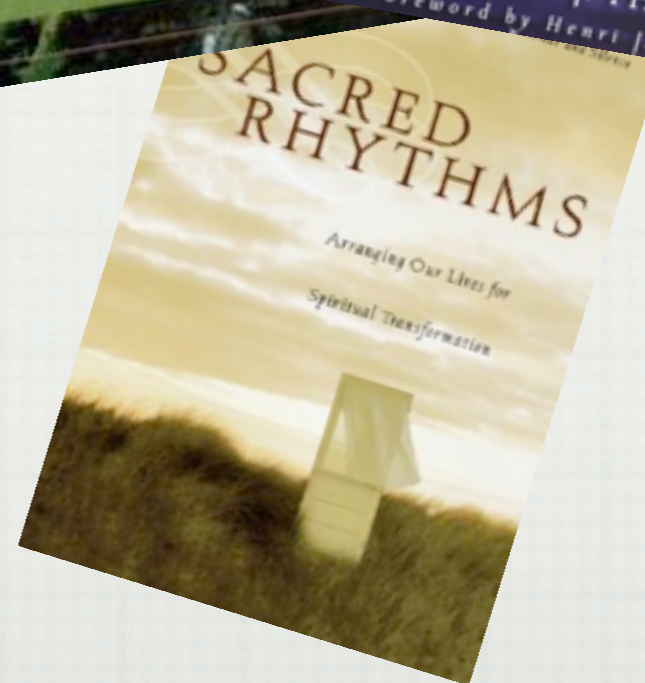
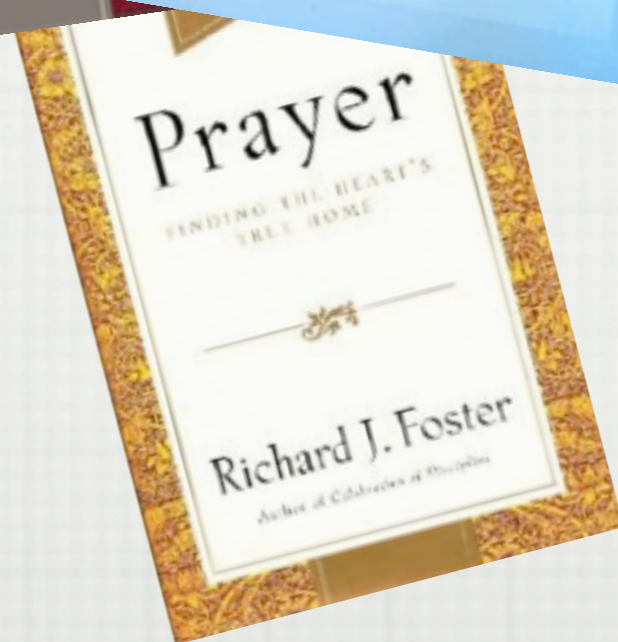
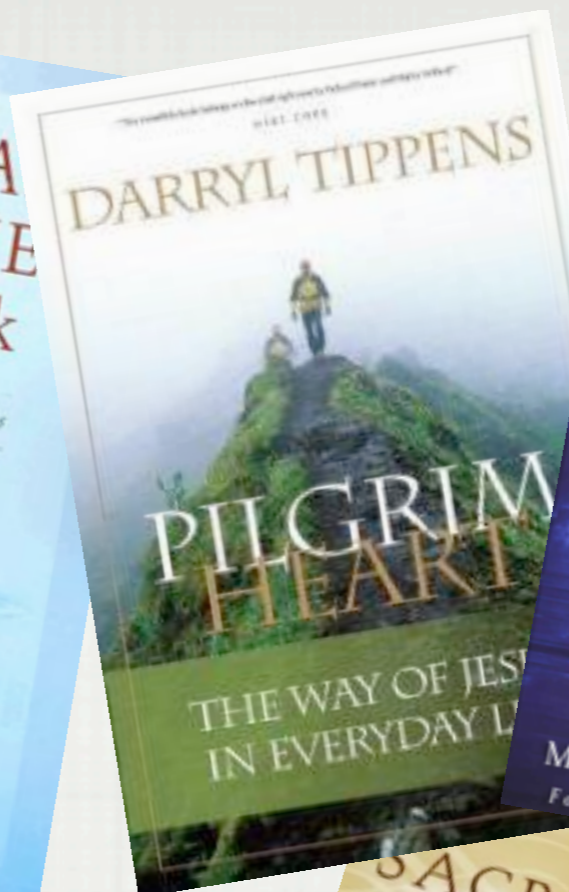
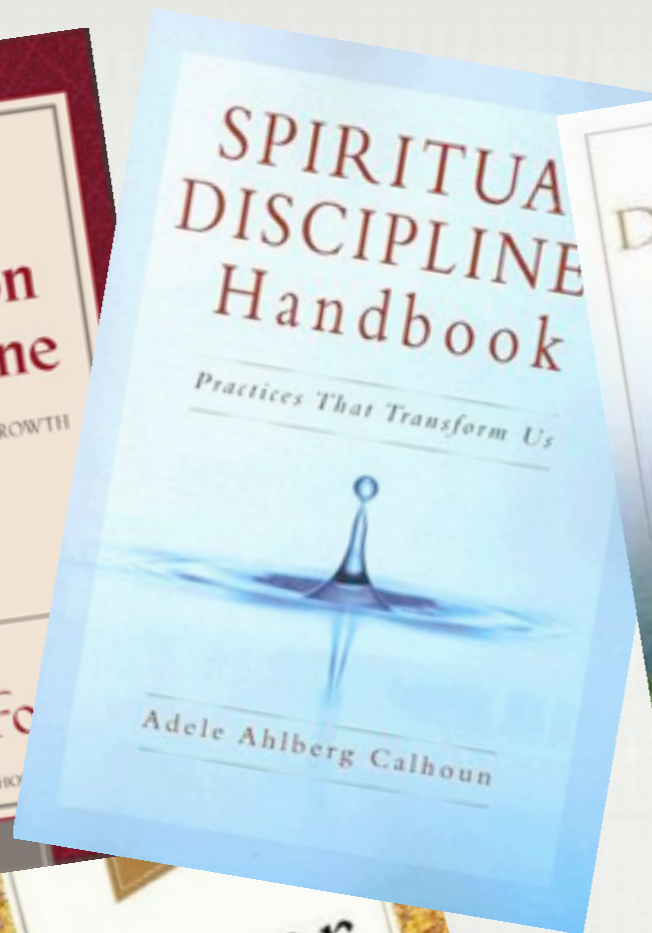
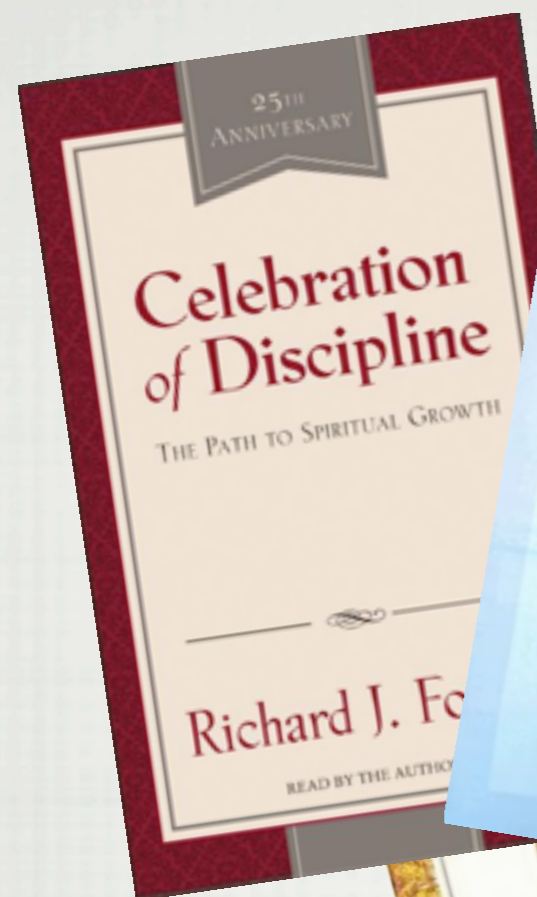
THE APOSTLE PAUL SAYS, "HE WHO SOWS TO HIS OWN FLESH WILL FROM THE FLESH REAP CORRUPTION; BUT HE WHO SOWS TO THE SPIRIT WILL REAP ETERNAL LIFE" (GAL. 6:8). PAUL'S ANALOGY IS INSTRUCTIVE. A FARMER IS HELPLESS TO GROW GRAIN; ALL HE CAN DO IS PROVIDE THE RIGHT CONDITIONS FOR THE GROWING OF GRAIN. HE CULTIVATES THE GROUND, HE PLANTS THE SEED, HE WATERS THE PLANTS, AND THEN THE NATURAL FORCES OF THE EARTH TAKE OVER AND UP COMES THE GRAIN. THIS IS THE WAY WITH THE SPIRITUAL DISCIPLINES - THEY ARE A WAY OF SOWING TO THE SPIRIT. THE DISCIPLINES ARE GOD'S WAY OF GETTING US INTO THE GROUND; THEY PUT US WHERE HE CAN WORK WITHIN US AND TRANSFORM US. BY THEMSELVES THE SPIRITUAL DISCIPLINES CAN DO NOTHING; THEY CAN ONLY GET US TO THE PLACE WHERE SOMETHING CAN BE DONE.

-- CELEBRATION OF DISCIPLINE, P. 7

RICHARD FOSTER

IT MIGHT BE HELPFUL TO VISUALIZE WHAT WE HAVE BEEN DISCUSSING. PICTURE A LONG, NARROW RIDGE WITH A SHEER DROP OFF ON EITHER SIDE. . . . ON THE RIDGE THERE IS A PATH, THE DISCIPLINES OF THE SPIRITUAL LIFE. THIS PATH LEADS US TO THE INNER TRANSFORMATION AND HEALING FOR WHICH WE SEEK. . . . AS WE TRAVEL ON THIS PATH, THE BLESSING OF GOD WILL COME UPON US AND RECONSTRUCT US INTO THE IMAGE OF JESUS CHRIST. WE MUST ALWAYS REMEMBER THAT THE PATH DOES NOT PRODUCE THE CHANGE IT ONLY PLACES US WHERE THE CHANGE CAN OCCUR. THIS IS THE PATH OF DISCIPLINED GRACE.

- CELEBRATION OF DISCIPLINE, P. 8



SPIRITUAL DISCIPLINES MANUALS

SOME DISCIPLINES

PRAYER

- THE CHIEF DISCIPLINE - OTHERS CAN BE UNDERSTOOD AS FORMS OF PRAYER
- ATTENTION TO THE PRESENCE OF GOD, MOST OFTEN SPEAKING TO HIM

MEDITATION

- FILLING OF THE MIND WITH GOD

FASTING

- EMPTYING
- MORNING
- PRAYER INTENSIFICATION

SOME DISCIPLINES

WORSHIP

THE RESPONSE OF THE HEART TO THE WORD OF GOD

SERVICE

DOING GOOD FOR OTHERS IN THE NAME OF CHRIST

CONFESSION

ADMITTING AND RECEIVING FORGIVENESS FOR OUR SINS