

**O God, gather me now to be
with you as you are with me.**

Soothe my tiredness; quiet my fretfulness;
curb my aimlessness; receive my compulsiveness;
let me be easy for a moment.

O Lord, release me from the fears
and guilts which grip me so tightly;
from the expectations and opinions which I so tightly grip,
that I may be open to receiving,
to learn something refreshingly different.

**O God, gather me now to be
with you as you are with me.**

Forgive me for claiming so much for myself
that I leave no room for gratitude;
for confusing exercises in self-importance
with acceptance of self-worth;
for complaining so much of my burdens that I become a burden;
for competing against others so insidiously
that I stifle celebrating them
and receiving your blessing through their gift

**O God, gather me now to be
with you as you are with me.**

Keep me in touch with my needs, my anxieties,
my angers, my pains, my corruptions,
that I may claim them as my own
rather than blame them on someone else.
Then O Lord, deepen these wounds into wisdom;
shape my weakness into compassion;
my envy into enjoyment, my fear into trust,
my guilt into honesty, my accusing finger into tenderness.

**O God, gather me now to be
with you as you are with me.**

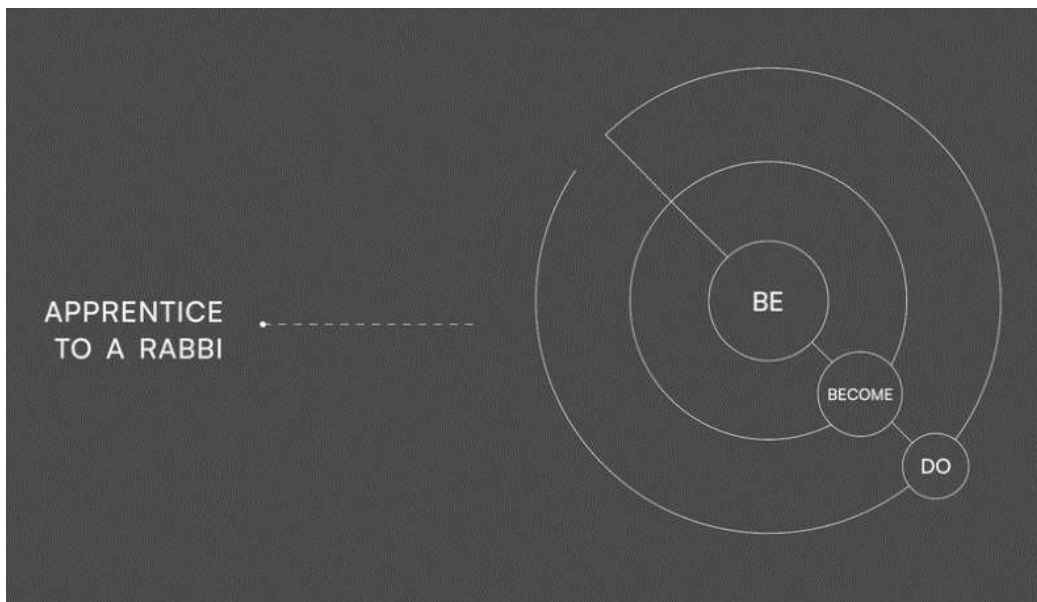
A prayer written by Ted Loder



Click the picture to watch a short video overview of the discipleship process in the 1st century

What are your takeaways?

The apprentice is not above the Rabbi, but everyone who is fully trained will be like their Rabbi. Luke 6:40

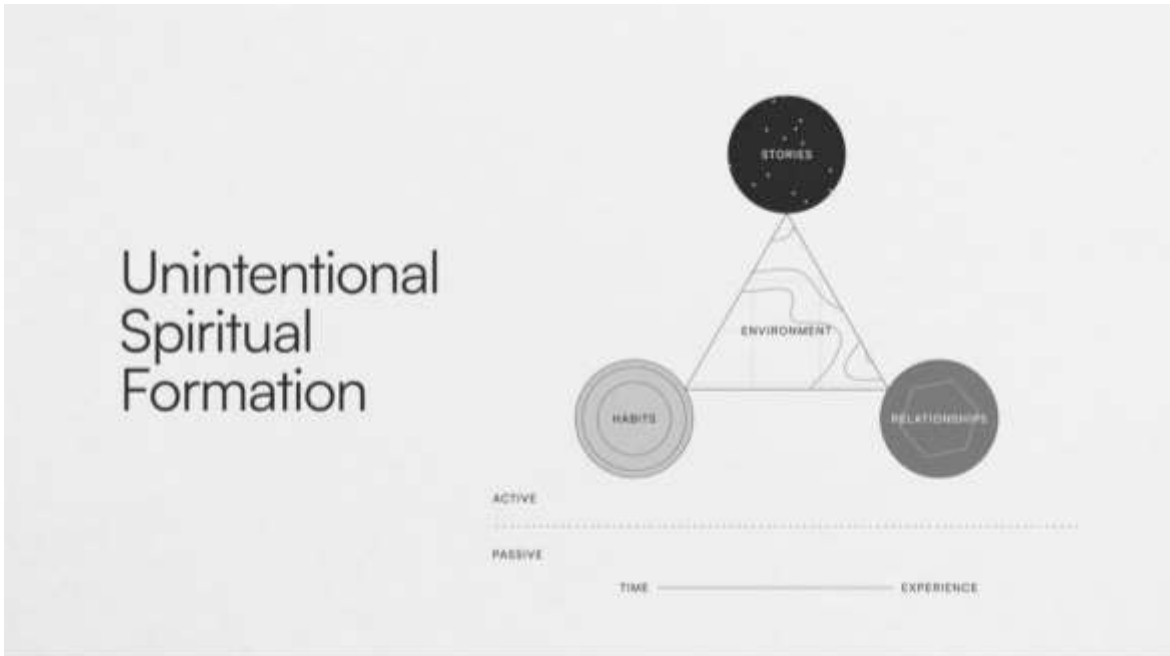


BE WITH JESUS → BECOME LIKE JESUS → DO AS JESUS DID

Why is the order of apprenticeship essential?

"Don't conform to the pattern of this world but be transformed by the renewing of your mind. Romans 12:2

Click the picture for the video, "Unintentional Spiritual Formation"



Which of these forces has the most power in your life? Why?

Take the Spiritual formation audit on pages 4-8

Click the picture for the video, "Intentional Spiritual Formation"



Which parts of formation receive the most focus on your faith journey? Which are neglected most? What is the impact of this?

Spiritual Formation Audit (Habits, Relationships, Stories, Environment, Experience)

Habits — What habits make up your everyday life?

Morning routine:

Activities of a typical workday:

Evening routine:

Activities of a typical weekend:

Reflection: How do you think your habits are shaping you as a person?

(Use page 10 to help)

Relationships — What relationships make up most of your life?

Family:

Friends:

Work:

Community:

Other:

Reflection: How are these people shaping you as a person? The key questions to ask are: What kind of person do I become when I'm around this person? What do they draw out in me or suppress in me? (Use page 9 to help)

Stories you believe — What are the “stories” you have come to believe?

What stories do you believe about God?

(What is he like? How does he feel about you?)

What stories do you believe about yourself?

(How does God see you? How do others see you? What do you see for your future?)

What stories do you believe about happiness?

(What do you think will most satisfy you? God? Money? Marriage? Success? Vacation?)

What stories do you believe about the meaning of life?

(What do you think matters most? Career? Family? Health? Something else?)

Reflection: What are the core stories of my life? Are they forming me as a person?

(Use page 9 to help)

Environment — What are the cultural distinctives of my environment?

City: What is my city like? What is it known for?

Nation: What is my nation like? What are its highest cultural values?

Generation: What are my generation's values?

Digital Diet: What are the algorithms feeding me (news, entertainment, and social media)?

Ethnic and/or socio-economic group: What are the values, norms, and expectations of my cultural heritage and socio-economic class?

Reflection: How am I being formed or deformed by the cultural forces that are “normal” in my city/nation/generation/social media feed, but possibly far from the vision of Jesus?

(Use page 9 to help)

Experience — What life experiences have most shaped me into who I am today?

Family of origin: What is my family like? Highest values? Deepest dysfunctions?

Traumatic events: What story has my body wordlessly learned from that trauma?

Key experiences: What key moments of my life have altered the trajectory of my story?

Spiritual autobiography: What are the key moments of my spiritual journey thus far?

Reflection: How have my experiences formed and deformed me over the years? Where do I still need healing? What do I need to hold on to? Let go of?

(Use page 9 to help)

Who or what are you becoming?

Use these descriptions to help with the reflection questions on pages 5-9

Possible markers of following the Way of God's Kingdom:

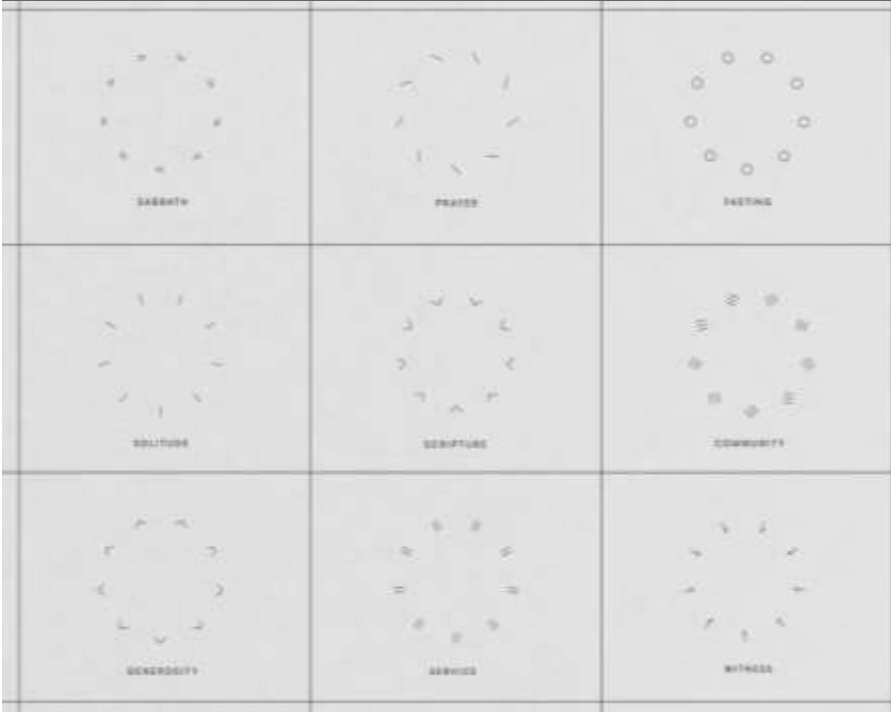
- Love
- Joy
- Peace
- Patience
- Kindness
- Gentleness
- Faithfulness
- Self-control
- Faith
- Hope
- Unhurried living
- Simplicity of life
- Calm
- Generosity
- Contentment
- Freedom
- Warmth and affection
- Relational connection
- Community
- Sense of belonging
- Equity
- Diversity
- Trust
- Acceptance
- Authenticity
- Honesty
- Integrity
- Harmony
- Vulnerability
- Compassion
- Restfulness
- Diligence
- A sense of meaning and purpose
- A clear sense of direction
- Creativity
- Growth

Possible effects of following "the pattern of this world":

- Stress
- Hurry
- Anxiety
- Fear
- Insecurity
- Hypervigilance
- Jealousy
- Anger
- Irritation
- Impatience
- Resentment
- Outrage
- Pride
- Distraction
- Numbness
- Overwhelm
- Exhaustion
- Discouragement
- Loneliness
- Isolation
- Shame
- Division
- Disconnection
- Lying
- Dirty speech
- Sarcasm
- Put downs
- Dishonor of authority
- Contempt
- Careerism
- Overwork
- Materialism
- Discontent
- Debt
- Laziness
- Alcoholism
- Addiction
- Substance abuse
- Impulsiveness
- Lust
- Pornography
- Racism
- Bigotry

THE PRACTICES

Disciplines based on the lifestyle of Jesus that create time and space for us to access the presence and power of the Spirit and, in doing so, be transformed from the inside out.



A pathway
of apprenticeship
to Jesus



practicingtheway.org

Click this picture to watch a video on the practices of Jesus

No one drifts toward Christlikeness!

What is your experience with these practices?

- Practices aren't a sign of maturity: Love is!

- Practices aren't our merit: Jesus is!

- Practices aren't commands: They are invitations!

- Practices are a means to an end: Be with and Become like Jesus!

- Practices are what we can do to give God space and time to do what only he can do: Form us into people who love and live like Jesus!

- Practices are altars of availability.

What is your plan to be with Jesus, become like him, and do as he did?