

SPIRITUAL FORMATION ©

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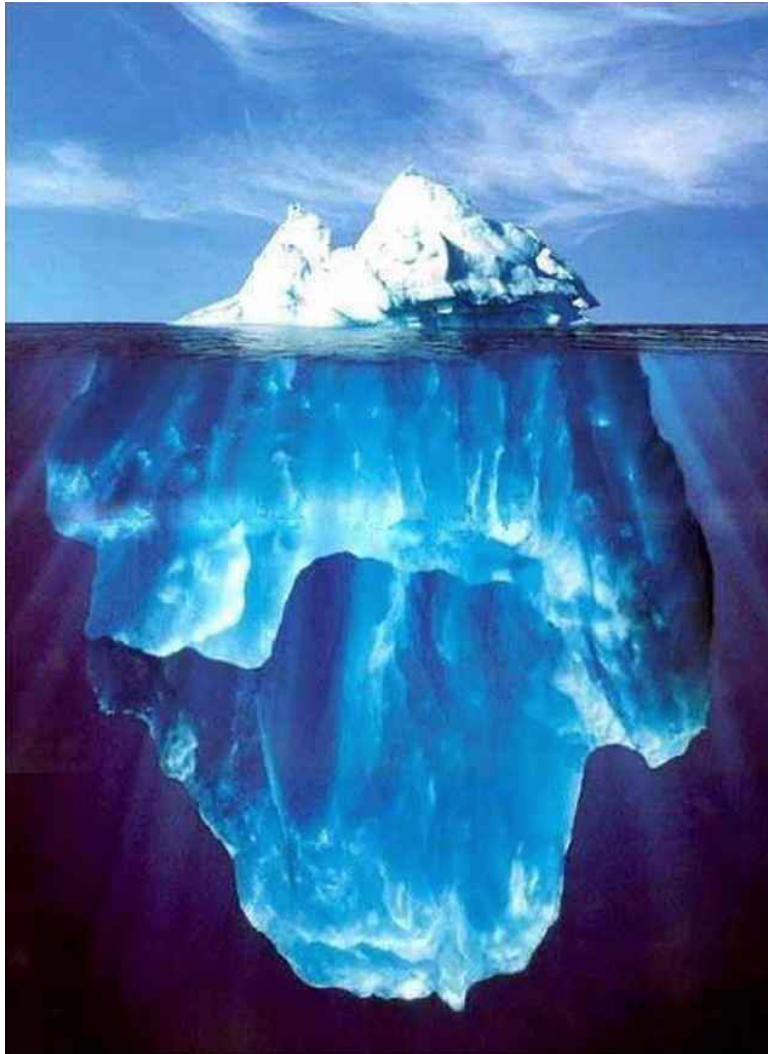
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BUILDING A SOLID SPIRITUAL FRAMEWORK

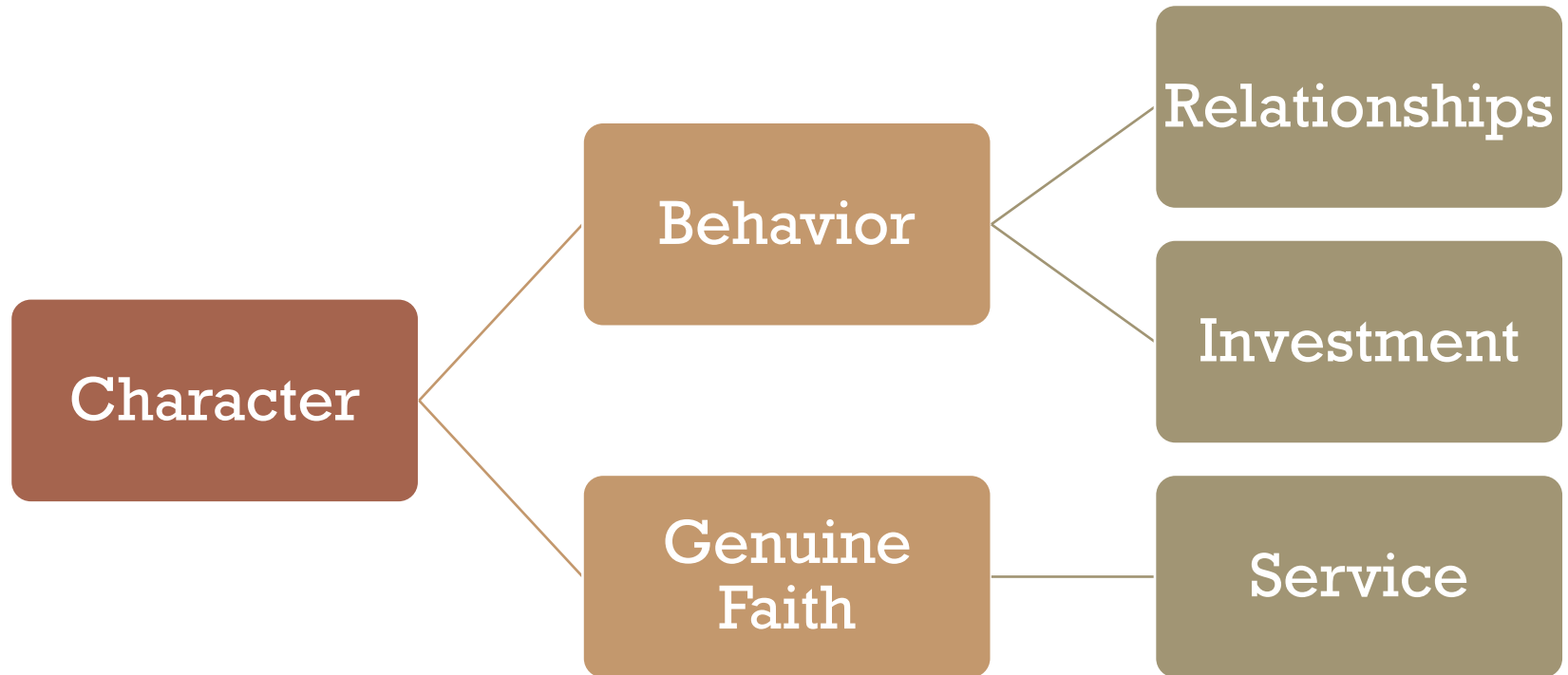
Demolition and Rebuilding



SPIRITUAL INTEGRITY

The need for
inner healing





PRINCIPLES OF INNER HEALING

Rediscovering
God's grace

1. Overcoming Denial:
 - From denial to embracing the truth
2. Discovering the Root Cause:
 - Doing away with self help/quick fixes
3. Biblical Identity:
 - Seeing ourselves as God sees us
4. Overcoming Self Reliance:
 - Relying on Grace
5. Taking Responsibility:
 - Owning our lives
6. Renewing our minds:
 - Staying open to hope
7. Overcoming Isolation
 - Seeking Community

- **Surrendering:**

- Coming to the end of our resources.
- Spiritual surrendering is not about losing or being defeated.
- Is about letting go and letting God do his thing.
- Is about Transparency
- Romans 7:15,24:
 - Rom 7:15 *For I don't understand what I am doing. For I do not do what I want – instead, I do what I hate*
 - Rom 7:24 *Wretched man that I am! Who will rescue me from this body of death?*
- Give up the idea that that you/we can run our lives effectively on our own

**LET GO
LET GOD**

Basic tools of Inner
Healing

- Required Disciplines to discern God's Voice:

- **Prayer:**

Heb 4:16 *Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

- **Psa 62:8** *Trust in him at all times, you people! Pour out your hearts before him! God is our shelter! NET*

- **Meditation:**

The discipline of quietness, Calm, stillness, tranquility, serenity

- **Scripture**

- Relying on scripture for guidance & wisdom can provide us with a practical safeguard against many confusing voices.

RENEWING YOUR MIND

Psalm 119:105

Your word is a
lamp for my feet, a
light on my path.

- **Honesty:**

- Psa 139:23 *Search me, God, and know my heart; test me and know my anxious thoughts.*
- Telling the truth about ourselves
- In the context of grace, confession can be powerful and transformative
- Confessions is an alternative lifestyle of transparency

- **Yearly Inventory**

- Discovering the places where we are actively resisting grace

- **Amendments**

- Addressing the harm that we have cause others
- Mat 5:23 *"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you,*
- Mat 5:24 *leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.*

SELF EXAMINATION

Psa 139:1

You have searched
me, LORD, and you
know me.

- Spiritual healing increases our capacity to receive God's love and grace.
- Sharing this Love catalyzes our healing,
- Compassion:
 - Acknowledging the full humanity of others and learning to see them as God's beloved children
 - Jas 1:27 *Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.*
- The practice of forgiveness and service are two key ways that we can open ourselves so God's grace can flow into others.

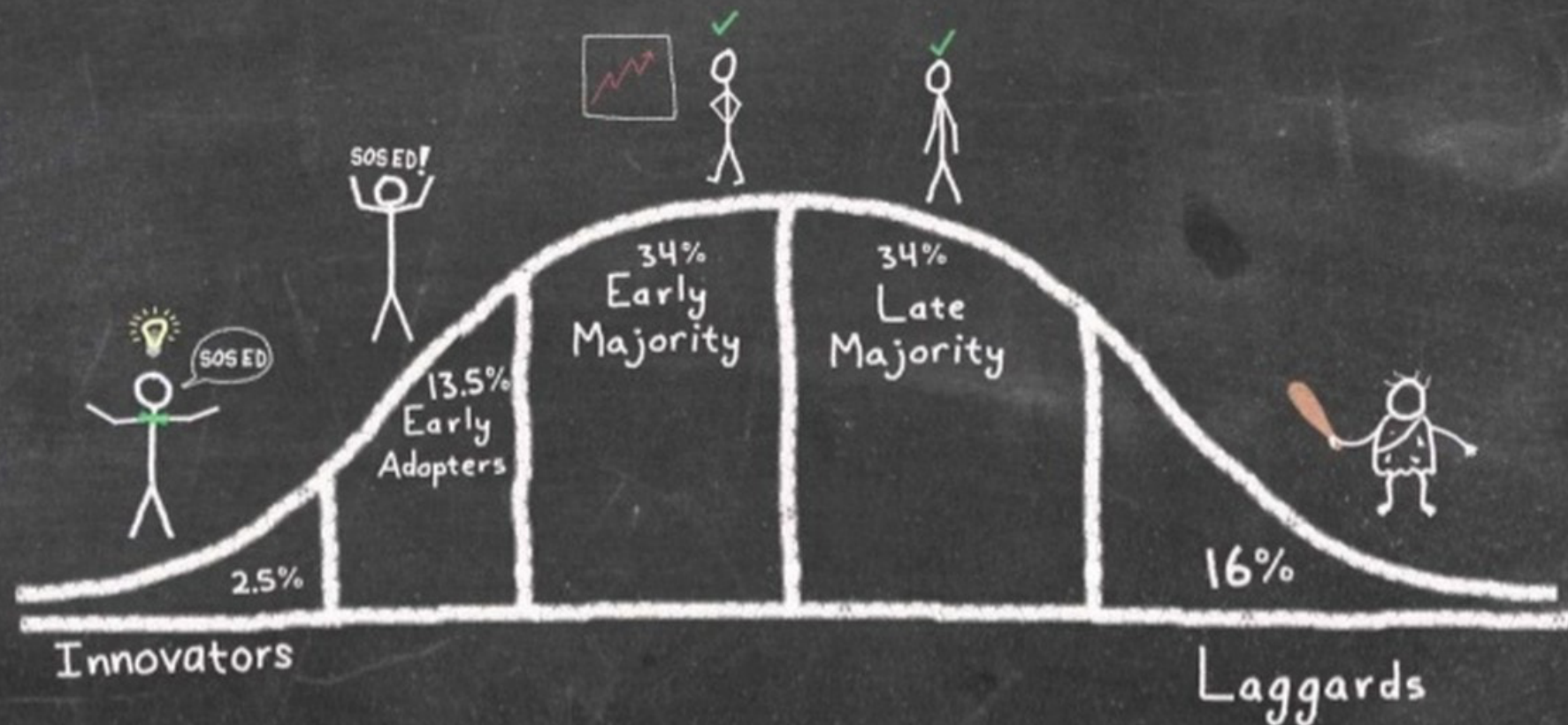
SERVICE

Increasing our capacity for honesty and humility



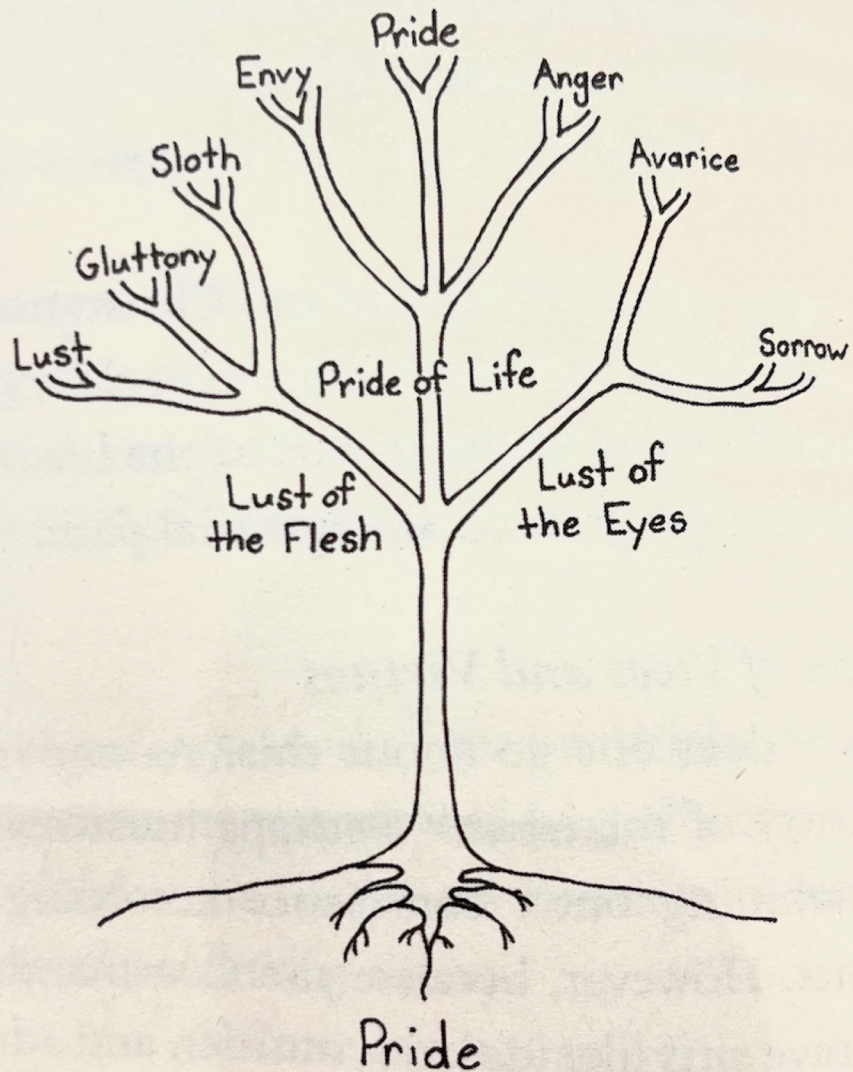
SPIRITUAL RHYTHMS

Transforming Practices

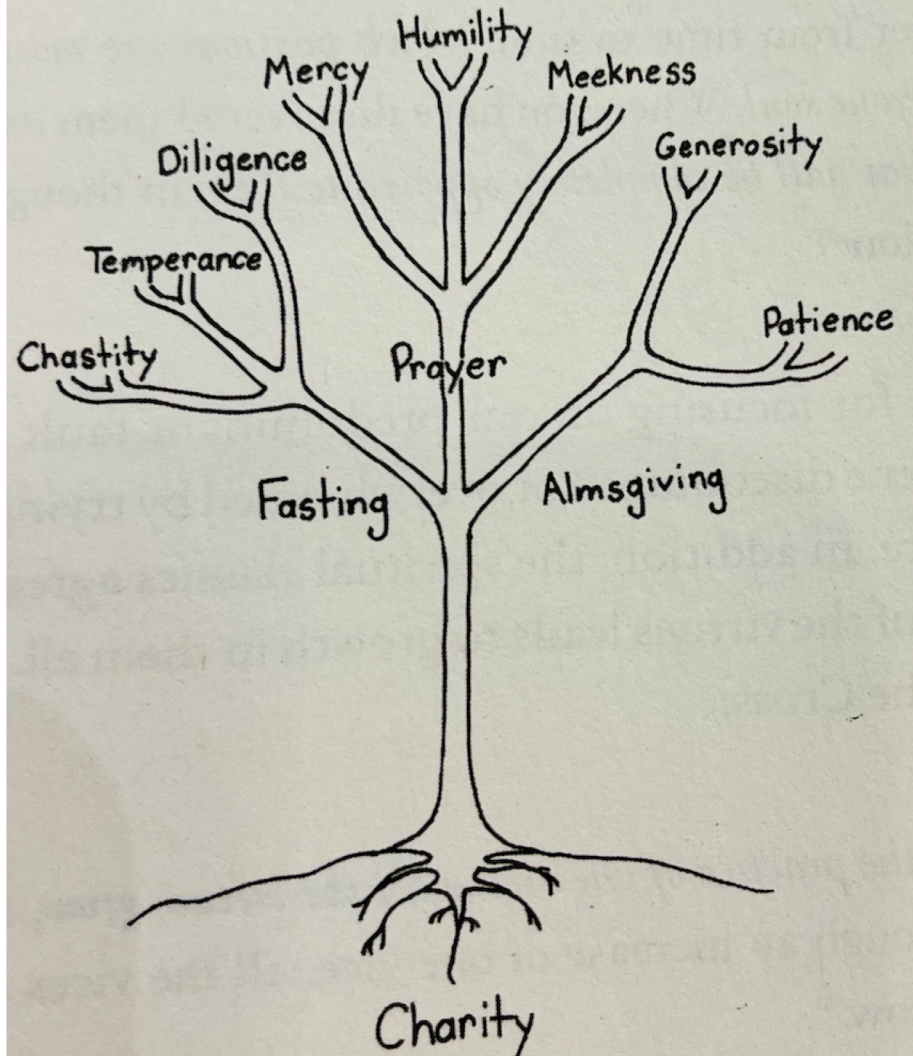


Diffusion of Innovation curve

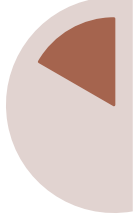
The Evil Tree



The Good Tree



PURIFICATION



Love expels
sin

EMPOWERMENT



Love is
conductive
for service

SPIRITUALITY



A Life of
Service

- **Longing for more:**
Invitation to spend time with God
- **Solitude:**
Creating space for God
- **Scripture:**
Lectio Divina
- **Prayer:**
Deepening Intimacy with God
- **Honoring the Body:**
Health
- **Self Examination:**
Bringing my whole self to God
- **Discernment:**
Recognizing and responding
- **Sabbath:**
Rhythms for work and rest

MINISTRY RHYTHMS

Developing a
Spirituality that
works for you

From the book,
Sacred Rhythms by
Barton

Disciplines	Desire
Centering Prayer	To quiet the heart and rest in God alone
Community	Journeying with others
Confession & Self Examination	To surrender & embrace practices that lead to transformation
Covenant Group	Authentic & healing relationships with a committed group of believers
Hospitality	Offering grace, shelter and presence of Jesus
Fasting	Food Abstinence to seek for guidance
Justice	Seeking good, protection, and fair treatment of others
Liturgical prayer	Praying to established patterns of written prayers and readings
Meditation	To deeply gaze on God through the Word and created order
Lament	To take my complaints, anger, suffering to God
Service	Helping, caring and sharing God's love in the world
Silence	Disconnecting from distractions in order to listen God's voice.

Disciplines	Desire
Simplicity	Untangling life to focus on what really matters
Small Group	Spiritual journey with trusted friends
Sobriety	To live with moderation without any vices
Solitude	To leave people behind and seek time alone with God
Stewardship	Being accountable to God with all my resources
Submission	Surrendering all aspects of life to Jesus Lordship
Teachability	To remain a life long learner
Unity	To be a bridge builder & peacemaker in the body of Christ
Truth Telling	To live authentic truthful life
Vision Divina	To worship God in the beauty of nature
Witness	To reveal the life changing love of Jesus to others
Worshipping	To honor and adore the Triune God as the supreme treasure of life

The Evil Tree	The Good Tree
Gossip/sins of speech	Silence, Self Examination
Anxiety & worry	Breath Prayer, Scripture reflection
Envy	Solitude, self examination
Discontent	Attending to Desire
Self-Reliance	Silence, prayer & community
Avoidance Pattern	Community & spiritual friendship
Anger & Bitterness	Solitude, discernment & celebration

The Evil Tree	The Good Tree
Feeling of inadequacy	Self Knowledge & Celebration
Guilt & Shame	Solitude, confession & forgiveness
Lust	Attending to desire on God's presence
Restlessness & Stress	Solitude, silence, breath prayer
Laziness	Caring for the body, exercise
Lack of Faith	Prayer, Scripture
Selfishness	Prayer, worship in community

God grant me the serenity to accept the
things I cannot change;
courage to change the things I can; and
wisdom to know the difference.
Living one day at a time; enjoying one
moment at a time;
accepting hardships as the pathway to
peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right if I
surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him forever in
the next.
Amen.

THE SERENITY PRAYER

A prayer of
surrendering