

YOUR SPIRITUAL LIFE



EXPERIENCING GOD IN THE HERE AND NOW

with John and Nancy Ortberg

We all want to live the Spiritual Life:

What is the spiritual life? = Our entire life seen from God's perspective
Spirituality is not about following the rules!

*When people get distorted ideas about spiritual life, it becomes legalistic, or they just give up, because it feels unattainable.
"Jesus came that we might have life and have it abundantly"

Acts 4:13: "When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus."

*The Kingdom of God is available to ordinary people. God calls us to transformation, not legalism or boundary markers. The nature of spiritual growth is that it is slow and somewhat imperceptible.

Some stages of Spiritual Development:

Desolation

Temptation

Desert Times

Enlightenment

Don't isolate yourself. We need to be in community to grow spiritually

Spiritual Transformation

- Why do we tolerate lack of transformation in the church?

Why is it so hard for many people to change?

1. Change is threatening: Too much work!
2. Change requires honesty about who we really are.
3. People don't know how to pursue change or transformation.

1 Corinthians 9:24-25a: "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Every one who competes in the games goes into strict training..."

There's an enormous difference between training to do something and trying to do something:

Training = You arrange your life around certain practice that empower you to do what you can't do right now.

Transformation in any area involves training.

Luke 6:40: "A student is not above his teacher, but everyone who is fully trained will be like his teacher."

Spiritual Disciplines are NOT:

1. Things I do to earn brownie points with God.
2. Not necessarily unpleasant.
3. Not attempts to earn salvation.

Spiritual Disciplines = A practice that enables me to receive power from God to live the kind of life he wants me to live: And always, spiritual disciplines are about freedom. To free me to live life the way God's calling me to live.

How do you know what will be helpful to you?

*Pick one thing to work on for a while: Perhaps, where am I causing frustration to other people?

THREE questions to ask yourself before pursuing your spiritual life:

- What does a 'kingdom life' look like?
- What are the sins that keep me from living that life?
- What are the practical kinds of practices, relationships and experiences that can help me overcome those barriers and enter a full spiritual life?

***Disciplines of Abstinence**: Solitude, fasting and silence

***Disciplines of Engagement**: Worship, study and fellowship

The hard work is worth it if we begin to see change...

FELLOWSHIP: Being deeply connected enough with people that they can help shed light on my life so that I see whom I really am and where I need to change.

Psalms 139:23: "Search me, O God, and know my heart..."

What is a Disciplined person? Someone who is able to do what needs to be done, when it needs to be done.

Ask yourself what do I do wrong and what do I do right?

- Use self-examination
- The work of the Holy Spirit in us
- Authentic Community: (Relationships) Speak the truth in love
- Experiences
- Practice Spiritual Discipline

GOD HAS TO BRING CHANGE IN ME, BUT I CAN HELP THE PROCESS THROUGH MY SPIRITUAL DISCIPLINES.