

SPIRITUAL PRACTICES FOR LIFE THE GOOD LIFE

John 10:11, 14 (NIV)

11 “I am the *good* shepherd. The good shepherd lays down his life for the sheep.”

14 “I am the *good* shepherd; I know my sheep and my sheep know me.”

John 10:10 (NIV)

10 “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

(CSB) “I have come so that they may have life and have it in abundance.”

(NLT) “My purpose is to give them a rich and satisfying life.”

(ERV) “ I came to give life—life that is full and good.”

1. Provision

- Provision is all things necessary to carry on human life adequately.

1 Timothy 6:17 (NIV)

Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment.

Deuteronomy 16:15b (CSB)

The LORD your God will bless you in all your produce and in all the work of your hands, and you will have abundant joy.

Matthew 6:33 (NLT)

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

- The moment we make life all about material provision, we deify it and lose the spiritual grace of contentment.

1 Timothy 6:7-9 (NIV)

For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. 9 Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.

Hebrews 13:5 (NIV)

Keep your lives free from the love of money and be content with what you have, because God has said,

“Never will I leave you; never will I forsake you.”

- We must never deny the fact that God’s provision is good, but we must always understand that it is a limited good.

2. Place

- Place is a mutually understood and accepted set of personal relationships that give identity to our lives.
- We must understand that there is simply no abundant life apart from place. For believers in Christ, the church provides place.

3. Personality

- Personality refers to the inward person, expressed in certain definitive ways or ingrained habits.
- The transformation of our lives occurs mainly at the level of habit.

Romans 12:2 (NIV)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Galatians 5:17-18 (NIV)

For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.

- Through the Spiritual Practices, we cooperate with the spirit in dislodging the bad habits of the flesh and replacing them with the *Good Life* habits of the Spirit.

Galatians 5:25 (NIV)

Since we live by the Spirit, let us keep in step with the Spirit.

- Spiritual Practices are biblical disciplines we choose to practice with the understanding that, by doing them, we cooperate with the Holy Spirit to change us and make us more like Jesus.

A few pitfalls to avoid as we study these spiritual practices:

- Don't let the Spiritual Practices become legalism.
- Don't let the Spiritual Practices become virtuous in themselves.
- Don't focus on the Spiritual Practices instead of Jesus.
- Don't isolate and elevate one Spiritual Practice to the exclusion or neglect of the others.
- Don't study the Spiritual Practices without experiencing them.