

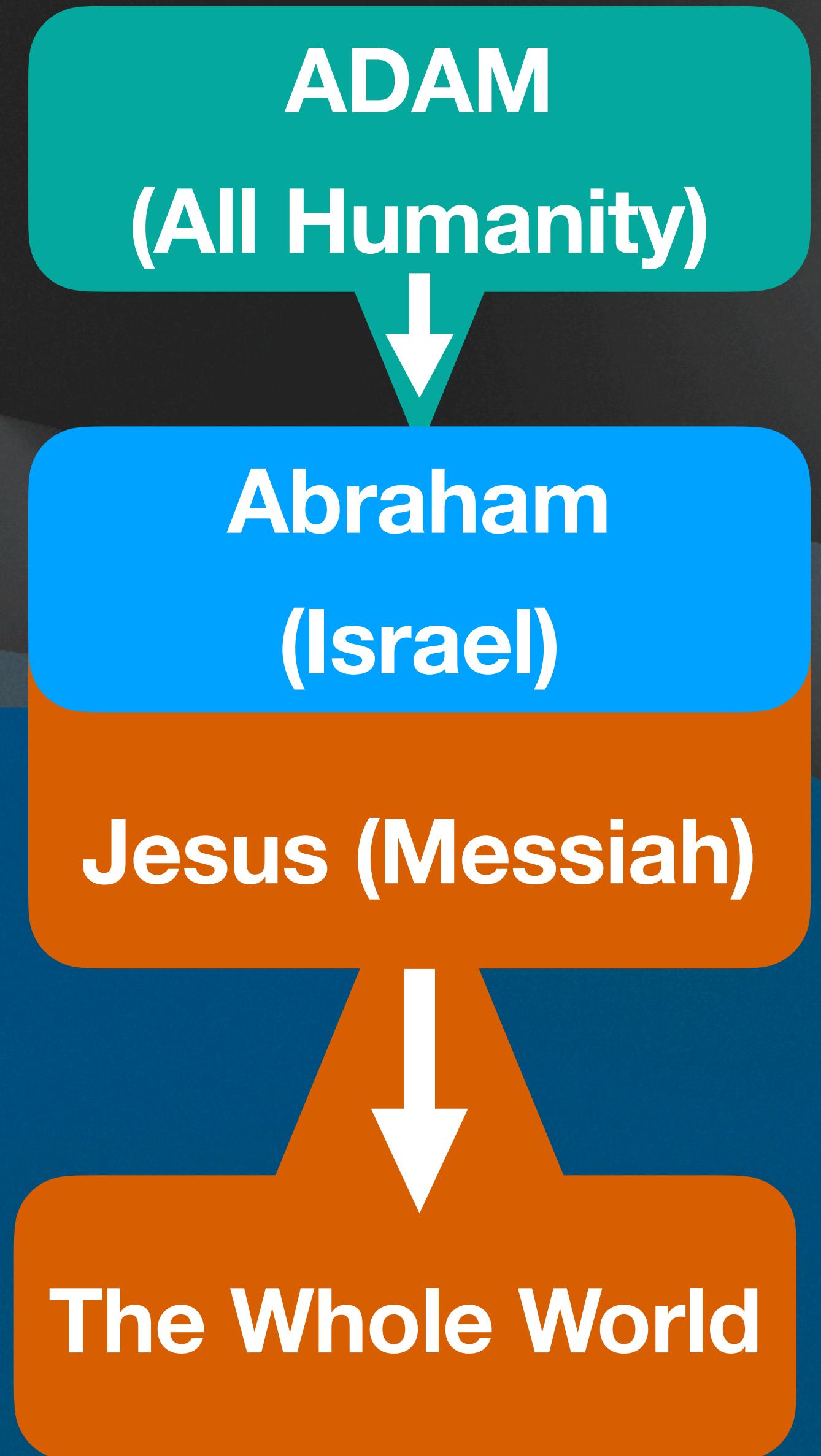
Liberty Church

Foundations

Foundations

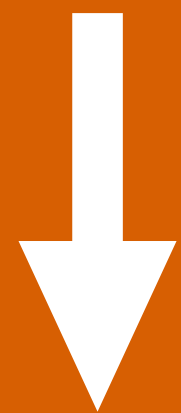


Mankind is brought back into the original design to effectively Steward and Spread the Kingdom of God (Eden) to the whole world.

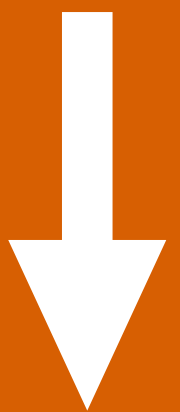
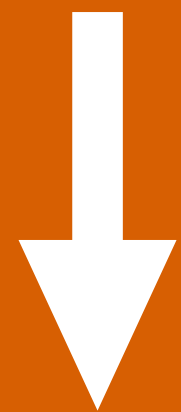
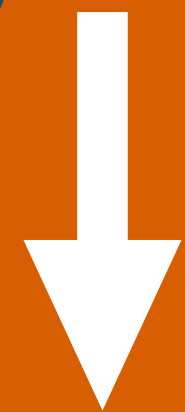


Foundations

Jesus (Messiah)



THE
CHURCH



The Whole World

The Church is now the vehicle that God uses to Steward the Kingdom of God as well as Spread the Kingdom of God throughout the World.

“¹⁸ Then Jesus came to them and said, “All power in heaven and on earth is given to me.

¹⁹ So go and make followers of all people in the world. Baptize them in the name of the Father and the Son and the Holy Spirit.

²⁰ Teach them to obey everything that I have taught you, and I will be with you always, even until the end of this age.”

-Matthew 28:18-20 (NCV)

Foundations

THE UNIVERSAL CHURCH

Roman Catholic

Eastern Orthodox

Protestant

← PAST & FUTURE →

Foundations

Week 1 - Theology & Its Sources

Week 2 - The Bible & Story

Week 3 - Man, Sin & Salvation

Week 4 - The Church

Week 5 - Devotional Practices: Meditation, Prayer, Fasting

Week 6 - How to Study the Bible

Week 7 - Shaping/Formative Practices: Simplicity, Solitude, Submission

Week 8 - Church Practices: Confession, Worship, Celebration

Foundations



Building upon theology (the things of God) are spiritual disciplines including inward, outward, and communal.

Spiritual disciplines are the means by which we can grow spiritual, much like physical discipline.

much like physical discipline

Foundations

Why should we practice spiritual discipline?

“Rather train yourself for godliness;

⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

⁹ The saying is trustworthy and deserving of full acceptance.

¹⁰ For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.”

-1 Timothy 4:7b-10

“Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.”

- Richard Foster, Celebration of Discipline

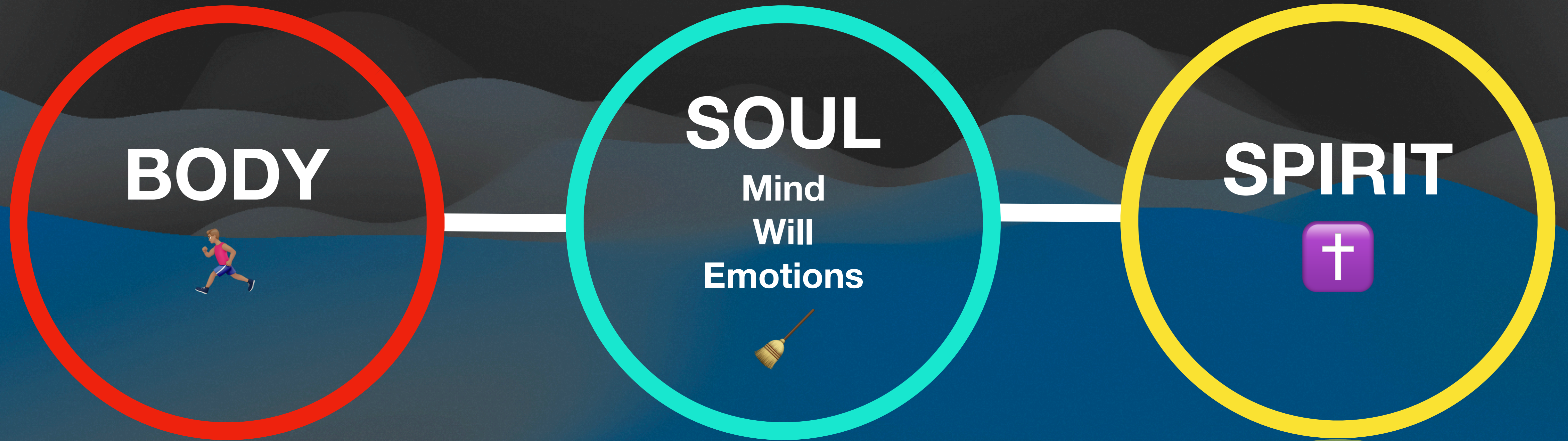
Foundations

Why Practice Spiritual Disciplines?

God not only works in the grand and monumental events of our lives, but also in the small, seemingly insignificant, parts of our lives as well.



Foundations



Foundations

Discussion:

- 1) Today we will be looking at the disciplines of Meditation, Prayer, and Fasting. Which one are you most comfortable with? Why?**
- 2) Which one are you the least comfortable with? Why?**
- 3) Are there any misconceptions you have seen or heard about one of these disciplines?**

Foundations

Learn By Doing

Like many Spiritual Disciplines, it is impossible to simply learn through intellectual understanding alone.

Instead, many, if not most Spiritual Disciplines, are learned and mastered by doing; understanding that you will grow over time both in depth (quality) and breadth (duration).

Foundations

What is Meditation?

The practice of quieting the the mind and focusing on God's Word and His presence.

“Blessed is the man who walks not in the counsel of the wicked, nor stand in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night.”

Psalm 1:1-2 (ESV)

Foundations

Learning To Meditate

The practice of quieting the the mind and focusing on God's Word and His presence to hear God's Word and obey His Word.

Practical Application:

- Find a Comfortable, Quite Place
- Choose a Bible Passage
- Reflect & Contemplate God's Word
- Listen



Foundations

Nathaniel

“⁴⁷ Jesus saw Nathanael coming toward him and said of him, “Behold, an Israelite indeed, in whom there is no deceit!” ⁴⁸ Nathanael said to him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” ⁴⁹ Nathanael answered him, “Rabbi, you are the Son of God! You are the King of Israel!”

- John 1:47-49 (ESV)



Foundations

Comfortable & Quite Place

There is no set location that is best, however, some location are better than others.

Meditation can be practiced anywhere and is not confined to any location.

- Designated Place (Nature is Preferable)
- No Cell Phone present
- Seated Posture (comfortable)



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Designated Place (Nature)

Having a set place to meditate allow you to not seek out a new place each day, allowing you to build the habit into your life.

Nature is preferable, but not required. It is helpful to be surrounded by God's creation but the intention is God's Word, not specifically his Creation.



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No Cell Phone

This should go without saying.

The purpose of meditation is to not be bombarded with distractions. Your cell phone is easily the most distracting device you own.



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Bible Passage

“Isaac said to his father Abraham, “Father!”
Abraham answered, “Yes, my son.” Isaac said,
“We have the fire and the wood, but where is
the lamb we will burn as a sacrifice?”
Abraham answered,
“God will give us the lamb for the sacrifice,
my son.”

- Genesis 22:7-8 (NCV)



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Listen

Allow God to speak to you into your life with His living and active Word.

Go beyond simply listening and hearing the Word, but treasuring it in your heart.

This is a great time to memorize Scripture as well.



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Common Mistakes

- Meditation is not emptying the mind, but instead emptying the “things” of the world and intentionally filling it with God’s Word.
- Meditation is not a race. It is the act of allowing Scripture to move deeply into your heart. It is intentional interaction with God’s Word.



Foundations

What is Prayer?

The practice of submitting to God the thoughts, desires, and concerns of our lives and communicating with God.

Practical Application:

- Acknowledge Dedicated Prayer & Spontaneous Prayer
- Give Your Thoughts
- Pray Scripture
- Listen



Foundations

Learn to Pray

“One time Jesus was praying in a certain place. When he finished, one of his followers said to him, “Lord, teach us to pray as John taught his followers...”

- Luke 11:1



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Keep Prayer Simple

Prayer should never be too complicated.

We pray to God about what is on our heart.

However, often we pray to please or impress those around us. This is why private prayer is so important.

If your private and public prayers sound very different, there may be a problem.

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Dedicated & Spontaneous Prayer

A private dedicated time for prayer helps build the foundation for your prayer “skills.” This builds sincerity and most importantly, relationship.

⁵ **“And when you pray,** you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward.

⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

⁷ **“And when you pray, do not heap up empty phrases** as the Gentiles do, for they think that they will be heard for their many words.

⁸ Do not be like them, for your Father knows what you need before you ask him.”

- Matthew 6:5-8

Foundations

Give Your Thoughts

However, spontaneous prayer is also powerful and builds the habit of continuously communing with God.

“¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

- 1 Thessalonians 5:16-18

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Pray Scripture

You can also take Scripture and let it guide your prayers as well.

- 1) Take your Scripture from your Meditations
- 2) Thank God for promises in Scripture. If a command, ask for obedience. If a story, ask for God to work in your life as well.
- 3) Write down your prayers and God's Faithfulness

Foundations

Does God Answer Your Prayers?

Can you prove it?

April 17, 2011

10:10 PM

It's been a while... my brother is married ?
Miriam ? I are growing closer ? deeper into our
friendship. The H₂O Project is over ? crazy things
are happening with students.

Last night I had a dream that both Eric ? Jes
were getting married ? the day of the wedding a few
hours after they were married a large cat came ?
killed both of them... I don't know why but it
seemed so real ? I cried a lot I thought it was
real, I remember thinking that I had spent more
time with the both of them... when I woke up
I still thought it was real... crazy. I know I
said a few nights ago that God would give me
dreams ? visions about other people instead of myself.

Also, today at church Matt Boyce confessed

Foundations

Does God Answer Your Prayers?

Can you prove it?

Write your prayers down & record when God answers your prayers.

This not only builds your faith today, but will encourage your faith in the future.

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Palms Up, Palms Down



Offer your palms and ask to receive something from the LORD and offer your palms down to let go of something you have been holding onto.

P.R.A.Y

P- Praise God for what He has done in your life

R- Repent of any sin or mistakes you have made

A- Ask God your requests

Y- Yield, allow God to respond and speak

Foundations

Don't Limit God in Prayer

“Korean Style Prayer”

Known as “Tong-sung Kido” or “crying out together loudly in prayer” is a common practice in Korea.

There is no “right” way to pray so long as the prayers are genuine and directed towards God.

You also pray into the past, present, or future. God is able to continue to work in all circumstances.



Foundations

What is Fasting



Fasting is the intentional abstinence from food for spiritual purposes.

Practical Application:

- Set Clear Intentions**
- Choose Your Type of Fast**
- Be Responsible & Practical**

“Some have exalted religious fasting beyond all Scripture and reason; and others have utterly disregarded it.”

- John Wesley

Foundations

You Should Fast



“¹⁶ **“And when you fast,** do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ **But when you fast,** anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”

- Matthew 6:16-18

Foundations

Why Is It Important



When you fast, you are subjecting your body (flesh) which cries out for food to the Spirit. The practice of fasting builds the habit of denying the flesh of its desires and turning instead to God.

“³ And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, **that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.**”

- Deuteronomy 8:3

Foundations

BODY



SOUL

Mind
Will
Emotions



SPIRIT



Sin & Temptation

The Holy Spirit & Sanctification

Foundations

Why Is It Important



“²⁴ You know that in a race all the runners run, but only one gets the prize. So run to win! ²⁵ All those who compete in the games use self-control so they can win a crown. That crown is an earthly thing that lasts only a short time, but our crown will never be destroyed.

²⁶ So I do not run without a goal. I fight like a boxer who is hitting something—not just the air.

²⁷ I treat my body hard and make it my slave so that I myself will not be disqualified after I have preached to others.

- 1 Corinthians 9:24-27

Foundations

Set Clear Intentions



Before you begin your fast, you need to decide why. It is for Spiritual Growth? Repentance? Spiritual guidance?

Fasting for the sake of fasting is not useful.

Fasting is not physical; if you are fasting to “lose weight” the purpose is vanity. We must have clear purpose for fasting and keep that first and foremost in mind.

Foundations

Learning to Fast



There are no prescriptions of how to fast in Scripture because the practice was common knowledge.

If you feel anxious or scared of fasting:

- This could be your “flesh” seeking comfort**
- If you have serious health concerns, speak to your doctor.**

Foundations

Choose Type of Fast



Scripture primarily acknowledges fasting from food. While other forms of fasting can be observed, food is the main focus. “Social Media” type of fasts are not really recognized as normative or interchangeable with the common understanding of fasting.

“Normal” Fasting - Abstaining from all food, solid or liquid, but not water.

“Selective” Fasting - Abstaining from a specific common food (Sugar or meats).

“Absolute” Fast - Abstaining from all food and water.

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Preparing for Extended Fasts



Days 1-3 : Most difficult hunger pains. Headaches are possible and mild withdraws from food types (sugar, caffeine, exc.)

Day 4: Hunger will subside, weakness & dizziness can occur with sudden changes in position.

Day 6-7: Hunger will continue to diminish until day 8-10. Concentration and alertness will return. This is the “most enjoyable” time of the fast.

Day 21-40 : Starvation will set in and hunger pains will return, living tissue will begin to be cannibalized (all fasts should be broken by this point).

Foundations

Do Not Gorge



Foundations

Preparing for Extended Fasts (2+ Days)



- Entering into any extended fast should be done with a small meal of fresh fruits and vegetables.
- Breaking an extended fast should also be done with small amounts of fresh fruits, vegetables, and juice (fruit or vegetable)
- Drink plenty of water during a fast.
 - Brush your teeth often, one effect of fasting is bad breath.

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Discussion:

Q&A

Liberty Church

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