

Growing in His Likeness

What Resources Has the Church Given Us?

Session 4 - October 1, 2023

BIG IDEA

Spiritual disciplines (e.g., reading Scripture, spending time in solitude and quiet, praying, studying, and fasting) are some of the ways that God has always trained people to become disciples in his Church for the sake of the world.

SUMMARY-

- Like an athlete's training program, spiritual disciplines are the
 activities, patterns, and habits of believers that help us grow to
 have a stronger relationship with the Triune God.
- A caveat: We are not saved by spiritual disciplines, but by the person and work of Jesus Christ!
- These disciplines help us practice being like Jesus, getting into the habit of spending time with Him, so that we grow to love God and neighbor in word and deed, through the power of the Holy Spirit.
- Spiritual disciplines can be **personal** and **communal**. (We will talk about communal disciplines in the next several weeks!)

SOMETHING TO READ TOGETHER

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." — Matthew 11:28-30

SOMETHING TO TALK ABOUT TOGETHER

In what ways might our attempts to make our faith more real in our lives feel a burden, a frustration, a distraction, or even just impossible? What gets in the way? How can we help each other practice these things?

SOMETHING TO TRY AT HOME

This week, try fasting on Friday! (Description on reverse.)

SOMETHING TO TRY AT HOME Christians have often fasted on Fridays to remember Good Friday, the day of the week when Jesus died for us. Fasting is when you reorient your attention and hunger, often in a time of repentance. You stop doing something, (usually something pleasurable!), and

You stop doing something, (usually something pleasurable!), and replace it with focusing your time on God and others. You can fast from all sorts of things, from food to media use. You can also fast towards something, asking God to awaken his hunger for justice and righteousness in you, or working out a question you might have for God, asking for his direction in your life.

In this time of abstaining, what might God be saying to you?

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MOTES -		
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