

Freely & Lightly



SHOW NOTES / REFERENCES

Show Notes:

Spiritual Disciplines Handbook: Practices That Transform Us by Adele Ahlberg Calhoun

The Spirit of the Disciplines: Understanding How God Changes Lives by Dallas Willard

Celebration of Discipline: The Path to Spiritual Growth by Richard Foster

“Don’t look back. Something might be gaining on you.” - Satchel Paige

“Don’t ever permit the pressure to exceed the pleasure.” - Joe Maddon

Galatians 5:22-23 (NIV)



Natural Church Development: A Guide to Eight Essential Qualities of Healthy Churches
by Christian A. Schwarz

“Do what you can, not what you can’t.” - Larry Warner, Journey with Jesus

For Reflection:

What would it be like for you to learn to float on the unforced rhythms of his grace?

What would it be like for you to align your heart with the metronome of the Holy Spirit inside of you? To walk in rhythm with him?

What would it be like if you could learn to live freely and lightly?

Are you practicing your faith?

If you’re not sure where to start with disciplines, ask God: “What is the one thing that you’re inviting me to begin with? What are you inviting me into right now?”