

Spiritual Practices Slides/Notes
Scripture Reading: Philippians 4:5-7

5 Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

• **Intro**

- Myself (*Pic of Rebecca- attached*) (*Pic of Kids-attached*), **foster/adopt**, job, addiction recovery
- Series recap Disciplines: **Silence**, Solitude, Fasting, Sabbath, **Worship** and **Prayer**
- God's presence experience
- The veil that separates (sin is separation from God) water is wet, but that is the description not the substance, sin is separation from God, but that is the description not the substance

17 And the Lord said to Moses, "This very thing that you have spoken I will do, for you have found favor in my sight, and I know you by name." **18** Moses said, "Please show me your glory." **19** And he said, "I will make all my goodness pass before you and will proclaim before you my name 'The Lord.' And I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy." **20** But," he said, "you cannot see my face, for man shall not see me and live~ Exodus 33:17-20

- Holy Fire/tissue paper (Protection not a punishment)

Tent of Meeting

9 When Moses entered the tent, the pillar of cloud would descend and stand at the entrance of the tent, and the Lord^[a] would speak with Moses.~ Exodus 33:9

Tabernacle

33 And you shall hang the veil from the clasps, and bring the ark of the testimony in there within the veil. And the veil shall separate for you the Holy Place from the Most Holy.~ Exodus 26: 33

Temple

14 And he made the veil of blue and purple and crimson fabrics and fine linen, and he worked cherubim on it.~ 2 Chronicles 3:14

Jesus

9 For in Christ all the fullness of the Deity lives in bodily form,~ Colossians 2 9:9

50 And when Jesus had cried out again in a loud voice, he gave up his spirit. **51** At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split~ Matt 27:50-51

Holy Spirit

15 "If you love me, keep my commands. **16** And I will ask the Father, and he will give you another advocate to help you and be with you forever— **17** the Spirit of truth. The world cannot accept him because it neither sees him nor knows him. But you know him, for he lives with you and will be in you ~ John 14:15-17

- **"The Holy Spirit IS the connection point between us and God"**
- When we align ourselves with HS we feel God

Common Ways for us to align ourselves with the Holy Spirit:

Study of God's Word, Loving Others, Worship & Prayer

**Triangle (Gospel-God's Word; Community- Loving Others; Practices- Worship & Prayer)*

- Disciplines: Silence, Solitude, Fasting, Sabbath, Worship and Prayer
- Worship and Prayer similarity
- Seminary to street (presence and prayer)
- South Bronx Man in wheelchair-> nothing special, regular and real

⁵ Let your gentleness be evident to all. **The Lord is near.** ⁶ Do not be anxious about anything, but **in every situation, by prayer and petition, with thanksgiving, present your requests to God.** ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.~ Philippians 4:5-7

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- Effectiveness is experienced through familiarity, not talent of expertise
 - Retro Fitness

Consistency breeds familiarity which allows for authenticity

- *Authentic*

⁵ “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ **But when you pray**, go into your room, close the door and **pray to your Father, who is unseen.** Then your Father, who sees what is done in secret, will **reward you.** ⁷ And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.~ Matthew 6:5-8

- The reward-

I love you lord, and I lift my voice To worship you, Oh my soul...rejoice.
Take joy my King, in what you hear May it be a sweet sweet sound in your ear.

**Spencer Singing Video-attached*

- Build the bridge from worship to prayer- ultimate reward
- The effectiveness of prayer is not based on the expertise of the pray-er. has nothing to do with the action. Prayer is one of the many ways that God breaks through to connect with us. It engages the Holy Spirit and brings us into the presence of God. The more “familiar” we become with it, the more “effective” it seems. Developing in prayer not about sharpening a technique to get an outcome it’s about becoming familiar with a practice to make myself available to the supernatural.

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Application: Out-loud prayer 3 primary relationships: God, Others and myself

Disciplines of Abstinence (Self-Denial)

These are ways of denying ourselves something we want or need in order to make space to focus on and connect with God.

Solitude: Refraining from interacting with other people in order to be alone with God and be found by him. (Solitude is completed by silence.)

Silence: Not speaking in a quiet place in order to quiet our minds and whole self and attend to God's presence. Also, not speaking so that we can listen to others and bless them.

Fasting: Going without food (or something else like media) for a period of intensive prayer — the fast may be complete or partial.

Sabbath: Doing no work to rest in God's person and provision; praying and playing with God and others. (God designed this for one day a week. We can practice it for shorter periods too.)

Secrecy: Not making our good deeds or qualities known to let God or others receive attention and to find our sufficiency in God alone (e.g., see Matthew 6).

Submission: Not asserting ourselves in order to come under the authority, wisdom, and power of Jesus Christ as our Lord, King, and Master. (If you think of this as submitting to a person as unto Christ then it's a discipline of engagement.)

Disciplines of Engagement (Christ in Community)

These are ways of connecting with God and other people, conversing honestly with them in order to love and be loved.

Bible Reading: Trusting the Holy Spirit-inspired words of Scripture as our guide, wisdom, and strength for life. (Related disciplines include Bible study, Scripture meditation, and praying God's Word.)

Worship: Praising God's greatness, goodness, and beauty in words, music, ritual, or silence. (We can worship God privately or in community.)

Prayer: Conversing with God about what we're experiencing and doing together. (As we see in the Lord's Prayer the main thing we do in prayer is to make requests or intercessions to our Father for one another.)

Soul Friendship: Engaging fellow disciples of Jesus in prayerful conversation or other spiritual practices. (Related spiritual disciplines or practices include small groups, spiritual direction, and mentoring relationships.)

Personal Reflection: Paying attention to our inner self in order to grow in love for God, others, and self. (The Psalms in the Bible model this.)

Service: Humbly serving God by overflowing with his love and compassion to others, especially those in need. (Also tithing and giving.)

