



Enchanted Part 2

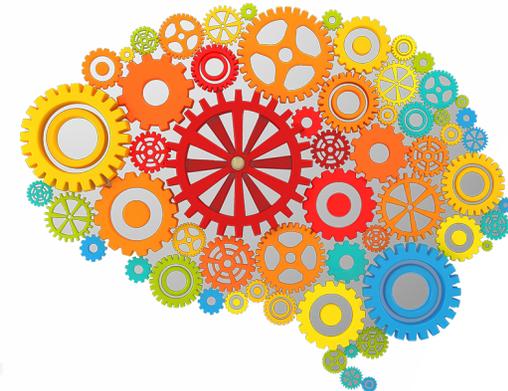
**Transformational
Living**

spiritual disciplines are, “a means of receiving God’s grace. ... [They] allow us to place ourselves before God so he can **transform us.”**

Richard Foster

“The meaning of earthly existence is not, as we have grown used to thinking, in prosperity, but in the **development of the soul.”**

Alexander Solzhenitsyn



“If you say God is the thing you love most in life, but you spend two hours each day on social media, and five minutes reading your Bible, you really love Instagram more than God.”
Brett and Kate McKay

**God doesn't change what we do,
God changes what we want to do**

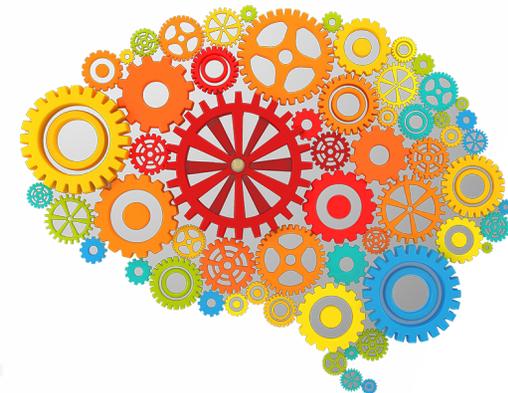
**The Disciplines are the mechanism
for that change in “what” to “want”**



Richard Foster, Celebration of Discipline



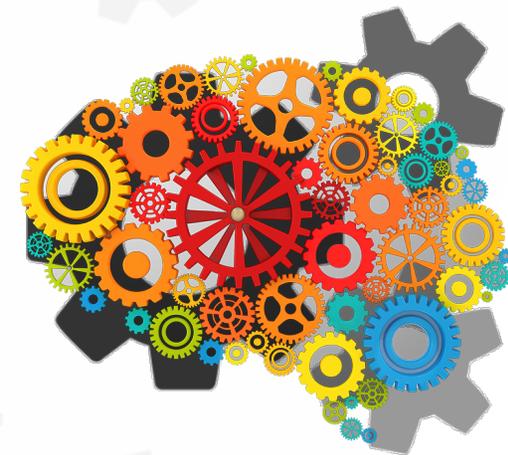
Spoiler Alert:
unless all three
are engaged
spiritual growth
will not happen



Spirituality without discipline moves in hapless fits and starts; it is sporadic, dependent on fluctuating feelings and external circumstances. It requires little to no effort, but also produces little to no sustained growth, and thus little to no fruit.

The decision to train the soul must be intentionally chosen, and then consistently practiced. Persistence is essential.

train, don't try



**The supernatural is only
accessed/affected by **effort****

The **power of God is
for the **work** of God**



Such people claim they know God, but they deny him by the way they live. Titus 1:16

Not everyone who calls out to me, 'Lord! Lord!' will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter. Matthew 7:21

Examine yourselves to see if your faith is genuine. Test yourselves. Surely you know that Jesus Christ is among you; if not, you have failed the test of genuine faith. 2 Corinthians 13:5

So why do you keep calling me 'Lord, Lord!' when you don't do what I say? Luke 6:46

And so the Lord says, "These people say they are mine. They honour me with their lips, but their hearts are far from me. And their worship of me is nothing but man-made rules learned by rote. Isaiah 29:13



Birth

Encounter

Spiritual Growth

Spiritual Birth

Spiritual Death



Inner Disciplines

Prayer

Study

Silence

Fasting



Prayer

“True prayer is neither a mere mental exercise nor a vocal performance. It is **far deeper than that – it is a spiritual transaction with the Creator of Heaven and Earth.” **Charles Spurgeon****

Prayer is static and fluid

Prayer Routine

Morning-Praise, worship
Midday (2-3)-Reminder, reflection
Evening-Repentance

**Pray as you encounter need, hurt
and the prodding of the Holy Spirit**



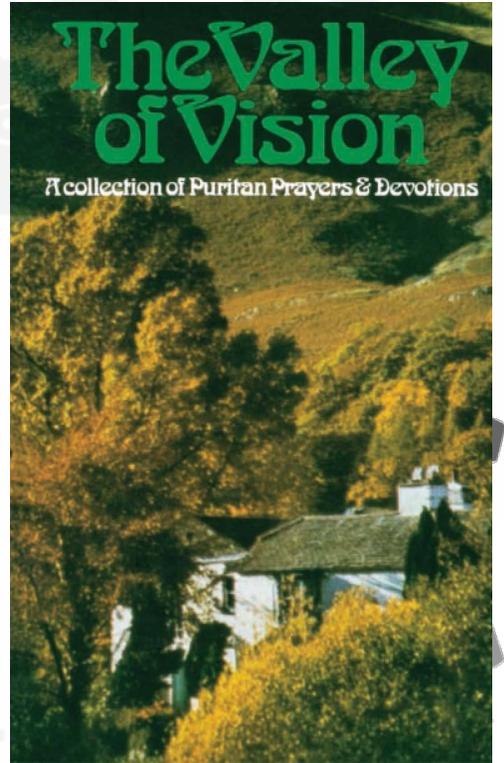
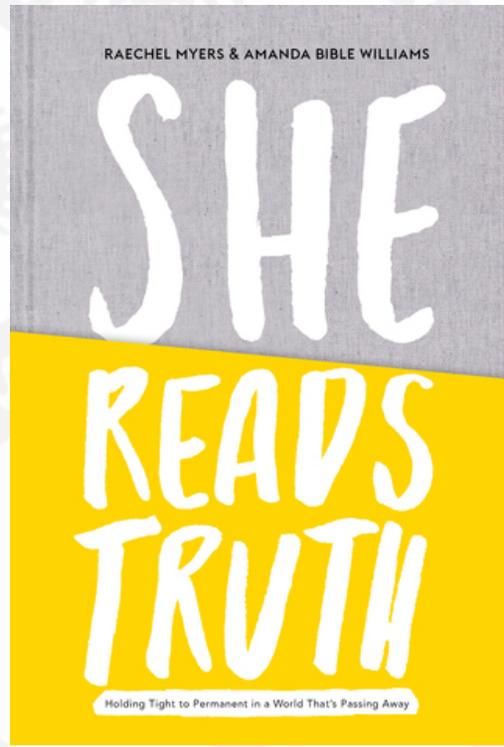
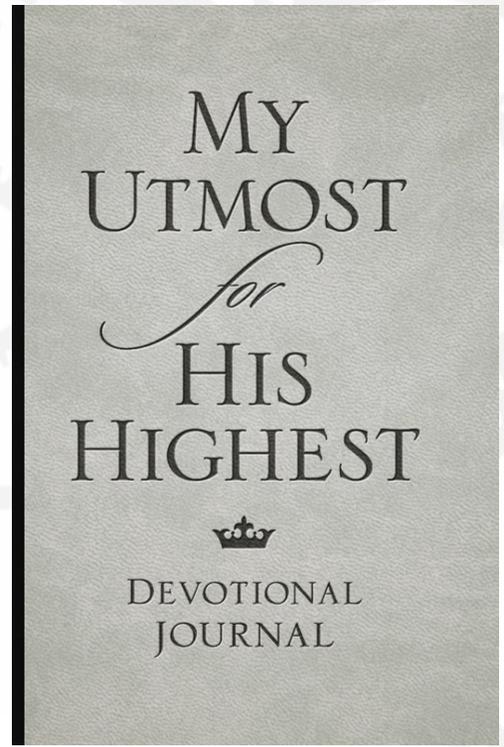
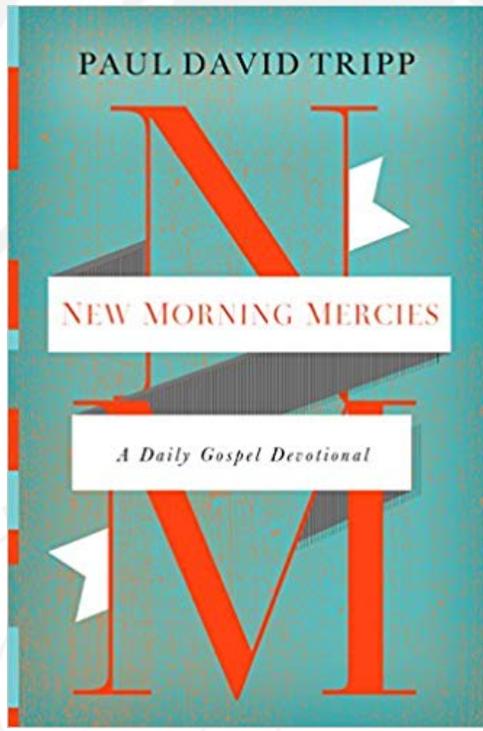
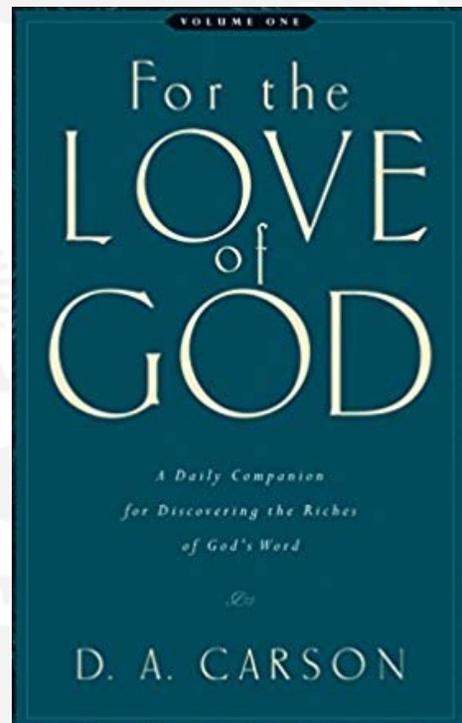
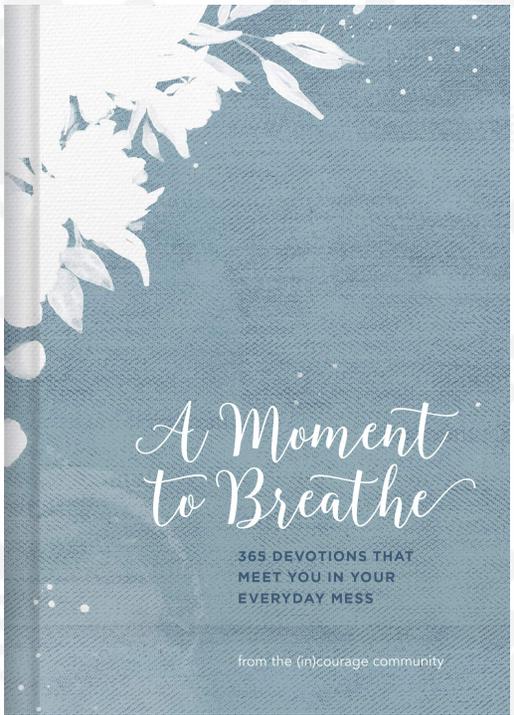
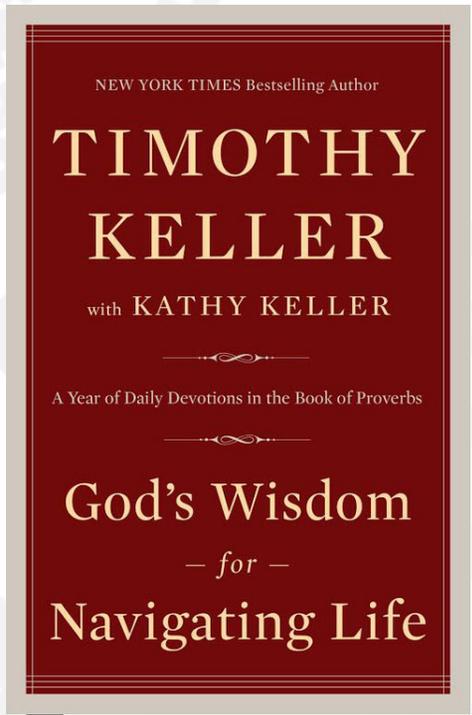
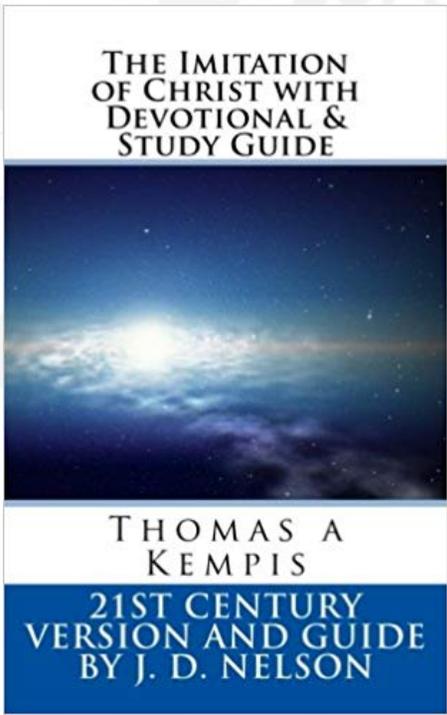
Study

Rather than cramming for a test — filling one's head with facts that are quickly regurgitated and just as soon forgotten — the spiritual studier aims to **deeply absorb knowledge and make it a **permanent** part of his soul.**

Brett & Kate McKay

But don't just listen to God's word. You must do what it says. Otherwise, you are only **fooling yourselves. **James 1:24****







Silence

In silence, one ceases the **consumption of any human-created input, and this includes not only audible stimuli, but the reading of the written word as well — an act that, though quiet, still involves “listening” to the text.**

“Solitude bears the same relation to the mind that sleep does to the body. It affords it the necessary opportunities for **repose and **recovery**.”** **William G. Simms**



Silence

Be **still**, and know that I am God! **Psalm 46:10**

Be **still** in the presence of the Lord **Psalm 37:7**

Let all that I am wait **quietly** before God **Psalm 62:5**

Instead, I have calmed and **quieted** myself,
like a weaned child who no longer cries for
its mother's milk. Yes, like a weaned child is
my soul within me. **Psalm 131:2**

But Jesus often **withdrew** to the
wilderness for prayer. **Luke 5:16**

After sending them home, he
went up into the hills by **himself**
to pray. Night fell while he was
there **alone**. **Matthew 14:23**



Fasting

Fasting is **voluntarily** abstaining from something for a **limited** amount of time

“The first truth that was revealed to me in my early experiences in fasting was **my lust for good feelings**. It is certainly not a bad thing to feel good, but we must be able to bring that feeling to an easy place where it does not control us.”

Richard Foster

“More than any other Discipline fasting reveals the things that **control** us.” **Lynne M. Baab**

it's important to understand that in practicing fasting as a spiritual discipline, **the physical is secondary**, and serves as a vehicle to the spiritual



Fasting

Paul and Barnabas also appointed elders in every church. **With prayer and fasting**, they turned the elders over to the care of the Lord, in whom they had put their trust. **Acts 14:23**

Go and gather together all the Jews of Susa and fast for me. **Do not eat or drink for three days**, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die. **Esther 4:16**

One day as these men were **worshiping the Lord and fasting**, the Holy Spirit said... **Acts 13:2**



“The desperate need today is not for a greater number of intelligent people, or gifted people, but for **deep people.” **Richard J. Foster****

“A disciple is one who, **intent upon becoming Christ-like and so dwelling in His ‘faith and practices’, systematically and progressively rearranges their affairs to that end” **Dallas Willard****



“Ask me not where I live and what I like to eat. Ask me what I am living for and what I think is **keeping me from living fully for that.” **Thomas Merton****



Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. **Titus 3:3**

BUT!!!!!!!

When God our Saviour revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. He generously poured out the Spirit upon us through Jesus Christ our Saviour. Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life. vs 4-7