

SUMMER SERIES WEEK #9 – SPIRITUAL DISCIPLINES

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"When is the last time your soul's been home?"

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**O God, you are my God,
Earnestly I seek you;
My soul thirsts for you,
My body longs for you,
In a dry and weary land
Where there is no water.**

O God, you are my God,
Earnestly I seek you;
My soul thirsts for you,
My body longs for you,
In a dry and weary land

The Lord is my Shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.

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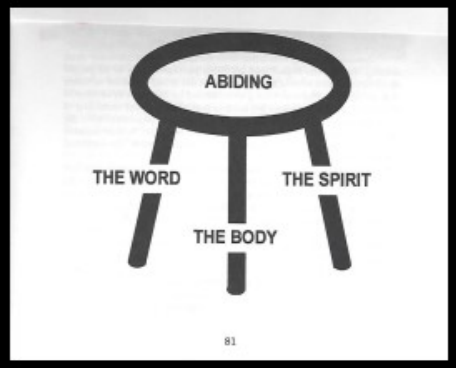
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and time-tested measures for spiritual growth. I almost never meet someone in spiritual coldness, perplexity, distress, and failure who is

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7. John 15:1-8 (The M 1. John 15:1-8

"I am the Real Vine and my Father is the Farmer. He cuts off every branch of me that doesn't bear grapes. And every branch that is grape-bearing he prunes back so it will bear even more. You are already pruned back by the message I have spoken. Live in me. Make your home in me just as I do in you. In the same way that a branch can't bear grapes by itself but only by being joined to the vine, you can't bear fruit unless you are joined with me. I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to

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be abundant. Separated, you can't produce a thing. Anyone who separates from me is deadwood, gathered up and thrown on the bonfire. But if you make yourselves at home with me and my words are at home in you, you can be sure that whatever you ask will be listened to and acted upon. This is how my Father shows who he is--when you produce grapes, when you mature as my disciples.

John 15:1-8

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8. HEART – Morning & 1. Page 1

HEART – Morning and evening prayer so that we become of aware of God's presence in our lives

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9. MIND – Daily Scrip: 1. Page 1

MIND – Daily Scripture reading so that we are formed by God's story

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10. STRENGTH – Pra 1. Page 1

STRENGTH – Practicing a growing generosity through monthly tithing and yearly assessment of our yearly debt

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11. NEIGHBOUR – Pra 1. Page 1

NEIGHBOUR – Practicing hospitality so that we intentionally develop relationships in order to share our story in light of God's

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11. NEIGHBOUR – Pra 2. Page 2

story

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12. ONE ANOTHER – 1. Page 1

ONE ANOTHER – Blessing each other by gathering on Sunday and connecting during the week

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13. PostItNote 1. page 01

"Spiritual exercises attune us to God's presence, acting as sticky-note reminders that God is with us all the time."

Ken Shigematsu, Guide for the Soul