

# The WHY of the Practices?

WHO AM I BECOMING?

THE PRACTICES OF JESUS

**HOPE**  
COMMUNITY  
**CHURCH**

‘How do you ethically steer people’s thoughts...?’

There is a hidden goal driving the decisions behind every technology we make and that goal is the race for our attention...

At the end of our lives all we have is our attention and our time...

What do we want in our lives?’

Tristan Harris (former product philosopher for Google)

‘... distraction and addiction because that is where the money is...’

John Mark Comer (author and pastor)

'You my brothers and sisters are called to be free. But do not use your freedom to indulge the flesh, rather serve one another in love... So I say **walk by the Spirit** and you will not gratify the desires of your flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with one another so that you do not do what you want. But if you are **led by the Spirit**, you are not under the law. The acts of the flesh are obvious: sexual immorality, impurity and debauchery, idolatry and witchcraft; hatred and discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies and the like. I warn you as I did before, that those who live like this will not inherit the kingdom of God.

But **the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control**. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. **Since we live by the Spirit, let us keep in step with the Spirit...**

Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction, whoever sows to please the Spirit, from the Spirit will reap the eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers'.

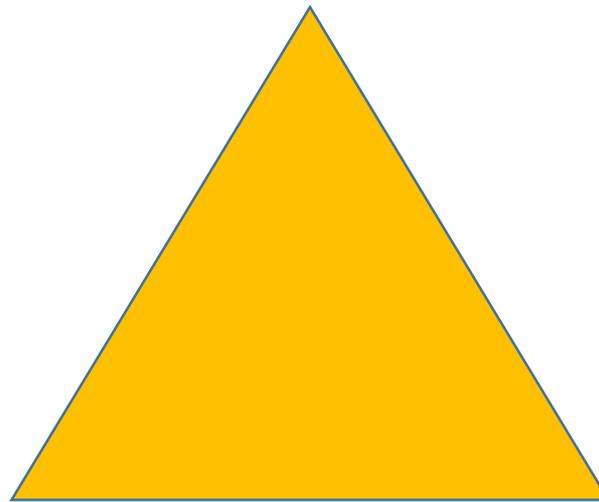
Paul, Galatians 5-6.

HOW DO I CHANGE?

# Golden Triangle of our Transformation

Dallas Willard 'The Divine Conspiracy'

Prayer (the Holy Spirit)



Progress  
(reframing trials)

(intention

Practices  
habit (new) normal)



‘My central claim is that we can become like Christ by doing one thing – by following Him in the overall style of his life He chose for Himself. If we have faith in Christ, we must believe that He knew how to live. We can through faith and grace become like Christ by practising the types of activities He engaged with, by arranging how whole lives around the activities He Himself practised in order to remain constantly in fellowship with His Father’. Dallas Willard, *The Spirit of the Disciplines*

‘Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light’.  
Jesus, Matthew 11. 28, NIV

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. **Learn the unforced rhythms of grace.** I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Jesus, Matthew 11, The Message

I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful... Remain in me and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing... As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete'.

Jesus, John 15



‘the disciplined person is the person who can do what needs to be done when it needs to be done’.

‘by doing what we can do ... we receive from God the resources to do what we cannot do... this book will lead you into the easy yoke of Jesus Christ’.

Richard Forster Celebration of Discipline

# PRACTICES

## **ABSTINENCE**

Silence

Solitude

Fasting

Simple Living

Generosity

Sabbath

Secrecy

## **ENGAGEMENT**

Prayer

Scripture reading

Community

Worship

Celebration

Justice

Sabbath

Hospitality

Mission

Acts of Service

**PROTECTION**

**CONNECTION**

'If the churches came to understand that the greatest threat to faith today is not in hedonism but distraction, perhaps they might begin to appeal anew to a frazzled digital generation... This new epidemic of distraction is our civilisation's specific weakness. And its threat is not so much to our minds, even as they shape shift under pressure. The threat is to our souls. At this rate, if the noise does not relent, we might even forget we have any'.

September 19<sup>th</sup> 2016, Andrew Sullivan, New York Times

# **TRANSFORMATION**