


A Spiritual Cure?


- If the cure is spiritual, how does Modern Christianity fit for the answer?
- Actually, very poorly.
- We are among those caught up in the epidemic.
- Christianity is viewed as powerless, archaic and irrelevant. Why?



Why is Christianity not succeeding?

We must:


1. Be faithful to our own message
2. Clarify and exemplify realistic methods of human transformation



The LIFE of the Gospel

We can become like Christ in character and in power and then realize our highest ideals of our state of being and our actions in the world.

Do you believe that is possible?




How Can We Become Like Christ?

By following Him in the overall style of life He chose for Himself.


Do you believe He knew how to live the abundant life He offered to us?

We must choose to practice the types of activities He engaged in, by arranging our lives as He did.



How Did Jesus Live?

- Solitude
- Silence
- Prayer
- Simple and Sacrificial Living
- Intense Study
- Meditation on God's Word & Ways
- Service to others balance and more.




The Challenge

Faith today is treated as something that only should make us different, not that actually does or can make us different.


“Christianity has not so much been tried and found wanting, as it has been found difficult and left untried”

– GK Chesterton




The Opportunity

- When we were called to life in Christ, we were offered the greatest opportunity of our lives – the opportunity of vivid companionship with Him, in which we will learn how to be like him and live as He lived.




An Easy Yoke

The cost of Christianity is simple compared to the cost of life without Him. He offers an Easy Yoke and a Light Burden... Why then does it seem so hard?




Prepared to Perform

- Example: Olympic Event
 - Could you perform like an Olympic skater or skier?
 - The professional didn't become the Gold Medalist, just by attempting during the event, he/she chose an overall life of preparation of mind and body that led to the body's automatic response and strength




His Training Camp

- Successful performance at a moment rests largely and essentially upon the depths of a self wisely and rigorously prepared in mind and body.
- Even Jesus, prepared for years before working in the public eye (30 yrs. Prep. for 3 yrs. of Service)




Disciplined in Mind & Body

- Designed by God with Spirit, Soul and Body.
- Regenerated with Life above the Line
- Renewing of our mind and training for our body is required.




The Disciplined Life

- The Spiritual Life, consists in a range of activities in which people cooperatively interact with God – and with the spiritual order deriving from God's personality and action, resulting in a new overall quality of human existence and new corresponding powers.



It's a SPIRITUAL life


- Luke 4 Example
- The Spiritual Life is the Body's Fulfillment
- The complete quality of human life as it was meant to be at the center of a relationship with God.



My Body a Battlefield

- Example of Peter.
 - Cut off the Priest's ear defending Jesus
 - Denying Jesus 3 times under pressure

Romans 12:1-2
Galatians 5:17




Disciplines of Abstinence

- Solitude
- Silence
- Fasting
- Frugality
- Chastity
- Secrecy
- Sacrifice



Disciplines of Engagement

- Study
- Worship
- Celebration
- Service
- Prayer
- Fellowship
- Confession
- Submission



Resources

- The Spirit of the Disciplines, Understand How God Changes Lives, by Dallas Willard
