

# Practicing The Way Of Jesus



DISCIPLE . . . . .

Apprenticing under Jesus  
=  
practicing a way of life.



# Spiritual Formation

Who am I *becoming*?

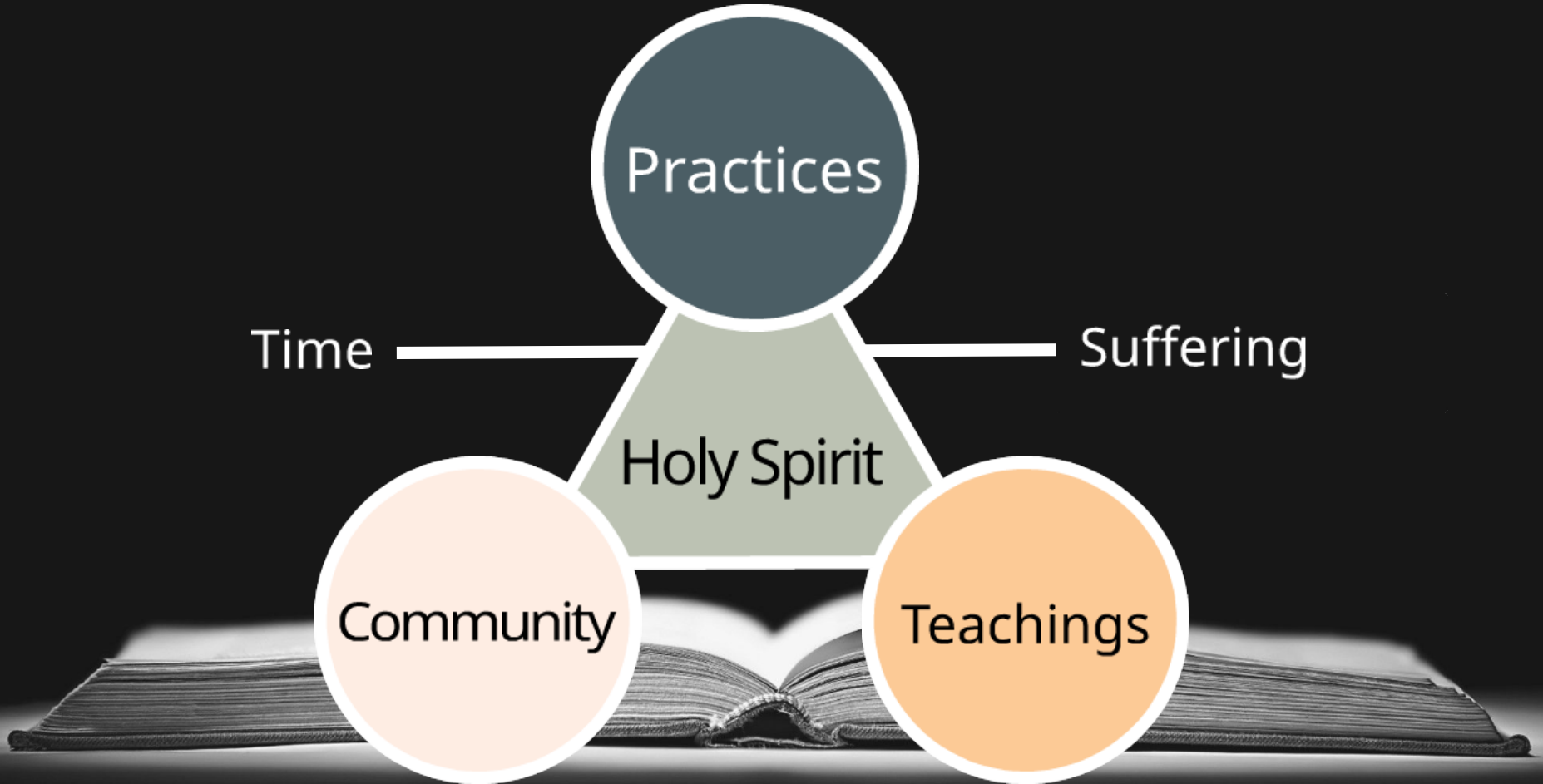
Do not *conform* to the pattern of this world

Be *transformed* by the renewing of your mind

Romans 12:2



# What Transforms Me?



# Practicing The Way Of Jesus

4 – The Practices (aka Spiritual Disciplines)



# The Practices

Sabbath

Solitude

Community

Prayer

Generosity

Service

Fasting

Scripture

Witness



# The Practices

“By this everyone will know  
that you are my disciples,  
if you love one another.”

John 13:35



# The Practices

“In the beginning God created  
the heavens and the earth.”

Genesis 1:1





# The Practices

“By the seventh day God had finished the work he had been doing; so on the seventh day he ***rested*** from all his work. Then God blessed the seventh day and made it holy, because on it he ***rested*** from all the work of creating that he had done.”

Genesis 2:2-3



# The Practices

## שַׁבָּת – Shabbat

to cease, to desist (from labour), to rest



# The Practices

“The Sabbath was made for man,  
not man for the Sabbath.”

Mark 2:27



# The Practices - Sabbath

- Connect with God
- Spend time with others who follow Jesus
- Do what makes you come alive in God
- Keep at it



# Questions for Reflection

- What practices have you engaged with?
- Who has most reflected God's love to you?  
What did that look like?
- (How) does Sabbath rest feature in my life?

