

# The New Life

Spiritual Formation through the  
Means of Grace

# What is Spiritual Formation?

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Spiritual Formation is the process of **being conformed** into the image of our Creator **by** the power of the Holy Spirit **through** the Means of Grace.

# The Means of Grace

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*Means* is another word for way, path, or in this illustration, “garden hose”

*Grace* is God’s unmerited, unearned favor toward us, around us, and in us, or in this illustration, “free water”

# The Means of Grace

...you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.

**Colossians 3:9-10**

# Disciplines of Abstinence

**Fasting:** Abstaining from food for a time in order to gain mastery of the physical realm and open us up to the spiritual realm.

Matthew 6:16 ESV *And when you fast, do not look gloomy like the hypocrites...*

# Disciplines of Abstinence

**Silence:** Silence is abstaining from sound in order to open our spiritual ears and listen more closely to the voice of God.

*1 Kings 19:12 ESV And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low **whisper**.*



# Disciplines of Abstinence

**Solitude:** Solitude is abstaining from contact with people in order to be alone with God and become closer to Him.

Mark 1:35 ESV *And rising very early in the morning, while it was still dark, he departed and went out to a **desolate place**, and there he prayed.*

# Disciplines of Abstinence

**Simplicity:** Simplicity is intentionally paring down our lifestyle toward the essentials to free ourselves from the tyranny of “things” and focus on spiritual life.

Matthew 6:19-20 ESV *Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven...*

# Disciplines of Abstinence

**Rest:** Rest is choosing to step out of the usual current of life for the purpose of being restored physically and spiritually.

*Psalm 23:1-3 ESV The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.*

# Disciplines of Abstinence

**Secrecy:** Secrecy is abstaining from receiving credit for good things we do.

Matthew 6:4, 6:6, and 6:18 *And your Father who sees in secret will reward you.*

# Disciplines of Action

**Journaling:** Journaling is the action of communing and communicating with God through writing.

# Disciplines of Action

**Hospitality:** Hospitality is opening our homes, our hearts, and our lives to others in order to provide them temporary safety, provision, and rest.

Romans 12:13 ESV *Contribute to the needs of the saints and seek to **show hospitality**.*

Hebrews 13:2 ESV *Do not neglect to **show hospitality** to strangers, for thereby some have entertained angels unawares.*

1 Peter 4:9 ESV ***Show hospitality** to one another without grumbling.*

# Disciplines of Action

**Confession:** Confession is humbly admitting our acts of sin and disappointments with another person for the purpose of spiritual healing.

*James 5:16 ESV ...confess your sins to one another and pray for one another, that you may be healed.*

# Disciplines of Action

**Scripture:** Scripture as a Spiritual Discipline is reading, memorizing, studying, meditating on, and obeying the Bible in order to know God, know about God, and become like God.

*John 17:17 ESV Sanctify them in the truth; your word is truth.*



# Disciplines of Action

**Charity:** Charity is the giving of what is yours for the benefit of another—especially the poor.

Matthew 25:35 ESV *For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me...*

# Disciplines of Action

**Prayer:** Prayer is praising, interceding, petitioning, listening, or yielding to God.

*Luke 6:12 ESV In these days he went out to the mountain to pray, and all night he continued in prayer to God.*

# Disciplines of Action

**Penance:** Penance is willfully embracing earthly punishment for wrongdoing which has already been forgiven by God.

Hebrews 12:6, Proverbs 3:12 ESV *For the Lord disciplines the one he loves, and chastises every son whom he receives.*

What Are You Going to Do?

# What Are You Going to Do?

Write down two or three disciplines that you think God might be leading you to consider.

- Fasting
- Silence
- Solitude
- Simplicity
- Rest
- Secrecy
- Journaling
- Hospitality
- Confession
- Scripture
- Charity
- Prayer
- Penance

# What Are You Going to Do?

Write down a day and a time—like  
Monday, 10am.

Plan to take a couple minutes at that time to look at your calendar, think through your week, and consider what discipline or disciplines you would like to engage in, along with where they will fit into your life.

