

Developing a Spiritual Culture In Your Congregation



The Rev. Doyt L. Conn, Jr.

An aerial photograph of a winding road through a valley at dusk. The road is illuminated by a bright, glowing light trail that curves through the landscape. The surrounding hills are covered in green vegetation, and the sky is dark with some light clouds. The overall mood is serene and contemplative.

**What does it mean to
be a practicing
Christian?**

CHRISTIAN SPIRITUAL FORMATION

“The process through which those who love and **TRUST** Jesus Christ effectively take on his character”

**DO WHAT
JESUS DID**

Pray
Fast
Silence
Solitude
Study
Sabbath
Pilgrimage
Worshipped

GRACE –

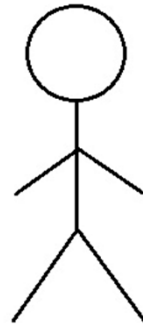
God is there;

We train;

Sometime more glorious occurs

TRAINING NOT TRYING

Capt. Sully Sullenberger / Flight 1549



POWER SOURCE FOR SPIRITUAL LIFE

TRAINED TO ACT HABITUALLY IN A WAY THAT ALLIGNS OUR LIFE WITH THE KINGDOM OF GOD

**RULE OF LIFE
(obedience)**

character formation

SPIRITUAL FORMATION is what happens when someone has made a thousand small choices, requiring effort and concentration, to do something which is good and right but which “doesn’t come naturally”; and then, on the thousand and first time, when it really matters, they find that they do what’s required “automatically”

A SPIRITUAL GYM

A life transformed

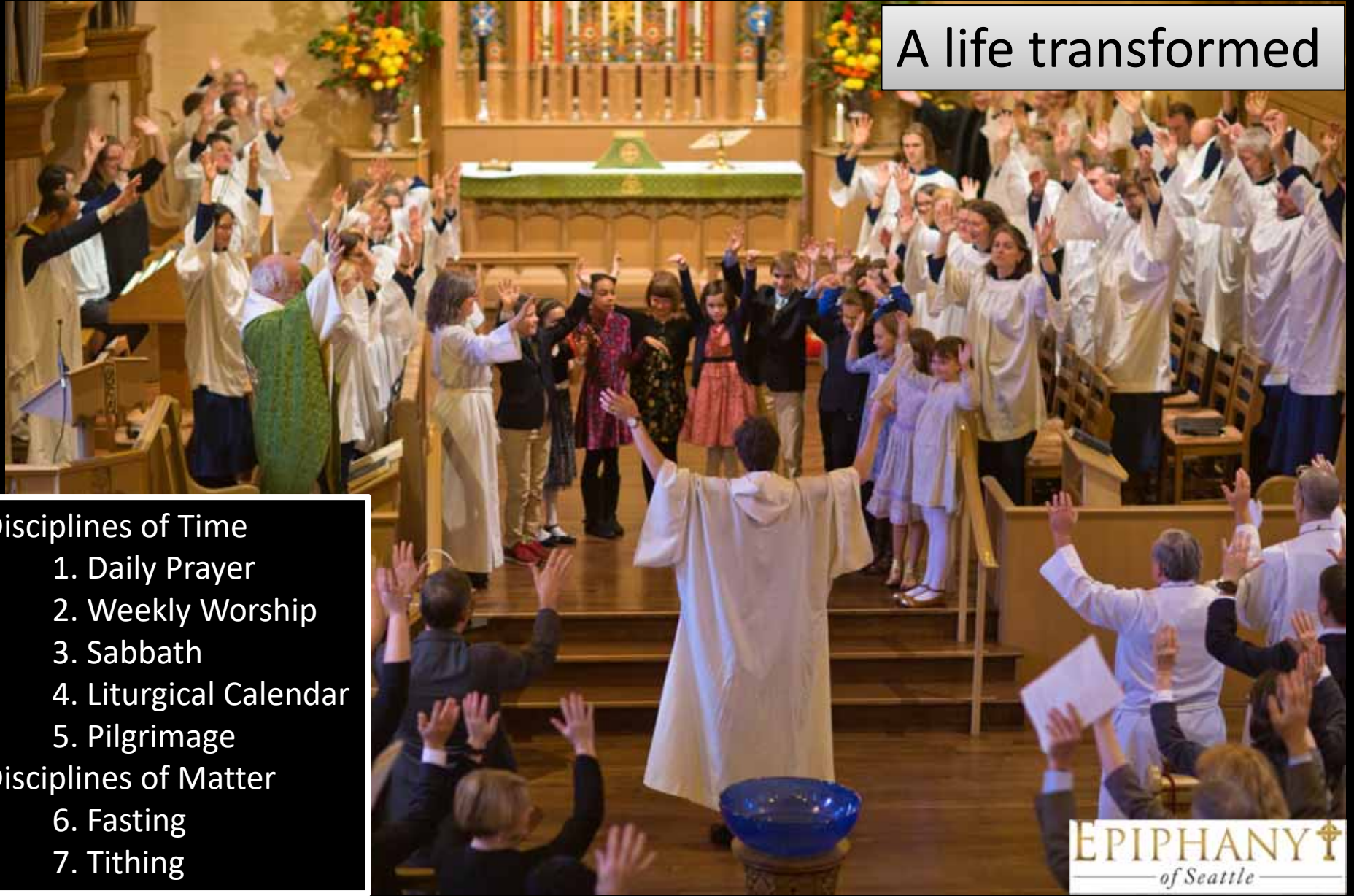
Disciplines of Time

1. Daily Prayer
2. Weekly Worship
3. Sabbath
4. Liturgical Calendar
5. Pilgrimage

Disciplines of Matter

6. Fasting
7. Tithing

EPIPHANY
of Seattle



PRAYER

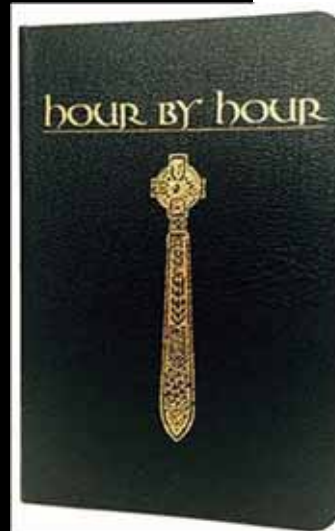
A Discipline of Time

Same time
Same place
Same way
EVERYDAY



The Examen

To join the group, visit: <http://j.mp/hourxhour>



WORSHIP

A Discipline of Time

“Worship is like a drama:
The clergy, ministers and
musicians are the prompters;
the people are the actors;
and God is the audience.”
— Soren Kierkegaard.

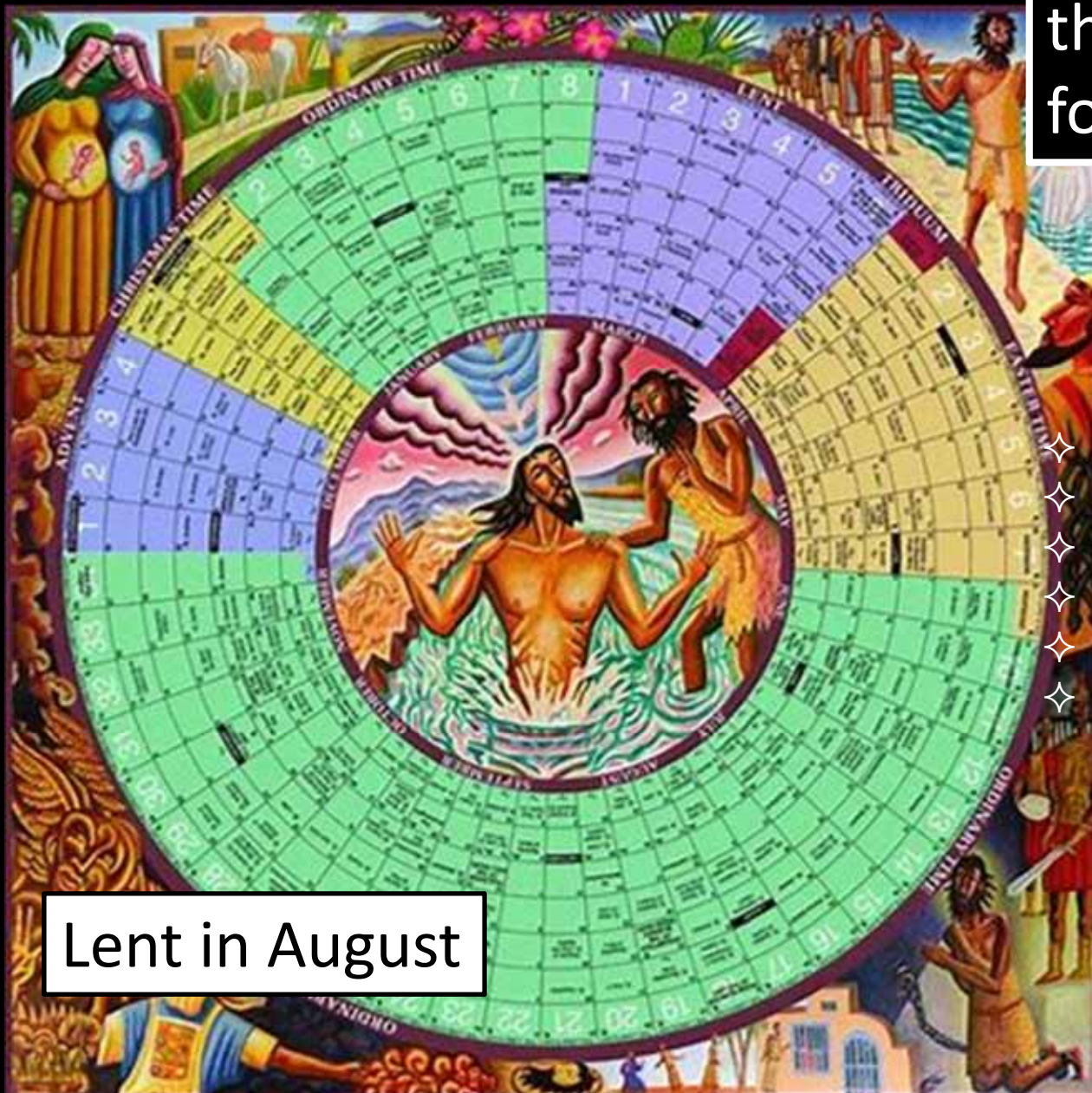
Worship in community
refreshes our souls

Seek particular transformation
through how you choose
to participate in worship

LITURGICAL CALENDAR

A Discipline of Time

A planned life
that prepares you
for the unexpected



Lent in August

- ✧ Wait for Jesus
- ✧ Walk with Jesus
- ✧ Act as Jesus
- ✧ Consider eternity with Jesus
- ✧ Celebrate eternity with Jesus
- ✧ Live as eternal beings with Jesus

SABBATH

A Discipline of Time

Bastard Sabbath

Sabbath: A day of delight when we turn toward God thinking about ourselves as a piece of a larger picture

Cycle of Sabbath

3 Days to Plan

1 Day to Celebrate

3 Days to Remember

- ✓ Beauty
- ✓ Holy Time
- ✓ Feast
- ✓ Play



“God’s beauty is God’s power to attract, to give pleasure, to create desire, to awaken joy and wonder.”

Hans Urs von Balthasar

The practice of spiritual freedom

PILGRIMAGE

A Discipline of Time



Breaking the patterns of the body
to make room to hear God
in a new way.

Wherever you are on your journey, you have a place

FASTING

A Discipline of Matter

Reconsideration of life supported through temporary change in your eating habits



Expected Fasts

- Ash Wednesday
- Good Friday

How to fast:

1. Set your objectives
2. Make your commitment
3. Prepare yourself spiritually
4. Prepare yourself physically
5. Put yourself on a schedule
6. Expect results

TITHING

A Discipline of Matter



It is about Money

and

In the Kingdom of God all Gifts are Equal



EPIPHANY
of Seattle

you are on your spir

WORK OUT VENUES IN THE SPIRITUAL GYM

- Sermons
- Small Groups
- Minyan's
- Newcomer classes
- Everybody Hour
 - Forums
 - Series
- Theology Round Tables
- Confirmation Classes
- Weekly Words
- Monthly Messages
- Sunday School



- ✧ Practice
- ✧ Lead
- ✧ Repeat
- ✧ Invite



On your journey you have a place