



Tuesdays, 9:15-11am

Ladies' Bible Study

Tuesdays, 11:15-12:30pm

Food Bank

Wednesdays, 7-8pm

Prayer Meeting

Mon., March 25 Final day for Mission Trip Registration & Deposit

Sat., April 6, 10-11:30am

Women Connected

Online Sacred Pathway Quiz:

<http://northpoint.org/care/pathways/>

Explanation of Pathways and printable Quiz:

<https://irpcdn.multiscreensite.com/2988a589/files/uploaded/Sacred%20Pathways%20New%20.pdf>



Sheridan Park Family Church



Living The Larger Christian Life: Spiritual Disciplines

Sunday March 3, 2019

9:00-10:00am Prayer in the Downstairs Fireside Room

10:30am Service

Speaker: Pastor Keith Piquette

Welcome!

We are so glad you are joining us this morning. We would love to greet you personally at our Welcome Table. Please pick up an information sheet about our various ministries or visit our website: **www.spfamilychurch.ca**.

THE FAMILY ROOM is available for parents of children who need a temporary space away during the service yet close enough to easily slip back in. The room is located on the drum-side overflow at the back of the upper auditorium. Please feel free to check it out.



The Larger Christian Life: Spiritual Disciplines

- The Christian life is not just a one-time act but it is also an ongoing process (2 Timothy 1:6–7).
- The Holy Spirit is indeed a free gift that is not earned but we need to enable that gift to be received.
 - We do this through spiritual disciplines.
- Spiritual disciplines are those human practices that deepen our relationship with God.
 - Spiritual disciplines are like a cup and the water that fills the cup is the grace of God generously poured out to us.
 - There is no nice neat list of spiritual disciplines or steps to practice them.
- Spiritual disciplines are for everyone but not everyone is the same.
 - We are all made differently by God and who we are should affect how we practice spiritual disciplines.
 - One of the best tools to helping us do this is called “Sacred Pathways.”
 - Your “pathway” is the way that you connect with God most naturally.

Small Group Study Questions

1. What insight, principle, or observation from this weekend’s message did you find to be most helpful, eye-opening, or troubling? Explain.
2. What comes to your mind when you hear the words “spiritual disciplines?”
Briefly, what has been your experience with spiritual disciplines?

3. In Scripture the apostle Paul sometimes compares spiritual discipline to physical and athletic training. Read 1 Tim. 4:7-9 and 1 Cor. 9:24-27. What insights did you gain from these passages?
 - a. What do you think it means to “Run in such a way as to get the prize?” And what are the implications of this endeavor?
 - b. How else does physical training or the life of an athlete compare to the Christian life?
4. In the sermon there was an important distinction between thinking that it is the discipline itself that transforms us and understanding that it is God Himself who does the work in us. The illustration that was used was that of a cup and water. How do you make sense of all this?
5. There is no set list of official spiritual disciplines or how we should practice them, but in the Bible many are mentioned and it gives witness to people practicing them. What are some examples of spiritual disciplines in the Bible? How were they carried out?
 - a. Which of these disciplines do you practice? How do you often practice them?
 - b. Are there some that you do not practice?
 - c. How might you incorporate those practices into your life?
 - d. What might be the benefits of practicing them?
6. In the message it was mentioned that “spiritual disciplines are for everyone but not everyone is the same. We are all made differently by God and who we are should affect how we practice spiritual disciplines.” Do you agree with this? Why or why not?
 - a. Have you sometimes felt like you were “handcuffed” to a certain type or way of doing spiritual disciplines that didn’t suit you?
7. A tool called “Sacred Pathways” was designed to help people find how they personally connect with God.
 - a. Have you determined which pathway(s) best describes you, and have you taken the inventory to find out?
 - b. What have you discovered through this?

This Week’s Challenge:

This week take the “Sacred Pathways” inventory, if you haven’t already. Using the results from the inventory read up on your pathway. Using what you have learned, practice a spiritual discipline such as prayer, Bible reading, or worship in a new way that reflects your pathway. Share your experience with your small group.