

## **Journeying with Jesus: Spiritual Practices**

### **Scripture Readings: John 15:1-5 NRSV**

"I am the true vine, and my Father is the vinegrower. <sup>2</sup> He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. <sup>3</sup> You have already been cleansed by the word that I have spoken to you. <sup>4</sup> Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. <sup>5</sup> **I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.**

### **Mat 11:29-30 NIV**

"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

**Journeying with Jesus: Spiritual Practices**  
*Exploring the path to becoming a disciple of Jesus Christ.*  
**Message Outline**

Spiritual Practices are about giving up our control and allowing God to work in us and through us.

We are shaped into the image of Christ through God's grace and mercy. Not by our own doing.

Spiritual formation is allow God to shape us into wholeness.

“Spiritual formation is a process of being formed in the image of Christ for the sake of others”  
*Robert M. Mulholland Jr.*

“There is no personal holiness without social holiness” *John Wesley*

The Spiritual Practices:

The inward disciplines of prayer, fasting, meditation, and study in the Christian life,

The outward disciplines of simplicity, solitude, submission, and service,

The corporate disciplines of confession, worship, guidance, and celebration.(*Sacraments*)  
*Richard Foster, Celebration of Discipline*

Are the fruits of the spirit; love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control growing in you?

**Memorization Verse**

**“I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.**

*John 15:5*

**NEXT STEPS**

I will memorize John 15:5

I am committed to grow as a disciple of Jesus Christ.

I will make Spiritual practices part of my everyday life.

I will attend or watch throughout this Series: Journeying with Jesus.