

A sunset over a field with a path, overlaid with the text "WHY AM I?" in large white letters. The sun is partially obscured by the letter 'H'.

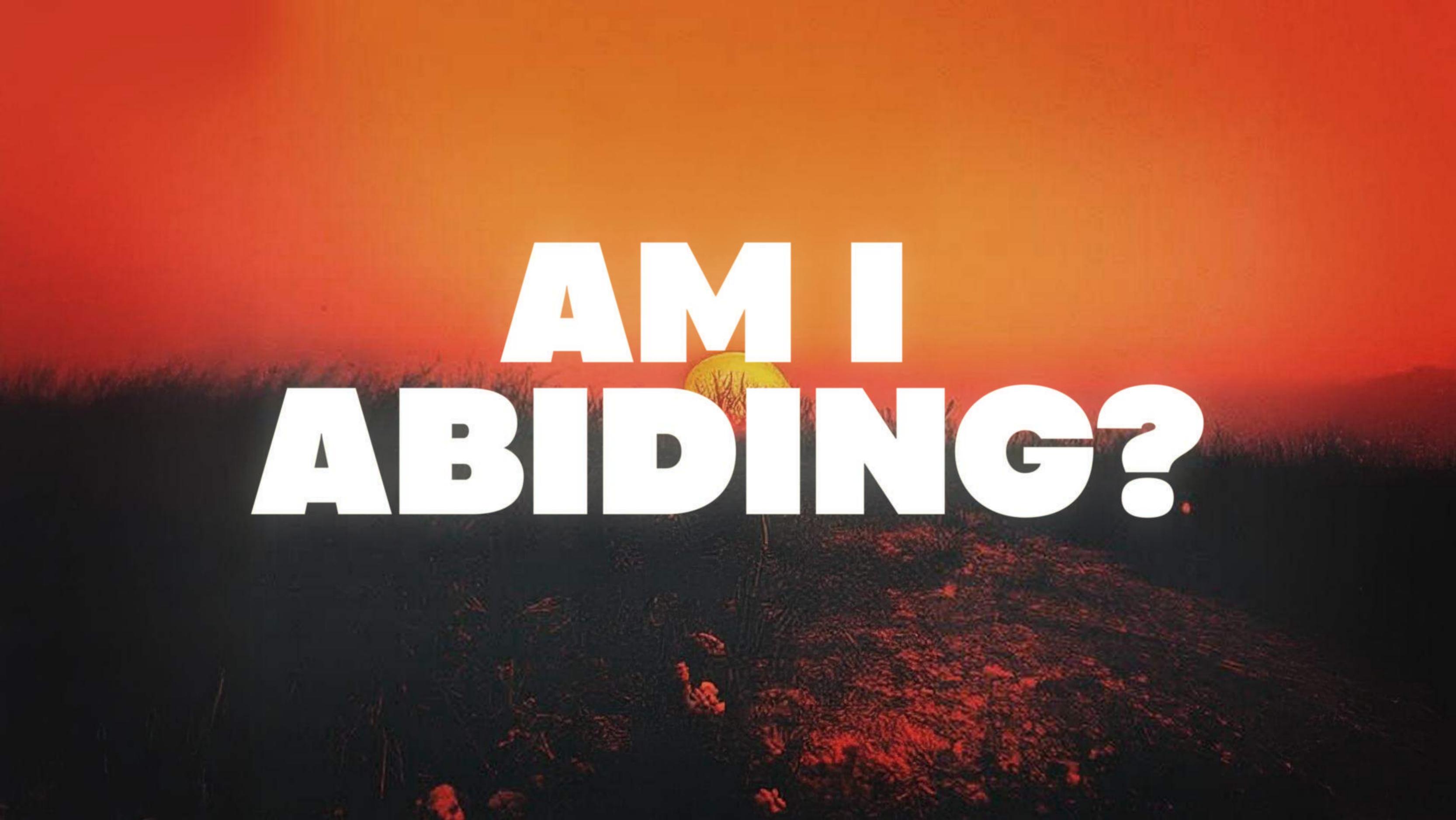
**WHY
AM I?**

²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

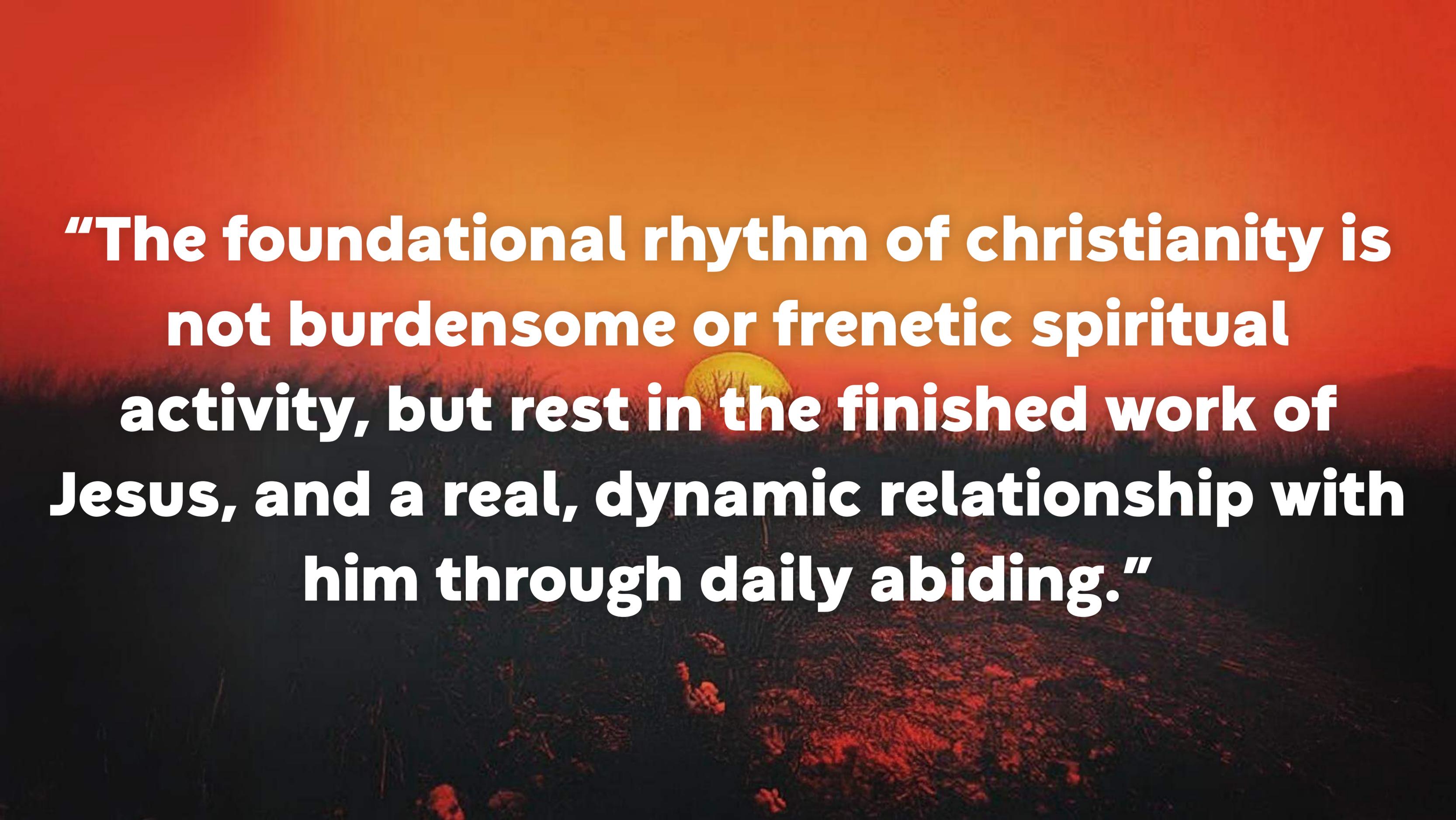
MATTHEW 11:28–30 (ESV)

28–30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

MATTHEW 11:28–30 (MSG)



**AM I
ABIDING?**

A sunset over a field of tall grass with a path leading towards the horizon. The sun is a bright yellow circle in the center, partially obscured by the grass. The sky is a gradient of orange and red. The path is a dark, winding line of grass leading from the bottom center towards the horizon.

“The foundational rhythm of christianity is not burdensome or frenetic spiritual activity, but rest in the finished work of Jesus, and a real, dynamic relationship with him through daily abiding.”

A sunset over a field with a yellow sign in the background. The sky is a gradient of orange and red, and the ground is dark with some red flowers. The text is overlaid in white, bold, sans-serif font.

ABIDING: A LIFE-CHANGING INVITATION

ABIDING...

**ABIDING IS AN INVITATION INTO THE
COMMUNION GOD HIMSELF ENJOYS**

①

10 Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works.

JOHN 14:10

¹⁸ "I will not leave you as orphans; I will come to you. ¹⁹ Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. ²⁰ In that day you will know that I am in my Father, and you in me, and I in you.

JOHN 14:18-20

¹⁶ And I will ask the Father, and he will give you another Helper, to be with you forever, ¹⁷ even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

JOHN 14:16-17

ABIDING...

**ABIDING IS AN INVITATION INTO THE
COMMUNION GOD HIMSELF ENJOYS**

①

ABIDING...

**ABIDING WITH HIS PEOPLE IS GOD'S
DESIRE THROUGHOUT THE
STORYLINE OF THE BIBLE**

②

¹“I am the true vine, and my Father is the vinedresser. ² Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. ³ Already you are clean because of the word that I have spoken to you. ⁴ Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it

JOHN 15:1-11

**abides in the vine, neither can you, unless you
abide in me. ⁵ I am the vine; you are the
branches. Whoever abides in me and I in him,
he it is that bears much fruit, for apart from
me you can do nothing. ⁶ If anyone does not
abide in me, he is thrown away like a branch
and withers; and the branches are gathered,
thrown into the fire, and burned. ⁷ If you abide**

JOHN 15:1-11

in me, and my words abide in you, ask whatever you wish, and it will be done for you. ⁸ By this my Father is glorified, that you bear much fruit and so prove to be my disciples. ⁹ As the Father has loved me, so have I loved you. Abide in my love. ¹⁰ If you keep my commandments, you will abide in my love, just as I have kept my Father's

JOHN 15:1-11

commandments and abide in his love. ¹¹ These things I have spoken to you, that my joy may be in you, and that your joy may be full.

JOHN 15:1-11

ABIDING...

**ABIDING ACKNOWLEDGES JESUS AS
THE SOURCE OF LIFE AND STAYING
CONNECTED TO HIM AS THE SECRET
TO A FRUITFUL LIFE**

3

**'I am the true vine, and my Father is the
vinedresser.**

JOHN 15:1

⁴ Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. ⁵ I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

JOHN 15:4-5

ABIDING...

**ABIDING ACKNOWLEDGES JESUS AS
THE SOURCE OF LIFE AND STAYING
CONNECTED TO HIM AS THE SECRET
TO A FRUITFUL LIFE**

3

ABIDING...

**ABIDING BRINGS BLESSINGS TO US
AND GLORY TO GOD**

4

⁷ If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

¹⁰ If you keep my commandments, you will abide in my love...

¹¹ These things I have spoken to you, that my joy may be in you, and that your joy may be full.

JOHN 15:7,10-11

8 By this my Father is glorified, that you bear much fruit and so prove to be my disciples.

JOHN 15:8

ABIDING...

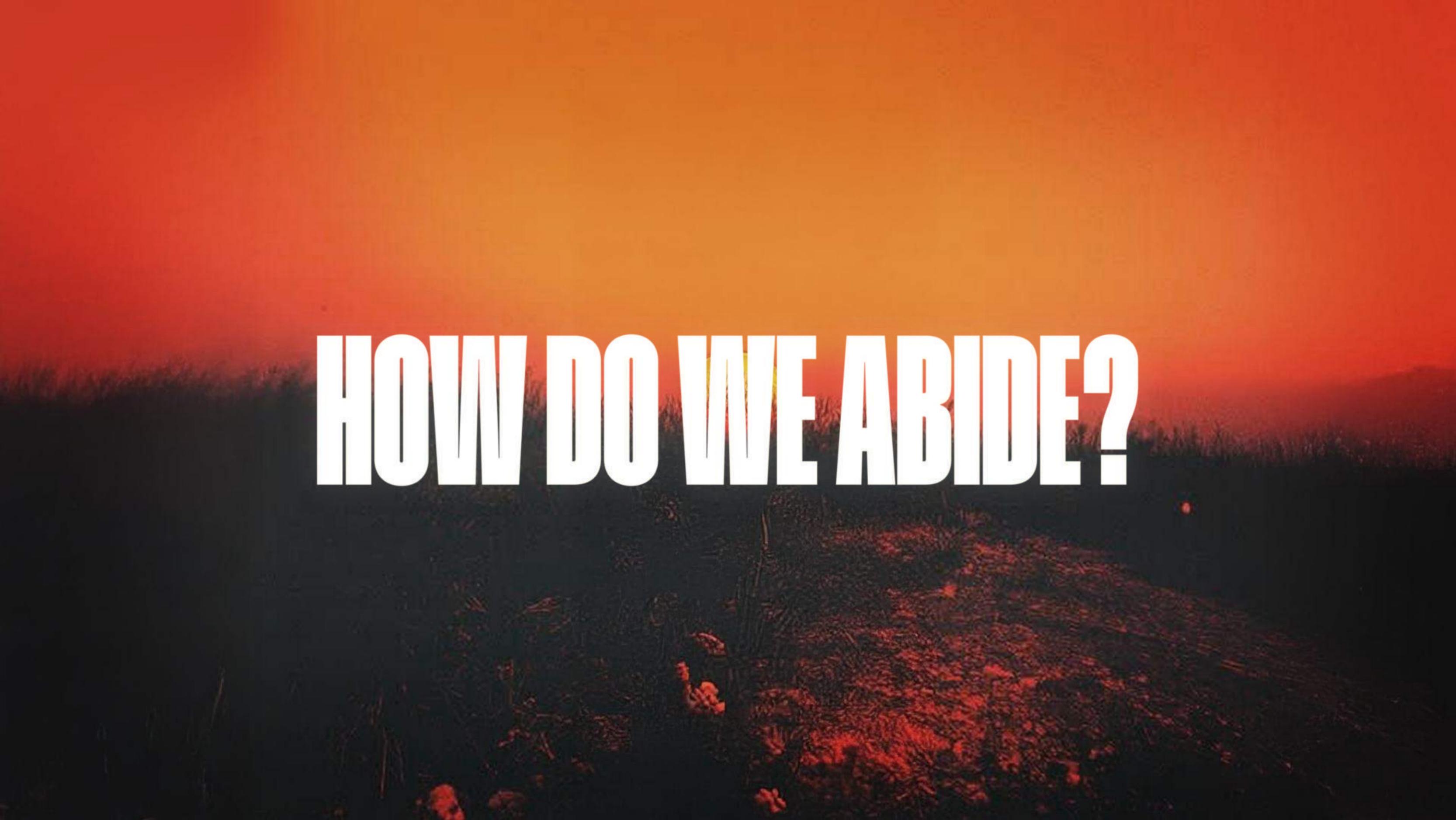
**ABIDING IS INSEPARABLE FROM
KNOWING AND OBEYING GOD'S
WORD**

5

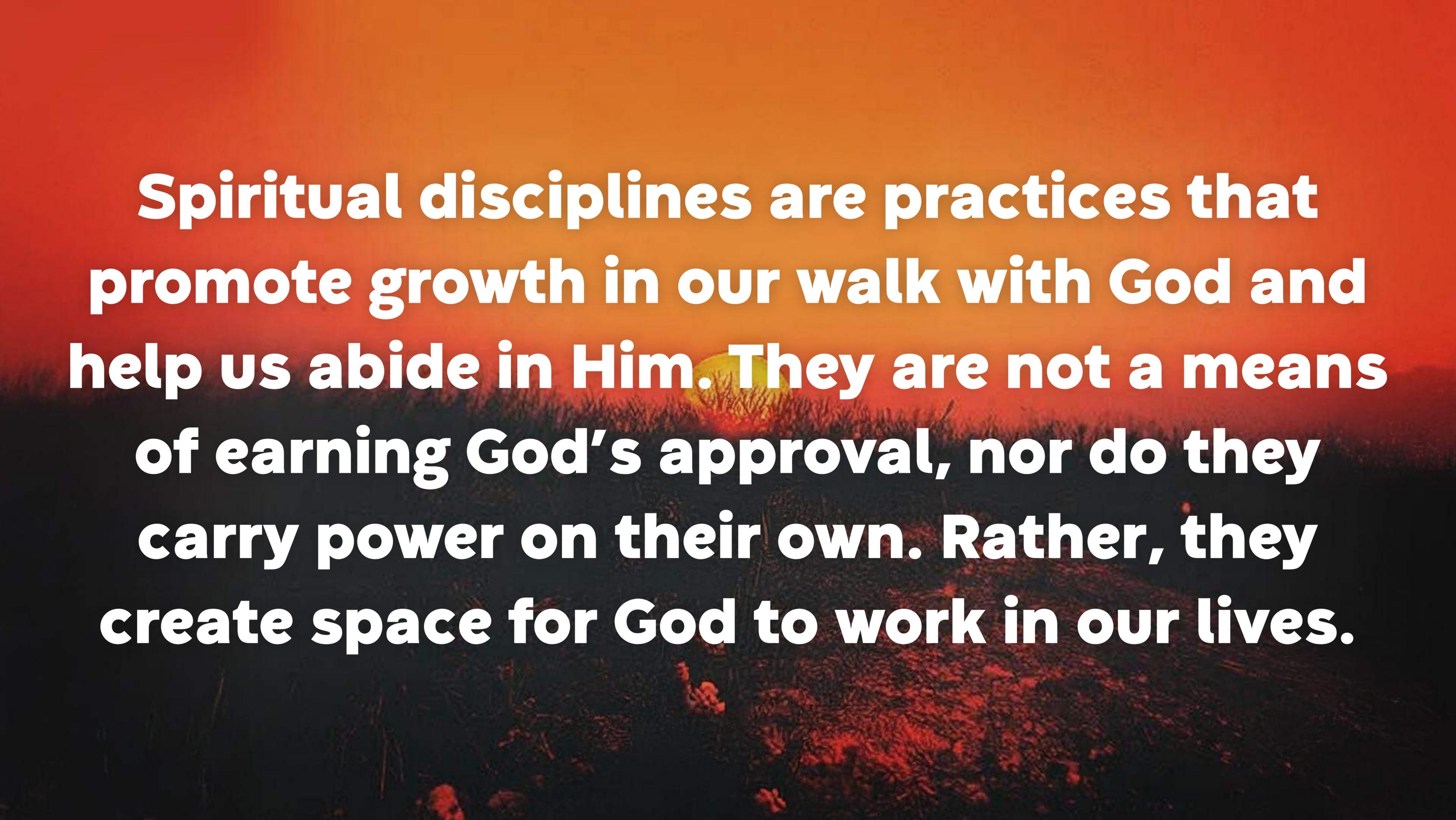
7 If you abide in me, and my words abide in you...

10 If you keep my commandments, you will abide in my love...

JOHN 15:7,10

A sunset over a field with a path, featuring the text "HOW DO WE ABIDE?" in large white letters. The sky is a gradient of orange and red, and the foreground is dark with some small plants.

HOW DO WE ABIDE?



Spiritual disciplines are practices that promote growth in our walk with God and help us abide in Him. They are not a means of earning God's approval, nor do they carry power on their own. Rather, they create space for God to work in our lives.



⁴¹ So those who received his word were baptized, and there were added that day about three thousand souls. ⁴² And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.

ACTS 2:41-42

INWARD DISCIPLINES



INWARD DISCIPLINES

①

PRAYER

INWARD DISCIPLINES

①

PRAYER

②

**READING THE
WORD**

INWARD DISCIPLINES

①

PRAYER

②

**READING THE
WORD**

③

MEDITATION

INWARD DISCIPLINES

①

PRAYER

②

**READING THE
WORD**

③

MEDITATION

④

FASTING

HUNGRY — for — Only GOD

40 days of fasting for
God's presence & power

starts:

Elder-Led Prayer

📅 Feb 18th, Wednesday

🕒 6:00 AM - 8:00 AM

ends: ↓

**Resurrection
Sunday Celebration**

📅 April 5th

rhythm:

**Fast one meal daily
Monday-Saturday**

Feast on Sunday

focus:

Introspection

Consecration

Commission

INWARD DISCIPLINES

①

PRAYER

②

**READING THE
WORD**

③

MEDITATION

④

FASTING

⑤

**SILENCE &
SOLITUDE**

INWARD DISCIPLINES

①

PRAYER

②

**READING THE
WORD**

③

MEDITATION

④

FASTING

⑤

**SILENCE &
SOLITUDE**

⑥

CONFESSION

INWARD DISCIPLINES

①

PRAYER

②

**READING THE
WORD**

③

MEDITATION

④

FASTING

⑤

**SILENCE &
SOLITUDE**

⑥

CONFESSION

⑦

WORSHIP

INWARD DISCIPLINES

①

PRAYER

②

**READING THE
WORD**

③

MEDITATION

④

FASTING

⑤

**SILENCE &
SOLITUDE**

⑥

CONFESSION

⑦

WORSHIP

⑧

**REST
(SABBATH)**

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DONALD S. WHITNEY

Foreword by J. I. Packer

'Y' IN THE ROAD



Take some time today/this week to CREATE a plan for yourself to abide more closely with Jesus for the next month:



Take some time today/this week to CREATE a plan for yourself to abide more closely with Jesus for the next month:

- Choose 2-3 spiritual disciplines that you would like to intentionally practice**



Take some time today/this week to CREATE a plan for yourself to abide more closely with Jesus for the next month:

- Choose 2-3 spiritual disciplines that you would like to intentionally practice**
- Choose 1-2 habits that you would like to decrease in your life to intentionally create more space for God and abide.**



“For many of us the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them.”

- JOHN ORTBERG