



Practising the way of Jesus
- How we change

Practice

Practising the way of Jesus

1. To be with Jesus
2. To become like Jesus
3. To do what Jesus did

How we change:



Teaching



Practice



Community



The
Holy Spirit

How we change – Teaching

What we **know**



What we **do**



What we
want to do

How we change – Practice

Matthew 7:24-27

²⁴ “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵ The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. ²⁶ But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. ²⁷ The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

How we change – Practice

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How we change – Practice

- Lk 8:21 “He replied, ‘My mother and brothers are those who hear God’s word and put it into **practice**.’”
- Jn 13:17 “Now that you know these things, you will be blessed if you **do** them.”

How we change – Practice

James 1:22-25

²² Do not merely listen to the word, and so deceive yourselves. Do what it says. ²³ Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror ²⁴ and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵ But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

How we change – Practice

Three groupings of practise

1. Practises based on the **lifestyle** of Jesus (spiritual disciplines)
 - Silence and solitude, Sabbath, fasting, simple living, etc
2. Practises based on the **teaching** of Jesus
 - Do not worry, love your enemy, store up treasures in heaven, etc
3. Practises based on the **ministry** of Jesus
 - Preaching the gospel, healing the sick, justice, compassion, etc

How we change – Practice

1. Practises are a means of obtaining power

- A spiritual discipline is a way to access the power of the Spirit

The disciplines are activities of mind and body purposefully undertaken to bring our personality and total being into effective cooperation with divine order. They enable us more and more to live in a power that is, strictly speaking, beyond us, deriving from the spiritual realm itself, as we, 'yield ourselves to God, as those that are alive from the dead and our members as instruments of righteousness unto God,' as Romans 6:13 puts it.

- *Dallas Willard*

How we change – Practice

We need to live the lifestyle of Jesus in order to live up to his teaching and perform his ministry

Jesus practised

- Prayer
- Silence & solitude
- Sabbath
- Fasting
- Community
- Celebration

Why?

1. He was 100% human and needed to
2. As an example for us

How we change – Practice

2. Practises get in to us through the “heart”

The heart: “The fulcrum of your most fundamental longings - a visceral subconscious orientation to the world”

- James K.A. Smith

The questions you & I need to answer is: what do I love?

Prov 4:23 “Above all else, guard your heart, for everything you do flows from it”

What we **know**



What we **do**



How we change – Practice

2. Practices get in to us through the “heart”

Discipleship, we might say, is a way to curate your heart, to be attentive to and intentional about what you love. Discipleship is more a matter of hungering and thirsting than of knowing and believing. Jesus command to follow him is a command to align our loves and longings with his - to want what God wants, to desire what God desires, to hunger and thirst after God and crave a world where He is all in all - a vision encapsulated by the shorthand “the Kingdom of God”.

- James K.A. Smith

How we change – Practice

Take a liturgical audit

1. What are your habits and practices
 - Write them down, for a week
 - See if you can make a connection with your heart
2. Pick one habit
 - Cut it out
 - Replace it with one of the habits of Jesus
3. Discuss this with your small group

What we **know**



What we **do**





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