

Finis

We have come to the end of this study, but only to the beginning of our journey. We have seen how meditation heightens our spiritual sensitivity which, in turn, leads us into prayer. Very soon we discover that prayer involves fasting as an accompanying means. Informed by these three Disciplines, we can effectively move into study which gives us discernment about ourselves and the world in which we live. Through simplicity we live with others in integrity. Solitude allows us to be genuinely present to people when we are with them. Through submission we live with others without manipulation, and through service we are a blessing to them. Confession frees us from ourselves and releases us to worship. Worship opens the door to guidance. All the Disciplines freely exercised bring forth the doxology of celebration. The classical Disciplines of the spiritual life beckon us to the Himalayas of the Spirit. Now we stand at timber line awed by the snowy peaks before us. We step out in confidence with our Guide who has blazed the trail and conquered the highest summit.

Celebration of Discipline - (Closing Paragraph) - Richard J. Foster

What surprised you from today's message?

What will stick with you about today's message?

What are you going to struggle with from this message?

What did you agree/disagree with from today's message?

CELEBRATE

#1 - Rejoice - Phil. 4:4-5

#2 - _____ (with thanksgiving) - Phil. 4:6

#3 - _____ - Phil. 4:7

#4 - _____ - Phil. 4:8

#5 - _____ - Phil. 4:9

#1

#5

#2

#4

#3