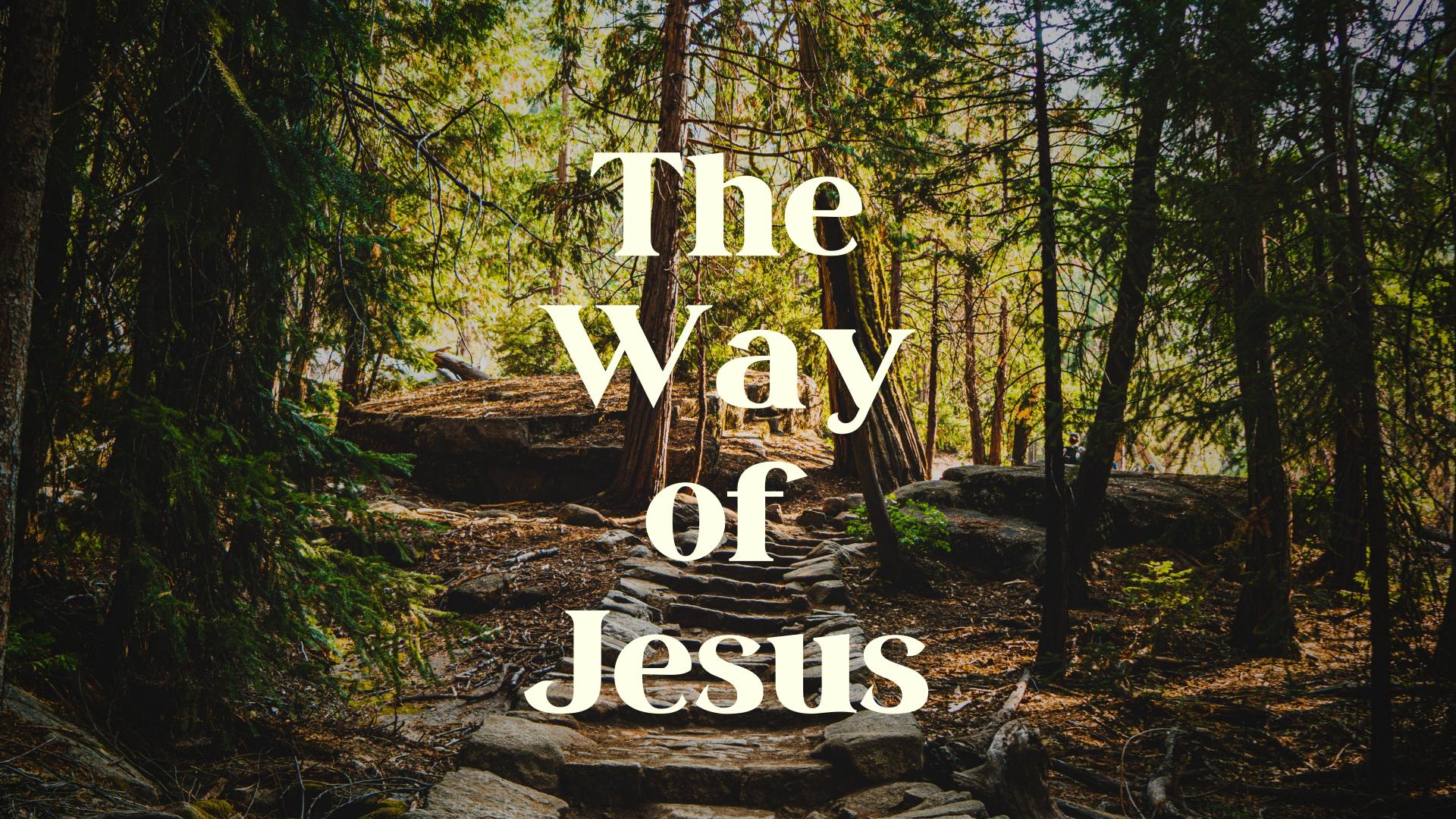


Intro

What comes to mind when you think of "spiritual practices or habits"?



Education is what you learn and know. Formation is what you practice and do.

Formed by...

 Habits & Practices The World, the Flesh, & Devil • God



Talking about Jesus while ignoring the way of Jesus has created an American Christianity that is far more American than it is Christian.

The Way

• It is... • It is not...



The Holy Spirit calls us to participate in our restoration, not contribute to our restoration.

We often treasure attributes that don't align with the Gospel— Attributes like independence, autonomy, and pride in oneself.

Class Aim

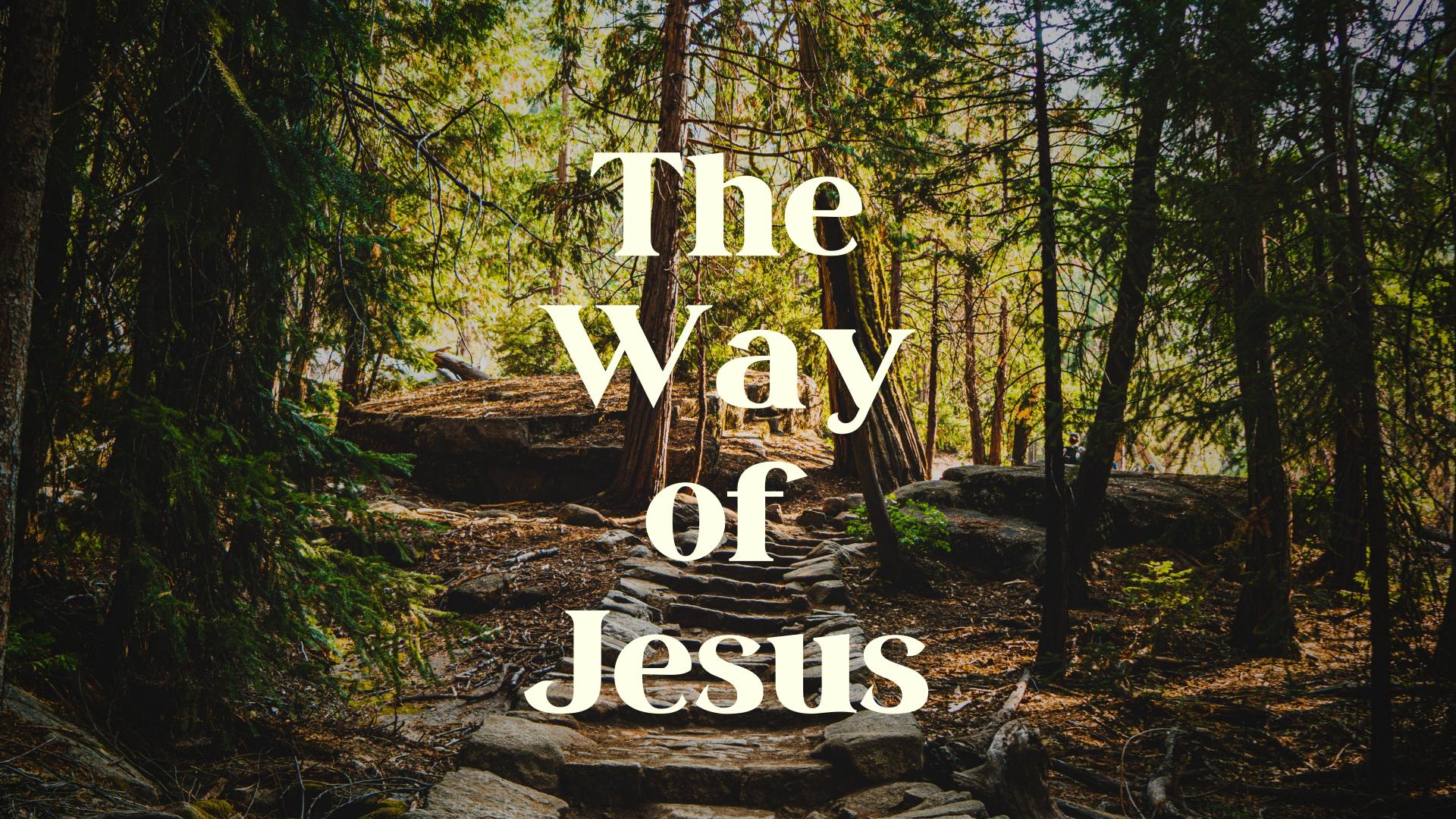
 Formed by God • Peace & Joy • Rule of Life



Class Structure

 Practice Conversation Short Lecture Homework Assignment

You practiced yourself into it, so you have to practice your way out of it.



Daily Habit 1

Kneeling Prayer at Morning, Midday, & Bedtime

Ways to Start

Written Prayers
Alarms/Reminders
Praying w/ the Body

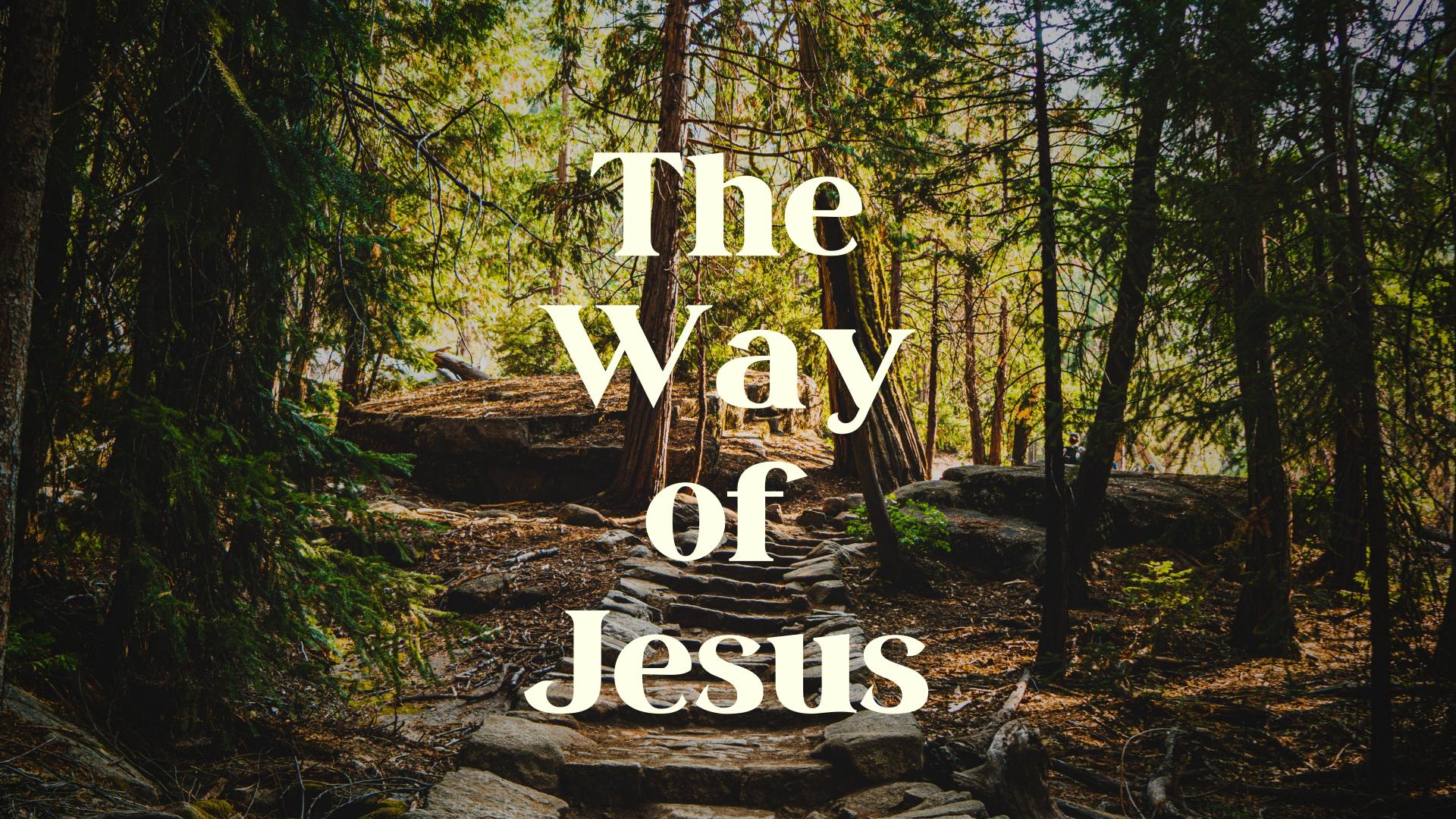
Assignment

Read Daily Habit 1 in The Common Rule.
Practice Habit 1 everyday this week.

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Considerations

Consider community
Make it your own
Embrace repetition



Reading 07/12 Week 2: Pages 31-46 (Daily Habits 1)

