

'Who Am I Becoming?'

The Life You've Always Wanted Wk3

"Do you want to _____ weeds, or _____ good grass?"

I can focus on the weeds in my life, or I can focus on growing good grass, and eventually the weeds will be snuffed out.

God is trying to mold us and form us each into a particular image and we have to decide what's going to drive our lives.

The _____ weeds grow in the _____ soil.

Who am I becoming by the things that I am doing?

Doing a lot of _____ things, it doesn't guarantee _____ results.

'spiritual disciplines', 'habits', or 'formations' are the rhythms that make up our day to day life and form us into a particular image.

Every _____ is a spiritual discipline.

All of these are spiritual disciplines, intentional or unintentional, that all are doing something to form my spirit, my inner man, from the inside out.

"The things that we do, do something to us."

You _____ whatever you face.

Rules of Life

Whatever season of life you're in is no barrier to having Christ formed in us.

*"Whatever our season of life, it offers its own opportunity and challenges for spiritual growth. Instead of wishing we were in another season, we ought to find out what this one offers....Life counts - all of it. Every moment is potentially an opportunity to be guided by God into His way of living. Every moment is a chance to learn from Jesus how to live in the kingdom of God.
- John Ortberg*

What would you say is the #1 thing coming against your spiritual growth or formation?

HURRY.

"I'm just in a busy season"
"I don't have time for that"
"I wish there were more hours in a day"
"I'll sleep when I'm dead"
"I feel like time is just speeding up"

"Hurry is the great enemy of spiritual life in our day, you must ruthlessly eliminate hurry from your life." - Dallas Willard

"there is nothing else, you must ruthlessly eliminate hurry from your life."

Hurry literally prevents us from enjoying the presence of Jesus and producing the fruit Jesus said the world would know us by

2 Types of Sins:

1. Sins of Commission - Doing the things we ought to avoid.
2. Sins of Omission - Not doing the things we ought to do.

2 Types of Spiritual Disciplines:

1. Disciplines of Engagement: intentionally doing certain things. (Worship, fellowship, or giving)
2. Disciplines of abstinence: intentionally refraining from doing certain things. (Like fasting, silence and solitude, sabbath).

What spiritual discipline can help me when it comes to ruthlessly eliminating hurry from my life?

SABBATH

But what is Sabbath and why should we practice it?

The Sabbath is a 24hr time period that is a practice, spiritual discipline or formation in our life by which we cultivate a spirit of restfulness all 7 days of the week.

Cease and Celebrate.

Cease: _____ and _____.

Celebrate: _____ and _____

Who are my _____ becoming by the things _____ are doing?

Is your families enjoyment of life and spiritual growth greater because of it?

Its not _____, Its life _____!

How to Sabbath:

1. Make it the peak moment of the week.
2. Set it apart as something special and unique.

3. **Pleasure stacking**

4. Cease and celebrate.
5. Individual time & family time

Remember the _____ keeps it from becoming legalistic. It's a delight to submit into this rhythm.

6. Turn the phones off.

Whitford Family Tech Rules:

1. Elevate creation over consumption: we were primarily made to create not to consume.
2. Resist the speed and connected points of our culture.
3. Shape our space to point in a particular direction.
4. 1 - 1 - 1 rule. Phone off 1 hour per day, one day per week, one week per year.
5. No phones anywhere there are other humans I should be talking to. (Dinner table, living room, restaurants, etc)
6. Phones off at 6pm
7. Phone off for sabbath
8. No email on phone
9. No Facebook.
10. No phones by bed. - get an old fashion alarm clock. (Especially for kids).
11. Refuse to start/end your day with social media. Don't let that set your emotional equilibrium for the day. And then don't turn it back on until after you've had your quiet time. It's actually weirdly intimate to let your phone be the last thing you look at and first thing you look at.
12. Turn off all the alerts - eliminate anything that distracts or takes away from the present moment.

What's your ideal 24 hours?

Stop trying to kill the weeds in your life and start focusing on growing good grass.

Ruthlessly eliminate Hurry from your life by implementing the spiritual discipline of sabbath and start experiencing and producing the choice fruit of the spirit that Jesus said would mark his followers.

