



CAPITOL COMMISSION™

Tapping rivers of living water (John 4:14)

JANUARY 13, 2016

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*A deeper/richer life is desired by people of faith as well as those with a more worldly perspective. The full life is not achieved by **doing**, rather it's about **being**. We plan to study a dozen disciplines that can bring us nearer to one another and closer to God. **How do you draw from within as the world bombards you with input and conflicting choices?***

INTRODUCTION

Political and economic challenges are ever in the media. However, look around you and over the world. Are not the greatest problems moral and spiritual? It is cause for the rise and decline of advanced cultures in world history.¹ The antidote to such demise is possessed by each of us individually and collectively. Scientists Pascal and Pasteur reflected and saw beyond their physical world. Statesmen Washington, Lincoln, and Eisenhower meditated on God's purpose and saw beyond their era. **What are you doing to break from this current superficial age and be free?**

LIVING WATER

John 4:14 "But whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

Jesus referred to an encounter between you and God. Not meditation as psychological manipulation. There is very little detail in the Holy Bible on how to practice classic Spiritual Disciplines. People living in Old Testament times and the early church practiced disciplines like prayer, fasting, and worship. Those in our culture, for example, typically need instruction on how to start, progress through, and break a fast. Technique, however, can be deceptive. The farmer may plant, cultivate, and water: God makes the increase! The goal of spiritual discipline is a life of relationship and intimacy with the living God. It's an inside job! **How are you cultivating life to the fullest?**

SLAVES TO OUR HABITS

Isaiah 57:20 But evil people are like the angry sea, which cannot rest, whose waves toss up waste and mud.

It's hard to see ourselves as wicked or evil. Being enslaved by habits is easier to understand! Have you struggled to break an ingrained habit? The frontal attack, relying on our own strength is tough. Is it victory when we clean up our act only to become dependent on willpower? **What ways have you seen people slip and let evil leak out of their heart?**

FORGIVEN

Romans 5:8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

This is our pardon; our sin debt has been paid. We choose to receive the gift of grace, a clean heart, beginning our relationship with a Holy God. The Spiritual Disciplines are practiced to bring us into fellowship where we can be blessed. **Do you feel blessable?**

SPRITUAL DISCIPLINES ARE NOT LAWS

Matthew 5:20 "For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven."

Jesus cautions about turning our new relationship into a religion. He paid the ultimate cost for our forgiveness. We cannot work or require others to work their way into God's grace. Practicing spiritual disciplines should be a liberating experience. It's a internal journey not an external activity. We plan to review the Classical Disciplines of: Meditation, Prayer, Fasting, Study, Simplicity, Solitude, Submission, Service, Confession, Worship, Guidance, and Celebration. **How have you purposely strengthened your relationship with family, friends, or with God?**

A PRAYER

Father God: Please help me to know You and Your ways. Keep me close. Help me be easier for You to bless and available to be loved by others in my life. This I pray in Jesus' Name. Amen.

¹ Richard Foster, Celebration of Discipline. (Harper) 1998.pg.xi