



WILDERNESS SURVIVAL KIT

a guide to spiritual flourishing
when your world becomes wild

TODAY'S QUESTION

If you spent the next eight weeks on a spiritual retreat with Jesus, how would you be different upon your return?

1. Don't get stuck in criticism.

If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them.

James 4:17

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Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.

Philippians 4:8

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We are therefore Christ's
ambassadors, as though God is
making his appeal through us.
We implore you on Christ's
behalf: Be reconciled to God.

2 Corinthians 5:20

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There is good work to be done.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30

Spiritual disciplines are not occasions to get holy by working harder, they are opportunities to be with Jesus—He is the one who restores us to who we ought to be.

If you would like to follow along in our church-wide study, grab a copy of “Spiritual Disciplines Handbook,” by Adele Calhoun as well as the guided packet created by Park Street.

PARK STREET BRETHREN CHURCH

Church-Wide Book Study: Week One

A resource for groups and individuals seeking to experience Christ's transforming power in their lives through ancient practices of the faith. This guided study will be directed by the *Spiritual Disciplines Handbook: Practices That Transform Us* by Adele Ahlberg Calhoun.

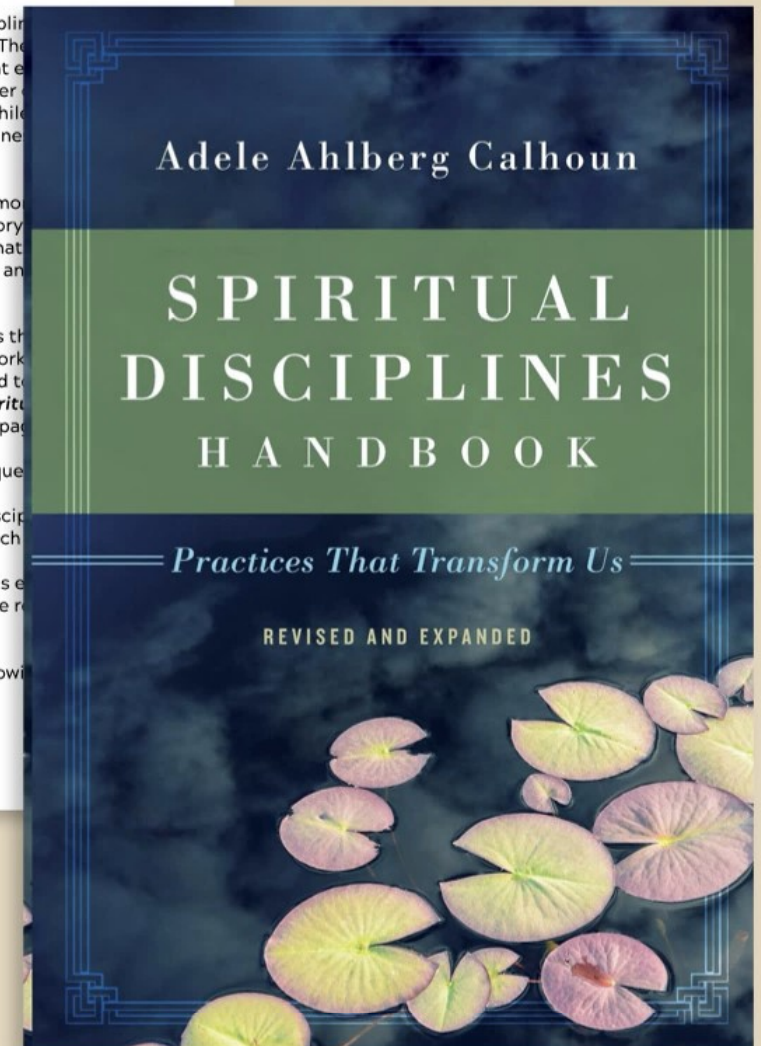
Each week, we will be exploring three different spiritual disciplines that help us grow in our understanding and appreciation for God. They are organized into seven categories that each have a different emphasis and approach. Our Sunday morning services will focus on the larger categories, highlighting the goal that each discipline is aiming toward, while individual or group studies will zoom into the specific discipline covered in this packet.

If you or your group would like to focus on fewer disciplines, more or completely different disciplines within the selected category, feel free to do so. Our goal is to provide a basic scaffolding that you can build from, resulting ultimately in greater spiritual depth and as we position ourselves to encounter the Living God.

An important reminder before we begin is that Christ alone is the one who changes us. Spiritual Disciplines are not endeavors for hard-work to become more self-righteous: But they can be avenues for God to use to restore us to who He wants us to be. If you have a copy of *Spiritual Disciplines Handbook*, Adele Calhoun provides a helpful introduction on page 1.

This week, as we prepare to begin our study, consider these questions:

- + What has been your experience, if any, with spiritual disciplines? Are they a regular part of your devotional life? If so, which ones?
- + Can you think of examples in Scripture where individuals used spiritual disciplines to connect with God? What were the results of these engagements?
- + What are the biggest obstacles preventing you from growing your relationship with God through this church-wide study?



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- + **Nationally:** A season of political unrest, animosity, and incredible disunity.
- + **Globally:** A season of nationalism, totalitarianism, and a global pandemic.

A TIMELINE OF THE ROLE OF CHURCH IN AMERICAN CULTURE



a time of
centralization

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a time of
education

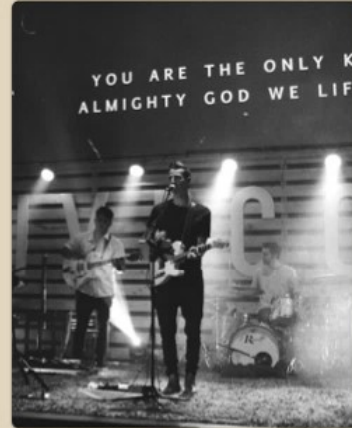
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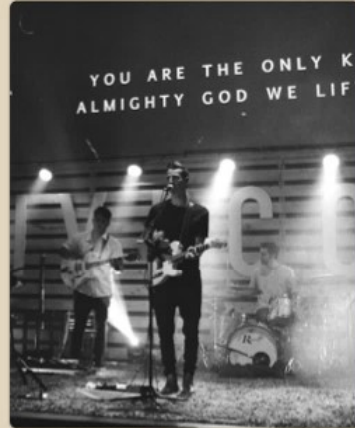
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- + **THE CHURCH** cannot help you in the same way that it used to because of the way that our culture has changed.
- + **THE WORLD** needs the hope of Christ now more than ever—you are His ambassadors.

Weekly Sermon Qs

Under Pressure! · Matthew 11:28-30
Rev. Nate Bebout · October 4, 2020

- In what areas of your life might God be replacing criticism, cynicism, or complacency with faith, hope, love, and a cultivation of the Kingdom of God?
- Review your daily routines, relationships, and interactions. For whom or what are you being an ambassador?
- What might you or your life look like after spending more time simply being with Jesus and getting to know Him better?