

The Practices:

Slowing—Training our “selves” to slow down and listen so we can hear God.

Examen—Taking our time to examine or take stock of our lives.

Cultivating Joy through Gratitude—developing the regular practice of gratitude to God and others.

Hesed Relationships—Hesed means “covenant love.” It builds our attachment to God and his people.

Transforming Community—We’ll look at the practices each of us must take on to build a transforming community.

This Focus Season:

1. Get into a small group.
2. Get a Focus Season book.
3. Be here on Sunday mornings.



The Purpose of Soul Training

None of us rationally _____ what we want to be.

Our _____ and _____ shapes us more than individual conscious decisions.

..._____ does not transform you.

_____ **Knowledge**—when we consciously focus on a task.

_____ **Knowledge**—when you automatically do things without thinking about it.

Scripture: Galatians 5:13-25

Paul's goal is that the Fruit of the Spirit become _____
_____ to us.

"Character is what you do before you've had the chance
to think about it."

Jim Wilder

Soul Training...

...includes your mind, but also your _____,
_____, and _____.

...should train our _____

We can use our mind to:

- Learn what we should be like.
- _____ how we're doing.
- Create a strategy for _____.

...should train our _____

St. Augustine called them our "_____."

Your _____ is weak.

"We become what we love and who we love shapes what we
become."

St. Clare of Assisi

Soul training helps _____ our affections.

...should train our _____.

"The Spirit is willing, but the _____ is weak."

Matthew 26:41

Soul Training isn't just about feeding ourselves _____,
it's about training our bodies to automatically live like Jesus.

...should train our _____.

"Do not be misled: 'bad company corrupts good character.'"

1 Cor 15:33

We think (and behave) like the people we most want to

_____.

Your strongest _____ will eventually win.

If your goal is to become like Jesus, then the only way to ensure
that is to be involved in a healthy community of people who
consistently think and act like Jesus.