

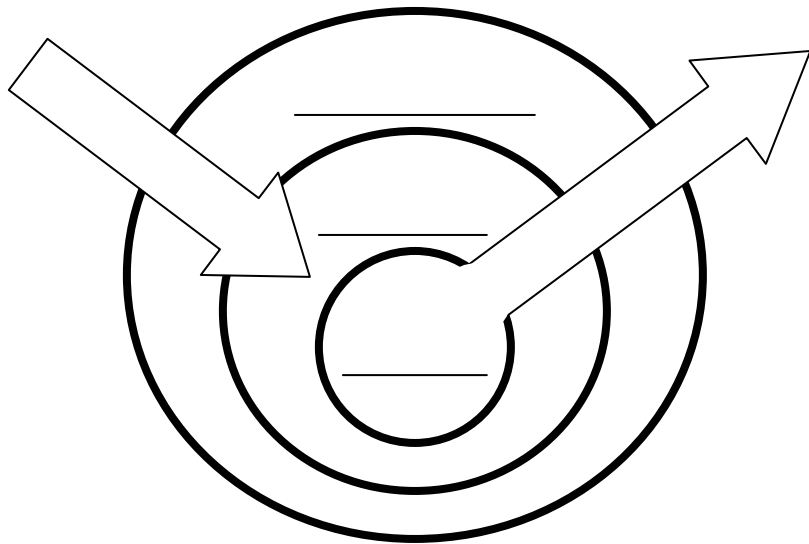
the IRRELIGIOUS LIFE

experiencing the inside-out spirituality of Jesus

Week 3: *SPIRITUAL ANATOMY 101*

INTRODUCTION – Doing Your Spiritual Dishes

Matthew 23:25-28; Luke 11:37-41



JESUS SCENE – Inside-Out Spirituality

Mark 7:1-23

SPIRITUAL PRACTICE #3 – Awakening (Centering)

Romans 13:10-12

CONCLUSION – Drinking In / Flowing Out

John 4:13-14; John 7:37-39
Matthew 11:28-30

If you have not signed up for weekly e-mail meditations and would like to receive them for this series, go to www.themeetinghouse.ca and sign up for the "TMH Newsletter" or e-mail Meghan at meghan@themeetinghouse.ca.

HOME CHURCH QUESTIONS...

WARMING UP...

1. Explore and discuss the implications of this quote from Don Simpson: *If I intend to obey Jesus Christ, I must decide to become the kind of person who would obey. That is, I must find the means of changing my inner being until it is substantially like his, pervasively characterized by his thoughts, feelings, habits, and relationship with the Father.*
2. After briefly reviewing this week's message, including key texts, share one thing that most challenged, puzzled, or encouraged you. How is spiritual formation (or spirituality, or faith) different than religion?

LOOK TO THE BOOK...

3. Read through Jesus' interactions with the religious leaders and his disciples in **Mark 7:1-23**. a) What verse or thought stands out to you the most? Why? b) Notice that religious people tend to be meddlers (**verses 1-5**). They are not fully comfortable unless they can get others to live like them. Do you see any examples of that tendency among religious people today? c) The "tradition of the elders" was passed on from generation to generation. Obviously, Jesus did not like the way the Pharisees depended on it. Still, the New Testament speaks positively about tradition (e.g., **1 Corinthians 11:2; 2 Thessalonians 2:15; 3:6**) while warning against the possibility of becoming enslaved by it (**Colossians 2:8**). How can tradition be a helpful tool in the process of spiritual formation? How can it be a dangerous trap? d) What are the radical implications of Mark's comment in **verse 19**? (For more examples, see **Luke 10:8; Matthew 5:33-34; 19:8-9**). Is there a difference between following Jesus and following the Bible? How are they related?

SO WHAT?...

4. Take a few minutes to quietly meditate on the list of things Jesus mentions in **verses 21-23**. Answer the following to yourself: a) What attributes/activities describe my internal world? b) Why do I cling to these things? c) What would my life look like if I surrendered these things and followed Jesus completely in these areas? d) Do I really want this? Really?
5. If you like, share one prayer request with your group in light of #4 above. Take time to pray for each other's spiritual development this week.

Bruxy Cavey @ THE MEETING HOUSE – Sunday, January 29 / February 5, 2006

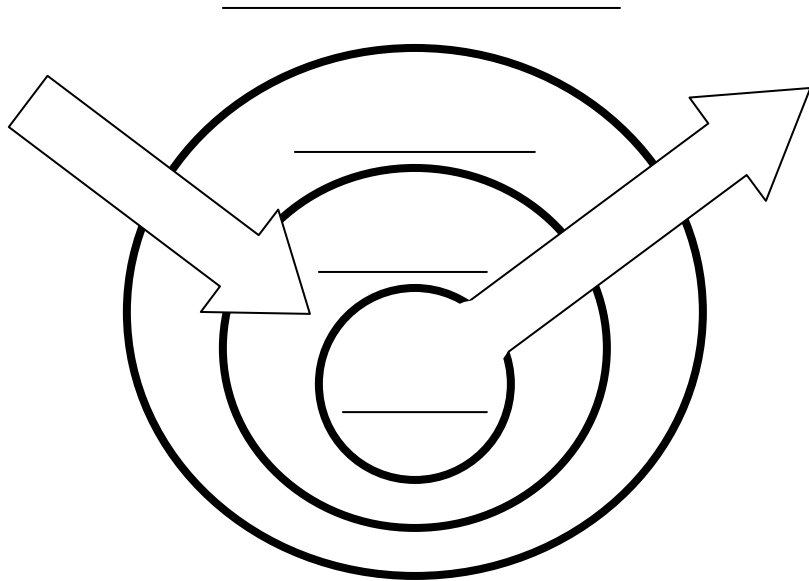
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