

# 5 SOLAS

## PERSONAL JOURNEY

Every week we will provide three days of spiritual practices and disciplines that will help you learn and reflect on who God is, who you are, and what our purpose is. Our goal is to help guide you in a place where you get to experience your heavenly Father in ways that you never have before. Some of these exercises are quick and easy and others might stretch you and make you uncomfortable. We pray that you risk and commit and see what God does in your life.

*Many of these practices are from a book called "Spiritual Disciplines Handbook" by Adele Ahlberg Calhoun.*

## WEEK 3 - SOLA FIDE

### DAY 1:

We understand what wind is by feeling it blow in our face. We know what snow is like when we make a snowball or watch snowflakes collect on our mittens. This sort of knowing transcends the intellect; it is direct, sensate and experiential. Faith is all about coming to know Jesus. Knowing who he is, what he did and what he is currently doing.

**REFLECTION** - Journal your thoughts

1. What experiences have you seen, felt, heard from Jesus in your life?
2. How has God's love moved from being a matter of belief to a real and lived experience?

**READ** - Mark 10:46-52

**ACT**

1. Put yourself in the presence of God. Become quiet and offer yourself to God.
  2. Read the verses out loud again. What does it say about Faith?
  3. Read the verses out loud one more time. What is God saying to you based on these verses? How do you need to put your FAITH into action?
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### DAY 2

"Our humanity comes to its fullest bloom in giving. We become beautiful people when we give whatever we can give: a smile, a handshake, a kiss, an embrace, a word of love, a present, a part of our life....all of our life." - Henri Nouwen

When we have FAITH in Jesus and we begin a relationship with him we learn to love better. When we are in relationship with our Heavenly Father fruit is produced.

**REFLECT** - Journal your thoughts

1. When have people encouraged you in your life? What was it like for you?
2. When have people NOT blessed you with words of encouragement or helped serve you? What was that like?
3. How do you recognize the difference between the voice of the accuser and the voice of the spirit of God?

**EXERCISES** - When we are in relationship with Jesus our heart changes. It moves us to see people the way God sees his children. We can't help but move to compassion

1. Craft a blessing for someone you know. Ask God to lead you to a scripture that can encourage him or her. Give the gift of a blessing in person or in written word.
  2. Take one day and be on the lookout for as many ways to serve others. Do not flatter but ask God for wisdom and divine insight. Go love others well!
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### **DAY 3**

Sometimes FAITH is all about sitting in the presence of God. Life can be hard sometimes and things can get busy. Our attention often is taken in different directions. If we do not find time sitting with Jesus alone then we usually are not acting out our FAITH, or even we begin to lose our FAITH.

### **EXERCISES**

1. Start off the day with a simple 5-10 min of sitting with your Heavenly Father. Talk to him and be open. He knows your heart already. Confess to him and know that he forgives and loves us right where we are. He already paid the price!
2. Do not leave God out of your day. Make a commitment to talk to him all day. In the midst of your chaos, your parenting, your job, while driving etc.... Thank him! Ask for safety! Ask for wisdom! Laugh with him! Cry to him! Just commit!
3. End your day with reading HIS word. Just listen. Let peace passeth all understanding. Be STILL and know that He is God (Those words might have been stolen from somewhere).
4. Rest! Rest knowing that you are in the arms of Jesus. No need to worry cause you can trust in your Heavenly Father. Your Daddy!