

Refinery Sessions

How To Actually Experience God's Life

1. _____

Ephesians 1:19-20 *I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.*

Galatians 5:22-23 *...the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

Acts 16:23-25 *They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn't escape. So the jailer put them into the inner dungeon and clamped their feet in the stocks. Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening.*

2. _____ to experience the life of Jesus

Key: _____

I Timothy 4:7-8 *...train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.*

Matthew 7:24 *Therefore everyone who hears these words of mine and puts them into practice...*

3. _____

- Start with the _____ disciplines
- Remember _____

Ephesians 2:11 *...even though it affected only their bodies and not their hearts.*

Isaiah 29:13 *The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught.*

"Full participation in the life of God's kingdom and in the vivid companionship of Christ comes to us only through appropriate exercise in the disciplines for life in the spirit. Those disciplines alone can become for average Christians the conditions upon which the spiritual life is made indubitably real." Dallas Willard.

"Fully experiencing life in God's kingdom and a close relationship with Christ only comes through practicing the right spiritual habits. These habits are what make the spiritual life undeniably real for everyday Christians."

Disciplines of Abstinence: These are practices where we intentionally refrain from certain activities to focus on God. Examples include:

- Solitude (withdrawing from people and distractions to focus on God)
- Silence (refraining from speaking to quiet the soul and listen to God)
- Fasting (abstaining from food to intensify our spiritual focus)
- Simplicity (removing excess to focus on what truly matters)
- Sacrifice (giving up something valuable to rely on God)
- Submission (Yielding my desires or right to God)

Disciplines of Engagement: These are practices where we actively do something that brings us closer to God. Examples include:

- Study (meditating on Scripture to understand God's truth)
- Worship (praising God and acknowledging His greatness)
- Service (helping others in obedience to Christ's command)
- Prayer (communicating with God regularly)
- Generosity (freely sharing what we have with others)
- Confession (acknowledging and repents of sins)
- Gratitude (daily thanksgiving for God's blessings)

"Father, this is not a task for me to complete. This is about love. Loving you and receiving your love. I don't want to make a prayer speech. I want to talk things over with you."