



## MLU Spiritual Disciplines – Week 1

### Homework/Practice for the Week

**Goal:** Begin integrating meditation into daily rhythm.

**Daily practice:**

Two minutes of silence with God each day.

**Optional extended practice:**

Choose a short Scripture (Psalm 1, John 15, Philippians 4:8).

Reflect on it throughout the week.

Journal one sentence each day: *Where did I notice God today?*

**Reflection prompts:**

What stood out to you about meditation?

What obstacles did you encounter?

How did God meet you in those moments?

### Forms of Meditation

**Scripture Meditation**

Take a short passage. Read slowly. Imagine the scene. Ask, ‘Lord, what are You saying to me?’

**Creation Meditation**

Go outside. Observe something God made. Let creation draw your heart toward the Creator.

**Recollection**

Gather your scattered thoughts. Let your mind and heart settle into God’s presence.

**Contemporary Meditation**

Bring a situation or event before God. Ask for His perspective, His compassion, His wisdom.



# MLU: Spiritual Disciplines

## Week 1 Summary Sheet

*Foundations of Formation: Entering the Deep Life*

### 1. Opening Themes

**Spiritual Disciplines are not about performance — they are about formation.**

They are *pathways of grace* that help us cooperate with God's transforming work.

### 2. The Need for Depth

- “Superficiality is the curse of our age.” — Richard Foster
- Our culture encourages hurry, distraction, and shallow living.
- The disciplines invite us into the *deep life* with God.

### 3. What the Disciplines Are

#### **Definition:**

Intentional practices that create space for the Holy Spirit to transform us.

#### **What they are NOT:**

- Legalism
- Self-improvement
- Spiritual elitism

#### **What they ARE:**

- Means of grace
- Rooted in Scripture
- Practiced by Jesus
- Pathways to freedom



#### 4. Disciplined Grace — The Narrow Ridge

- Grace is opposed to *earning*, not *effort*.
- The disciplines are not about achieving righteousness but cooperating with God.
- We avoid two extremes:
  - **Moralism** (trying to earn God’s favor)
  - **Passivity** (expecting growth without participation)

#### 5. The Danger of Legalism

- Disciplines can become burdens if treated as rules or measurements.
- “The letter kills, but the Spirit gives life.” — 2 Corinthians 3:6
- Jesus invites us into transformation, not performance or comparison.

#### 6. The Promise of Transformation

- Inner righteousness is a *gift*, not an achievement.
- God does the transforming; we create space for Him to work.
- The disciplines open the door to spiritual freedom, joy, and depth.

#### 7. The Discipline of Meditation

##### What Christian Meditation Is

- “The ability to hear God’s voice and obey His word.”
- Not emptying the mind — but *attaching* ourselves to God.
- A relational practice: communion with Jesus.

##### The Purpose of Meditation

- Growing into a familiar friendship with Jesus.
- Cultivating awareness of God’s presence.
- Learning to listen with the heart, not just the mind.