



# A JOURNAL FOR LIFE MARKS

Grace. Peace. Faith.  
Friendship. Joy. Generosity.



**ST. ANDREW'S**  
PRESBYTERIAN CHURCH



Story is the most natural way of enlarging and deepening our sense of reality, and then enlisting us as participants in it. Stories open doors to areas or aspects of life that we didn't know were there, or had quit noticing out of over-familiarity, or supposed were out-of-bounds to us. They then welcome us in. Stories are verbal acts of hospitality. - Eugene Peterson

## **Grace. Peace. Faith. Friendship. Joy. Generosity.**

These are qualities that mark the lives of those who follow Jesus. It's an astonishing list. I imagine you'd be hard pressed to meet a person who is content with the degree to which their character bears these marks and yet it is remarkably easy to navigate through life without giving a lot of attention to the way God has built these qualities into us, or the ways that we can grow in them.

In his book, *Orthodoxy*, G. K. Chesterton describes his conviction that life is like a grand adventure story. At the heart of these stories lies a quest that requires dedication and heroism if it is to be completed. These adventures recall the bravery of loyal companions who face danger and sacrifice much in order to achieve the goal. Likewise, the desert fathers often spoke of life as a story. When that story involved growth or flourishing, it treated life as if it were a journey in which a person or a community was moving from a worse to better condition.

The vision of life as a quest or a journey provides a structure that enables us to see the meaning of our joy, our struggles, and the ordinary events of our days. It enables us to see everything that happens in our lives, and the variety of ways we respond as either moving us closer to or further from our goal. Once we take a step back and see the narrative unity of our lives, we might just be able to make distinctions between what helps and hinders us in our journey.

Thinking of our lives as a journey might give us the distance to see patterns. Are there obstacles to experiencing peace that we encounter on a routine basis. Do we embrace the small moments of joy presented to us everyday? We can journey along from event to event without pausing to notice the signposts of God's presence along the way.

So think of this tool as a guide for the journey. Over the next five to six weeks we are going to invite you to look back on the events of your life to see how God has been present, actively shaping you for life in his Kingdom. And because journeys can't necessarily be recounted by pointing to a map or a travel itinerary, we are going to

ask that you bring your journey to life by telling a story. This tool is designed to help you see your place within the narrative framework of your life thus far.

One last thing about journeys - it's hard to even think about beginning one if we don't have a clear picture of the destination. Simply put, our destination is the Kingdom of God. Our journey is the process of being formed in the likeness of Jesus in order for us to be citizens of this kingdom. And so these Life Marks we are going to explore are not to be confused with the destination, but they are certainly signs that we are moving closer to (or further from) on our journey toward the destination. For that reason, we need to pay attention to our lives.

May the nearness and availability of the Kingdom be firmly impressed upon you.

The St. Andrew's Curriculum Writing Team

### ***Acknowledgements:***

This guide came about as the result of a collaborative effort of St. Andrew's members and staff. First and foremost, I want to thank Amy Guder and Eric Jensen for the many hours they spent charting and thinking through how we might best create a vehicle for people to recognize how God has been shaping their lives. Much of the value lies in their contributions to the project. Chris Greer brought his eloquence to bear on shaping the opening stories of each section and by influencing and creating many of the questions throughout. The 40 some men from our Tuesday Morning Study provided encouragement as they beta-tested this curriculum and gave helpful feedback for revision.

Finally I want to thank Jess Ludwig, Megan Hutchinson, Bruce Nelson and Bryan Eckelmann for their editorial suggestions before the print deadlines and Jon Batarse who watched those deadlines come and go with patience in the midst of the few other details he had to tend to before Christmas.

## ***How to use this tool:***

Journeys are meant to be embarked upon with others. Imagine Frodo trying to reach Mordor without Sam, or Luke rescuing Leia without Han. For that matter, where would King David have been without Jonathan, or Paul without Barnabus? We need others to come with us, to challenge us when we've lost our purpose and encourage us when we think we can't continue. So this tool will work best within the context of a community.

Your time will be most fruitful if each of the members of your Life Group reflect upon the questions and write out your responses ahead of your time together. We have provided space within the study guide, but you may find your own notebook or journal to be a better option.

This guide is divided into five sections.

- 1) A "Life Graph" which you can use to chart high and low points of your journey with God.
- 2) A brief story describing each Life Mark followed by a series of narrative questions for each Life Mark. As you work through these questions, the goal is to notice how God has been present in the events of your life. How have you grown in grace, peace, faith, friendship, joy and generosity? Following each set of narrative questions is a set of "forced choice" questions that help you chart where you are at this moment in your journey of faith, these will be used to graph the unique shape of your journey in the fourth section.
- 3) A few prompts and spaces for notes to help you tell your story in the context of your Life Group.
- 4) A "Radar Graph" to help provide a visual picture of what your spiritual journey looks like at this moment This will help you see areas where God has shaped you and areas for growth.
- 5) Once you have identified some areas in which you'd like to experience growth, the final section contains two appendices with action steps for you to consider that will help you along the journey and a list of resources for further study.

If you are using the guide as an individual, we encourage you to enlist the help of a friend to help you understand what God is communicating to you.

**Note to Life Group Leaders:**

This study guide works best when group members work through the guide prior to gathering. We've tried to make the questions accessible to a new participant, but preparation will enrich your discussion.

You will find it is difficult to go through all six Life Marks for each person in your group. Depending on how much time you wish to spend, you may opt to have each member choose one area of strength and one area in which they'd like to see growth in the next year. The goal is not to discuss all of the questions each week, but to share stories about where you have grown recently. The questions are an aid to storytelling. So emphasize the Telling Your Story portion in your time together. We will have quarterly "check-in" times throughout the year. As a leader, the best preparation you can make is to pray for each member of your group throughout the week.

**Suggested Plan:**

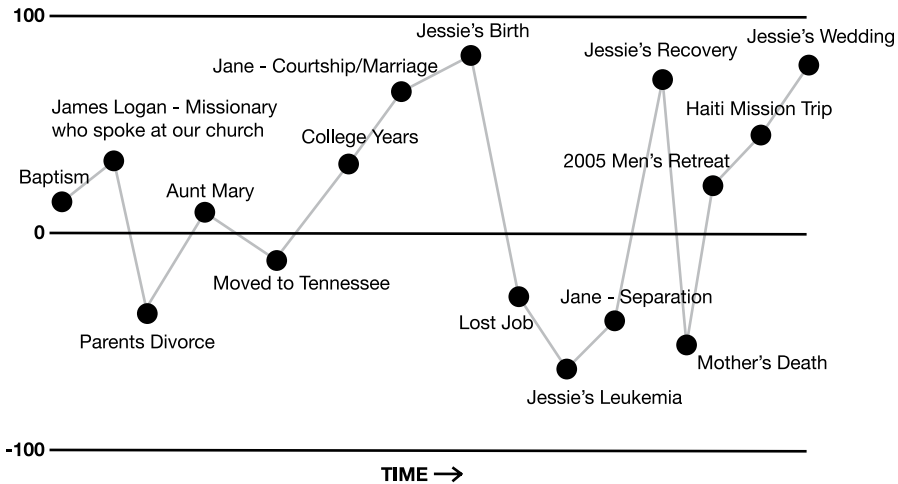
- WEEK 1: Read Intro, create Life Map, Grace (pp. 3-13)  
*Recommended Time: 1 Hour\**
- WEEK 2: Peace (pp. 14-17) Recommended Time: 30 min
- WEEK 3: Faith (pp. 18-21) Recommended Time: 30 Min
- WEEK 4: Friendship (pp. 22-25) Recommended Time: 30 Min
- WEEK 5: Joy (pp. 26-29) Recommended Time: 30 Min
- WEEK 6: Generosity, Charting the Shape of your Faith (pp. 30-37, 47) Recommended Time: 45 Min
- WEEK 7: Read Appendix A and formulate Action Steps (pp. 38-46) Recommended Time: 1 Hour

**Creating a Life Graph:**

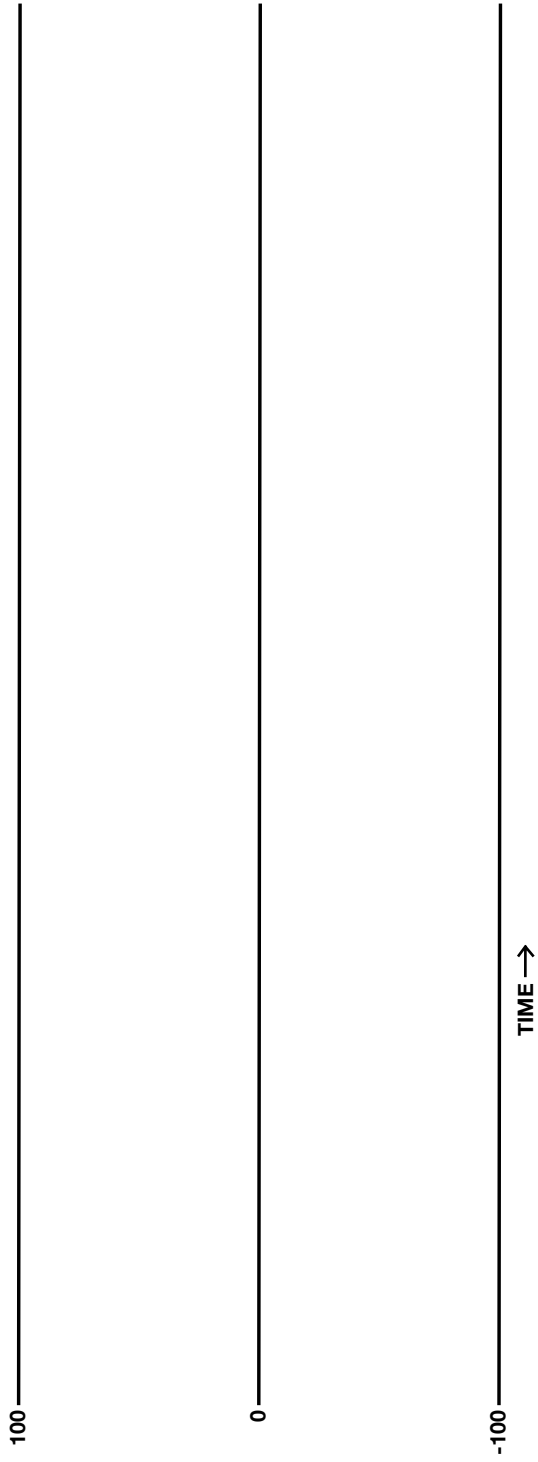
The purpose of a Life Graph is to help you notice and chart the high and low points of your journey with God. With the zero value being a neutral point, the x (vertical) axis above the line represents the high moments: times when you've deeply known God's presence or have had intense experiences of faith, friendship, joy, generosity, grace and peace. Low moments appear below the line. They (horizontal) axis represents time. Since our lives are never a consistent ascent toward perfection, a realistic graph will represent several peaks and valleys throughout time.

It may be helpful to begin by dividing your life into time periods. For instance, Childhood, Adolescence, Young Adulthood, Adulthood and Post-Retirement.

Begin by brainstorming the significant events, persons, circumstances, and places in your life. Once you've got a good list, begin to assign values to them (-10 to +10, 1 to 100, etc.) and then plot them along the graph. Don't worry about spending a lot of time assigning values to the events. This is meant to give an impression, not deliver scientific precision. As you move through this exercise, you'll begin to notice the ways that God has used these people, places, and circumstances to shape you. You'll also begin to have a better awareness of how God speaks to you through your life. Below is the life graph of a fictional man we'll call Andrew.







**Grace.** Peace. Faith. Friendship. Joy. Generosity.

***Opening Story:***

“Yes, I ran that horse and buggy off the road,” the man said. “I’d run all the Amish out of the county if I could.”

The angry man, a neighbor to my oldest brother in Holmes County, Ohio, is one of the last of a large, historic Lutheran community that settled these beautiful rolling hills in the 1800s. Now virtually all of those who share his heritage have moved to the city, and Amish families have claimed their farmlands. For some reason, however, this neighbor has held out. Like his parents, the neighbor tells scornful stories about the Amish and jokes about how his Lutheran forebears drowned the Anabaptists in the sixteenth century. He makes light of their simple lives, horse-drawn buggies, and old style of dress. His hassling of Amish people on the road or at the store is a facet of community life.

On a humid day last summer an electrical storm broke out. The air crackled, and the neighbor’s barn burst into flames and burned to ashes.

By the time the ash heap had cooled, he had begun to hear word of his neighbors’ plans. Amish people from all around gathered to begin clearing the rubble, drawing up plans, cutting timbers, and scheduling a barn raising.

When the day came for the event, the neighbor’s previously off-limits barnyard was swarming with men in straw hats and barn-door denims. By evening, the great framework was complete, the roof was sheeted, and the siding was going up.

And the neighbor stood in the driveway, shaking his head wordlessly, tears running lines down his face. The barn stood fresh against the sky, and long tables of food and drink— homemade bread, noodles, chicken, date pudding, and rivers of lemonade— welcomed him into the circle of tired celebrants.

From David Augsburg - *Dissident Discipleship*.

**Scripture:** Ephesians 2:1-10

**2:1** As for you, you were dead in your transgressions and sins, **2** in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. **3** All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. **4** But because of his great love for us, God, who is rich in mercy, **5** made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. **6** And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, **7** in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. **8** For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— **9** not by works, so that no one can boast. **10** For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

***Exploring Your Journey:***

How are grace presented in the opening story and in Paul’s letter to the Ephesians?

How do scripture and this story hold up a mirror to the way you have either received grace or given grace to another?

When has someone extended grace to you?

## SECTION 2

As you think about the last year of your life, have you grown more aware of God's grace toward you? How so?

How has your experience of grace translated into your extending grace to someone else? (As you think about this experience, try to determine whether this was a "special occasion" or if this was an ordinary occurrence for you.)

Are there areas of life where you struggle to accept God's grace?

### ***Telling Your Story:***

Review and reflect on the answers you gave above and then write a brief story about how God has been working in the last few months your life in regard to grace. Has receiving and giving grace become a regular rhythm of your life, or is this an area in which you struggle?

**Charting Grace in Your Life:** For each of the following sections choose one option that best describes you.

*Experiencing Grace*

- (a) I generally don't hold grudges.
- (b) I believe that people tend to "get what they deserve."
- (c) I am deeply aware of my shortcomings and I live out of a profound sense of gratitude toward those who have loved me far more than I deserve.
- (d) Life has been far kinder to me than my actions have warranted.

*Understanding Grace as a Gift From God*

- (e) I am convinced that there is nothing I can do to win God's forgiveness or earn my salvation. I rejoice in this.
- (f) A deep sense of God's steadfast love and mercy is foundational to my life and I rest in the freedom He offers.
- (g) I believe that Christ bore the penalty for my sin, but it is hard for me to accept that I don't need to perform in order to gain love.
- (h) God's love, acceptance and forgiveness must be merited by right living,

*Extending Grace Toward Others*

- (i) Because I am aware of how much God has forgiven me, I readily and easily forgive others.
- (j) I am beginning to see others as persons who bear God's image and am learning to treat them accordingly.
- (k) My actions and demeanor are a reflection of God's heart toward the world.
- (l) I believe that God's love and mercy call me to model a life of reconciliation and so I intentionally seek out ways to bring about healing where there is brokenness.
- (m) I generally treat people as they treat me. No better, no worse.

Using the key on page 47, add the number from each section \_\_\_\_\_

Grace. **Peace.** Faith. Friendship. Joy. Generosity.

### **Opening Story:**

Horatio Spafford was a devout Presbyterian elder who practiced law in Chicago during the middle of the 19th century. He met his wife, Anna, in a Sunday school class and was charmed by her faith, beauty, and intelligence. They married in 1861 and raised four daughters. For the Spaffords, life was good. Their faith was strong, their family was growing, and business was thriving.

But in 1871 Chicago's Great Fire destroyed one third of the quickly expanding city, including Spafford's real estate holdings along the shore of Lake Michigan. With their life-savings gone, the Spaffords started over; Horatio focused on law, Anna assisted others recover after such loss, and both on raising their family.

A few years into their recovery, Spafford planned an extended trip to England to offer rest for his family and to join his good friend, the evangelist Dwight L. Moody, for his fall revival. Just before embarking, Horatio was detained by business, so he saw his wife and daughters board the Ville du Havre steamship and promised meet them across the Atlantic soon.

On November 22, 1873 their ship was struck by a British vessel and sank in less than fifteen minutes. Two hundred twenty six passengers drowned in the middle of the Atlantic, including all four of Spafford's daughters; eleven-year-old Annie, nine-year-old Maggie, five-year-old Bessie, and two-year-old Tanetta. His wife Anna was one of only a few rescued, and upon arriving in England she sent Horatio a two word telegram: "Saved alone."

Upon hearing of the devastating tragedy and receiving his wife's telegram, Horatio immediately left Chicago to bring his wife home. While crossing the Atlantic, the ship's captain summoned Spafford to the deck as they passed over the swath of water where his daughters died. Amid his overwhelming grief and pain, he penned the words of this now familiar hymn:

*When peace, like a river, attendeth my way,  
When sorrows like sea billows roll;  
Whatever my lot, Thou hast taught me to say,  
It is well, it is well with my soul.*

**Scripture:** Philippians 4:4-9

**4** Rejoice in the Lord always; again I will say, Rejoice. **5** Let your gentleness be known to everyone. The Lord is near. **6** Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**8** Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. **9** Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

***Exploring Your Journey:***

How do the opening story and Paul's prison letter to the Philippians describe what it means to experience the peace of God?

Under what circumstances have you experienced a deep understanding of God's peace?

When have you responded to adverse circumstances with a sense of trust and openness to God's leading?

## SECTION 2

Are there any people, circumstances, events, habits, etc. which regularly evoke feelings of anxiety or worry in you?

When has your peacefulness allowed you to bring a sense of calm and assurance to others who were experiencing an emotionally or spiritually charged situation? (As you think about this experience, try to determine whether this was a “special occasion” or if this was an ordinary occurrence for you.)

### ***Telling Your Story:***

Review and reflect on the answers you gave above and then write a brief story about how God has been working in the last few months of your life in regard to peace. Has experiencing God’s peace and engaging others from a place of peacefulness become a regular rhythm of your life, or is this an area in which you struggle?



**Charting Peace in Your Life:** For each of the following sections choose one option that best describes you.

*Experiencing Peace*

- (a) My life is relatively free of interpersonal conflict, but I long for a deeper stillness of soul.
- (b) I am constantly overwhelmed with anxiety and/or worry.
- (c) I usually only experience peace when I am forced to slow down for extended periods of time or take a vacation.
- (d) I routinely approach the ordinary activities of my day with a deep sense of calm and unhurriedness.

*Understanding Peace as a Gift from God*

- (e) My growing conviction that God is providing for and sustaining me helps release me from worry or from forcing outcomes in my relationships with others.
- (f) I live in a constant awareness of God's nearness and this allows me to live a life free of hurriedness, worry, or anxiety.
- (g) God feels far removed from the frenetic pace of my life.
- (h) Sometimes when I pray, I experience a fleeting sense of the Spirit's calm come over me and for a moment my anxieties and fears subside.

*Sharing Peace with Others*

- (i) My sense of calm and peacefulness welcomes others into a similar place.
- (j) The rushed pace at which I operate often creates hurry and anxiety in the lives of others.
- (k) People come to me for counsel or wisdom on how to live at a more relaxed pace.
- (l) I am learning how to interact with others in a way that doesn't pressure or place unrealistic expectations on them.
- (m) I am sought after for my ability to resolve conflict fairly and compassionately and bring the peacefulness I experience to places embittered by strife.

Using the key on page 47, add the number from each section \_\_\_\_\_

Grace. Peace. **Faith.** Friendship. Joy. Generosity.

***Opening Story:***

In the early 40's Clarence Jordan founded the Koinonia Community – an intentional racially-integrated community right in the heart of the deeply segregated South. Before long, the Georgia supreme court threatened to take the farm because it violated the state's segregation laws. And so Clarence asked his brother, Robert Jordan, who would later become a state senator and a justice on the Georgia Supreme Court, to be the legal representative. His brother responded:

“Clarence, I can't do that. You know my political aspirations. Why, if I represented you, I might lose by job, my house, everything I've got.”

“We might lose everything too, Bob.”

“It's different for you.”

“Why is it different? I remember, it seems to me, that you and I joined the church, the same Sunday, as boys. I expect when we came forward the preacher asked me about the same question he did you. He asked me, ‘Do you accept Jesus as your Lord and Savior?’ And I said, ‘Yes.’ What did you say?”

“I follow Jesus, Clarence, up to a point.”

“Could that point by any chance be—the cross?”

“That's right. I follow him to the cross, but not on the cross. I'm not getting myself crucified.”

“Then I don't believe you're a disciple. You're an admirer of Jesus, but not a disciple of his. I think you ought to go back to the church you belong to, and tell them you're an admirer not a disciple.”

“Well now, if everyone who felt like I do did that, we wouldn't have a church, would we?”

“The question,” Clarence said, “is ‘Do you have a church?’”

**Scripture:** Matthew 14:22-33

**22** Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. **23** And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, **24** but by this time the boat, battered by the waves, was far from the land, for the wind was against them. **25** And early in the morning he came walking toward them on the sea. **26** But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out in fear. **27** But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

**28** Peter answered him, “Lord, if it is you, command me to come to you on the water.” **29** He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus. **30** But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, “Lord, save me!” **31** Jesus immediately reached out his hand and caught him, saying to him, “You of little faith, why did you doubt?” **32** When they got into the boat, the wind ceased. **33** And those in the boat worshiped him, saying, “Truly you are the Son of God.”

### ***Exploring Your Journey:***

How is faith (or lack of faith) presented in the opening story and in the passage from Matthew’s gospel?

Do you tend to approach faith more cognitively (with your mind) or affectively (with your heart)?

How has God demonstrated his faithfulness to you?

## SECTION 2

As you look over your Life Graph, during which period of your life has your faith grown the most? When did you have the greatest challenge?

How would you describe the greatest obstacles and aids to your faith today? What kinds of circumstances add to or take away from your faith?

Describe a situation in which you were asked to do something for which you felt entirely unequipped or unprepared. Where did you notice God in the midst of that experience or circumstance?

### ***Telling Your Story:***

Review and reflect on the answers you gave above and then write a brief story about how God is working in your life in the last few months in regard to faith. Do you experience a sense of movement or a plateau?

***Describing Faith in My Life:*** For each of the following sections choose one option that best describes you.

*Experiencing Faith*

- (a) My life is governed by a strong sense of connection to other people and a deeper, unified meaning and purpose to life that calls me beyond myself.
- (b) I define reality exclusively by what that I can perceive with my senses.
- (c) I am typically skeptical about spiritual things, but sometimes I am surprised into belief.
- (d) I believe that I was meant for something more.

*Understanding Faith as a Gift from God*

- (e) There is nothing more secure in this world than God's faithfulness to me and so I place complete trust in him.
- (f) My own wisdom, experience, gifts and abilities are sufficient to guide me throughout my life.
- (g) Christ has revealed himself to me in ways that I cannot explain and I am taking active steps toward knowing him more fully.
- (h) I believe that God exists, but I'm not sure of much else beyond that.

*Extending Faith to Others*

- (i) I am willing to sacrifice comfort, reputation, income, and safety to reorder my entire life in response to God's call because in Him, I have found my home.
- (j) I have grown in my faith as a result of sharing my doubts and struggles and confessing my sin to other Christians.
- (k) My faith is a private matter, it does not involve others.
- (l) I love to encourage those who are struggling by sharing how God has been a source of strength for me.
- (m) I frequently step out of my comfort zone in obedience to God and in response to his grace toward me.

Using the key on page 47, add the number from each section \_\_\_\_\_

Grace. Peace. Faith. **Friendship.** Joy. Generosity.

**Opening Story:**

When infamous “pick-ax murderer” Karla Faye Tucker was executed on February 3, 1998, crowds gathered outside to cheer her death.

Inside the prison, however, a man named Ron Carlson was praying for Karla – unlike any others in the victim’s families. Ron’s sister, Deborah, was murdered by Karla fifteen years before. When Ron first heard the news, he was devastated. Deborah raised him since boyhood, and she was very special.

Hatred filled Ron’s heart for years, leading him down a destructive path not unlike Karla’s. He abused drugs, thought of killing people, and contemplated suicide. He was consumed with hate. At rock bottom, he picked up a Bible and discovered in its pages a story of forgiveness in the face of murder. It was Jesus’s crucifixion. Ron gave his life to Christ and began down the rocky road of faith.

Forgiveness was a powerful part of Ron and Karla’s story, but so was friendship. In addition to forgiving her, Ron was compelled by God to love and serve her. He was didn’t think he could do it, but he felt the Spirit of God say, “Ron, you can’t. But through me you can.”

Karla was shocked by Ron’s first visit. Ron – one of her victim’s family – sought her out not for revenge, but for friendship. Ron soon found that God had radically changed Karla’s life too. He decided to return again.

Through their friendship, he found that Karla’s faith was authentic and that God was more real than ever. Ron visited Karla on death row frequently and wrote letters. Soon they were close friends. Besides Ron’s family, Karla herself was mystified by his attitude toward her. In an interview she said,

“It’s unbelievable. Amazing. Forgiveness is one thing. But to go beyond that and reach out to me – to actively love me...? I’ve been given a new life, and the hope – the promise – that this is not the final reality.”

Karla went to her death bravely and transformed by two friends she never expected: God and Ron.

**Scripture:** 1 Samuel 18:1-3; 19:1-5; 20:42

**1** After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself. **2** From that day Saul kept David with him and did not let him return home to his family. **3** And Jonathan made a covenant with David because he loved him as himself.

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**1** Saul told his son Jonathan and all the attendants to kill David. But Jonathan had taken a great liking to David **2** and warned him, “My father Saul is looking for a chance to kill you. Be on your guard tomorrow morning; go into hiding and stay there. **3** I will go out and stand with my father in the field where you are. I’ll speak to him about you and will tell you what I find out.” **4** Jonathan spoke well of David to Saul his father and said to him, “Let not the king do wrong to his servant David; he has not wronged you, and what he has done has benefited you greatly. **5** He took his life in his hands when he killed the Philistine. The Lord won a great victory for all Israel, and you saw it and were glad. Why then would you do wrong to an innocent man like David by killing him for no reason?”

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**42** Jonathan said to David, “Go in peace, for we have sworn friendship with each other in the name of the Lord, saying, ‘The Lord is witness between you and me, and between your descendants and my descendants forever.’”

### ***Exploring Your Journey:***

Which aspects of Jonathan and David’s friendship stand out to you from these verses? Why?

Name your best friend. What about your friendship do you most value? Why?

## SECTION 2

Which friends have been the most influential along your journey of faith?

How have your friends who also follow Jesus impacted your relationship with God?

What circumstances in the last year have prompted you to grow deeper in friendship?

How did that friend reflect God's love in that encounter/circumstance?

### ***Telling Your Story:***

Review and reflect on the answers you gave above and then write a brief story about how God has been working in the past few months of your life in regard to friendship.



**Describing Friendship in Your Life:** For each of the following sections choose one option that best describes you.

*Experiencing Friendship*

- (a) I am so grateful for the people who have poured into my life. I am blessed by friends who love me.
- (b) Friends are useful for helping make sure my needs and wants are met.
- (c) I have lovingly given to friends in significant ways without thought of reciprocity.
- (d) I have a few significant friendships, but my life is so overwhelming it's difficult for me to focus on other's needs.

*Seeing Friendship in God's Nature*

- (e) God desires friendship with me and I take regular concrete steps to grow in relationship with Him.
- (f) Sometimes I wonder if I really like God or if God even cares about me.
- (g) I don't understand what it means to be a "friend" of God or to have a relationship with Him.
- (h) God has gone to great lengths to be in relationship with me and I prioritize my relationship with Him above all other loyalties.

*Extending Friendship to Others*

- (i) My friendships are marked by laughter and joy.
- (j) I have friends who know me deeply, with whom I can speak truthfully and lovingly, who will encourage me and accept me with no strings attached. I do the same for them.
- (k) Friendship is a luxury and not essential to a life of faith.
- (l) My love is so great for my friends that I would willingly lay down my life for them.
- (m) My friends and I tend to have the same interests, live in similar neighborhoods, and share common beliefs.

Using the key on page 47, add the number from each section \_\_\_\_\_

Grace. Peace. Faith. Friendship. **Joy.** Generosity.

***Opening Story:***

Jay and Katherine Wolf are ordinary, Southern California people. Yet in them you can see something extraordinary: their joy.

Eight years ago, the Wolfs were a young married couple, making a life in Los Angeles and a spiritual home at Bel Air Presbyterian Church. That year, the life they were making was turned upside down, and the hand they were dealt was going to make them. Or break them.

In April of 2008, at the age of twenty-six, Katherine suffered a massive brain stem stroke while their six-month-old son, James, slept in the next room. She was not expected to live or recover, but as you may have guessed, she did both.

Life began again from scratch. Literally. Katherine had to re-learn how to eat, to speak, and to walk. Slowly, step by step, she learned to live again. What we often take for granted now look very different for Katherine and Jay. From double vision to deafness, facial paralysis to lost use of her hand, and a brain aneurysm removed in 2013, significant obstacles remain. The daily challenges are deep and difficult.

Yet in the years since her life-changing stroke, one thing has never changed: their joy. Katherine is still one of the warmest, big-hearted, and open-handed people you will meet. Jay laughs easily and often and has been a constant support and encouragement. Their physical struggles are real and far from over, yet their joy is contagious.

Paradoxically, their suffering and joy have existed simultaneously. They are quick to point out that the foundation of that joy is their God. They celebrate the beauty and the pain because each day is a gift from Him.

For the last few years, they have offered all those days to God. The unshakeable joy and hope they have in Jesus has blossomed into a full-time ministry called Hope Heals. They still serve their local church as God's mission takes them around the country to share their story of pain, and the joy and hop in its midst. All along the way, their smiles and kindness are ignited by the joy of the Lord that lies beneath it.

**Scripture:** John 15:1-11

**1** “I am the true vine, and my Father is the gardener. **2** He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. **3** You are already clean because of the word I have spoken to you. **4** Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. **5** “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. **6** If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. **7** If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. **8** This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples. **9** “As the Father has loved me, so have I loved you. Now remain in my love. **10** If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. **11** I have told you this so that my joy may be in you and that your joy may be complete.

**Exploring Your Journey:**

Based on the opening story and scripture reading, what qualities does the joy of Christ have?

When have you experienced a deep sense of joy?

Describe a situation in which you experienced a joy that was not related to (or occurred in spite of) your circumstances?

Would your friends describe you as a joyful person? If they were to write a list of attributes describing your life, where do you think joyfulness would appear on the list?

What stands in the way of your joy?

***Telling Your Story:***

Paul encourages the Philippian church to “rejoice in all things.” As you think about your life, has joyfulness become a habitual response, or does it tend to arise out of the particularity of your circumstances? Write a brief story about how God has been working in the last few months of your life in regard to joy.

**Describing Joy in Your life:** For each of the following sections choose one option that best describes you.

*Experiencing Joy*

- (a) There is nothing in my life that brings me joy.
- (b) I usually experience great joy while in the midst of activities that I love or when I'm with people I love.
- (c) I experience happiness, but I long for a deeper, more lasting joy.
- (d) I am able to find joy in even the smallest things.

*Understanding Joy as a Gift from God*

- (e) I tend to exhibit the joy of Christ when things are going well in my life.
- (f) I occasionally express thanks for the life God has given me.
- (g) The pace of my life is too fast and chaotic to reflect on where I experience joy in God.
- (h) I constantly rejoice in what God has done in my life in spite of my circumstances.

*Extending Joy to Others*

- (i) I am frequently able to help others find reason to thank God in the midst of their difficult circumstances.
- (j) I have a gift for cheering others up.
- (k) My life abounds in joy. Even in the midst of darkness and confusion, I am able to experience joy and lead others to the hope of Christ.
- (l) I seem to be able to help others become more aware of God's goodness to them.
- (m) Joyfulness would probably not come to mind when others think of me.

Using the key on page 47, add the number from each section \_\_\_\_\_

Grace. Peace. Faith. Friendship. Joy. **Generosity.**

### ***Opening Story:***

Afam Onyema was born in Chicago and raised by immigrant parents from Nigeria. Before leaving his homeland to sharpen his medical skill in the United States, Afam's father (a respected Chicago doctor) promised to return one day to improve healthcare and save lives in his homeland. Afam was raised hearing about his father's dream to faithfully obey God by caring for the underserved and unnoticed in their home country.

Years later, Afam graduated cum laude from Harvard University then near the top of his class at Stanford Law. He was poised to make a name for himself, and a great deal of money, in the high-powered world of corporate law. But his earthly father's dream and his heavenly Father's passion for the poor and oppressed gnawed at him.

Nigeria's transition to democracy in 1999 finally presented opportunities to begin life-saving work. Afam prayerfully decided to answer the call. He turned down multiple lucrative job offers to lead his family's new non-profit, GEANCO, an organization dedicated to establishing the first world-class hospital in Nigeria. In 2005, GEANCO began, and Afam travelled the country sharing their vision of healing and raising awareness and support.

Afam has given his life to God's call and GEANCO's mission, and because of his sacrifice, the door has opened wide for many people to practice generosity. To date, GEANCO has been given 20 acres of land in Southeast Nigeria for the hospital, United Airlines donates flights for medical mission teams, and Stanford Hospital provides expensive medical supplies. Doctors from around the US and Nigeria generously volunteer their time, money, and expertise to replace hips and knees and offer hope to the sick in Nigeria. Afam's fundraising work for GEANCO has allowed hundreds of people and organizations to donate money, from five-dollar gifts to multi-million dollar donations of funds and state-of-the-art medical equipment. Because of God's graceful generosity towards us, Afam has generously given his life to God, and it has birthed generosity in hundreds of others that is deeply impacting the poor and needy in Nigeria.

**Scripture:** 1 Samuel 1:10-11, 19-20, 24-28

**10** In her deep anguish Hannah prayed to the Lord, weeping bitterly. **11** And she made a vow, saying, “Lord Almighty, if you will only look on your servant’s misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head.” **19** Early the next morning they arose and worshiped before the Lord and then went back to their home at Ramah. Elkanah made love to his wife Hannah, and the Lord remembered her. **20** So in the course of time Hannah became pregnant and gave birth to a son. She named him Samuel, saying, “Because I asked the Lord for him.” **24** After he was weaned, she took the boy with her, young as he was, along with a three-year-old bull, an ephah of flour and a skin of wine, and brought him to the house of the Lord at Shiloh. **25** When the bull had been sacrificed, they brought the boy to Eli, **26** and she said to him, “Pardon me, my lord. As surely as you live, I am the woman who stood here beside you praying to the Lord. **27** I prayed for this child, and the Lord has granted me what I asked of him. **28** So now I give him to the Lord. For his whole life he will be given over to the Lord.” And he worshiped the Lord there.

### ***Exploring Your Journey:***

How do the opening story and the story of Hannah’s giving of her son reflect the role of generosity in your life?

When have you recently benefitted from the generosity of someone?

How is generosity most evident in your life? (giving of your time, resources, sharing your expertise?)





**Describing Generosity in Your Life:** For each of the following sections choose one option that best describes you.

*Experiencing Generosity*

- (a) I give freely to my friends and family.
- (b) I give because it benefits me (i.e. tax write offs, etc.) or when I anticipate it will be reciprocated.
- (c) I give when I can receive recognition for the donation of my time, skills and resources.
- (d) My life has benefitted greatly from the generosity of others, so I follow their example by giving in many ways to many people and charitable organizations.

*Seeing Generosity reflected in the nature of God.*

- (e) God has given me unique gifts to steward, and I would be unfaithful if I didn't use them in some way.
- (f) All I have comes from God and I feel compelled by gratitude to return to Him all that He has blessed me with.
- (g) I struggle to recognize how God has provided for my needs.
- (h) I feel a sense of duty to give to the church and to others, but I often feel that ten percent of my income and time is a bit unrealistic.

*Extending Joy to Others*

- (i) I believe that ten percent of my time, skills and resources is a faithful response to God's generosity and I give it joyfully.
- (j) God's grace to me compels me to give sacrificially beyond a tithe of my time, talent, and treasure.
- (k) I only feel comfortable giving to those who share my faith or who are like me.
- (l) I feel a strong sense of detachment from possession because everything I own is God's. In grateful response to Him, I have arranged my life in order to meet the needs of others as a way of revealing God's goodness.
- (m) I probably give the average amount of American Christians (which is around 2.5% of my income). I give of my excess time in areas that interest me.

Using the key on page 47, add the number from each section \_\_\_\_\_

## ***Sharing your Story with your Life Group***

The best stories have an unmistakable ring of authenticity. They're not always those with the most flourish or that contain the most drama, but the ones that resonate with us do so because we recognize our own story in them. Ultimately your story connects to the bigger narrative God is telling. When you share your story within the context of community, others will help you notice things that you didn't know were there. In the same way, when others tell their stories, you'll allow them to hear nuances and cadences they weren't able to grasp in the telling.

Secondly, the act of telling helps your story to become more a part of you. In the sharing of stories you'll begin to see some of the common, but no less powerful, ways that Christ has shaped each of the lives of the members in your Life Group.

Lastly, the act of telling your story within a community helps you to know whether the story you are telling is true. Others may help you to see key aspects of your life in a new, and hopefully liberating way. You are invited to be honest and vulnerable.

Below are a view things to keep in mind as you're listening to others tell their stories. Feel free to take notes on the opposite page.

- Remember that telling our stories leaves us exposed. Lead with affirmation when others have taken the risk.
- Do you sense continuity between the stories you've heard and what you know to be true of each person? If so, tell them. If not, ask them to clarify where you see discontinuity.
- What similarities have you noticed between the story you've heard and your own?
- Where did you see God most clearly in the stories you heard?

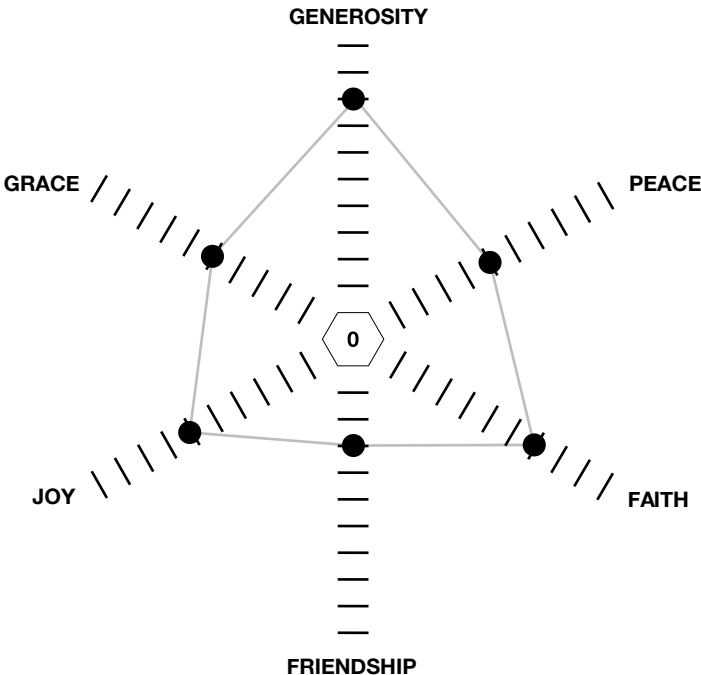


### **Charting the Shape of your Spiritual Life**

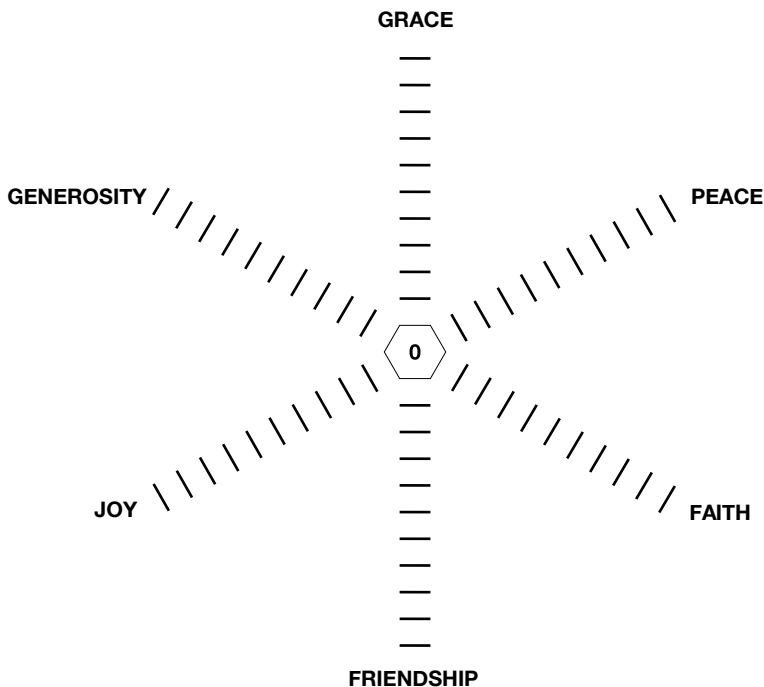
As we said at the beginning, these Life Marks are not the destination, but rather signposts that point us in the direction as we move toward maturity in Christ. As we continue our journey we will experience growth in each of these areas. Below is a visual tool to help you chart the “shape” of your Spiritual Life at this moment. Over time, this shape will change and grow as you progress in your journey.

Remembering that Jesus is the embodiment of a life filled with these marks, this tool is simply a means to help you see where you’ve grown and where you can experience growth - it is by no means perfectly descriptive of your spiritual life. No one is grading you and no one will look at your results unless you think it will be helpful to show them. Because Jesus is the embodiment of a life fully lived in an awareness of God, none of us will be tens all around. But because God is active and moving in our lives, none of us are stuck at one everywhere either. Ultimately, this is a chance for you to take a realistic self-assessment.

To give you a sense of what this is meant to look like, here’s the “shape” of the fictional man Andrew whose graph we saw at the beginning.



To chart your growth along each of these axis points, simply refer to the total number from each of the “Charting the Life Mark in your Life” sections. Before marking them, take a moment to re-read your responses. Did your Life Group help you to see something differently? Feel free to adjust your previous responses based on these conversations.



- 1) As you look at the shape of your Spiritual Life, what insight do you gain about yourself?
- 2) How are you ministering to others out of the areas where you are more fully formed? What opportunities might you explore?
- 3) What might God be calling you to attend to in the areas that are less robust?

**Appendix A - Suggestions for Growth:**

One way to become conscious of how God is prompting us to continue on our journey is by choosing practices and disciplines appropriate to the areas that we perceive a need for growth. This tool has been designed to help us recognize the areas in which we are progressing and struggling in our spiritual life. While the disciplines described below are all considered to be foundational to the Christian life, there are times when certain disciplines need to be entered into with greater attention because they have proven to be effective in allowing us to partner with the Spirit to help us grow in areas where we know we do not look like Christ. For instance, those whose lives are burdened with anxiety and who therefore long to experience a deeper understanding of God's peace might benefit from the disciplines of silence and solitude (though these will likely be difficult). Similarly, those who would like to experience more of Christ's joy may need to explore the discipline of celebration.

As their name indicates, spiritual disciplines require consistency and time to produce results. They are not means of earning salvation or of currying favor with God, but are instead a pathway to channel our longing after God.

Formation into Christlikeness does not happen by accident. Much in the same way that a concert musician would submit himself to endless hours pouring over the intricacies of a Tchaikovsky score in order to gain the competency necessary to perform, so must the disciple of Jesus find a reliable means to practice the life that he or she desires to live in faithful response to God. A well-ordered life requires a scaffolding of disciplines that support this God-given desire to grow in a particular way.

The goal is to create a structure that will place the disciplines within reach. This structure should not be looked upon as a fixed entity. Rather, think of it as a tool designed to be recast and renegotiated depending on your life circumstances, and changing needs. With remarkable candor, Ruth Haley Barton writes, "our rhythm of spiritual practices needs to be ruthlessly realistic in view of our stage in life...if we do not take into account a realistic assessment of our stage of life, we are doomed to fail." At the same time, it would be a mistake to assume that we need to wait for "ideal conditions" in

order to begin. The only life in which God can meet us happens to be the life we are currently living. Because this is so, the process of ordering our lives requires us to be clear about which parts of our lives are etched in stone and which are scribbled on sand. Furthermore, as we partner with the Spirit in the process of transformation, we will no doubt see change and growth in our lives. Because we can expect this change, the way that we engage the disciplines should be revisited frequently and adjusted according to the changing seasons of life.

Developing a plan for transformation takes time. One should expect at the outset a period of experimentation and exploration with various disciplines so as to gauge a sense of the meaning they have in one's life and what sort of adjustments will be needed to meaningfully incorporate them. This is a deeply personal process. Not only will we apply disciplines that help us live the quality of life God intends us to live, the methods by which we practice the disciplines will also be idiosyncratic. To draw upon the examples used earlier, not everyone will need to arrange his or her rule in order to prioritize freedom from being governed by anxiety.

Whatever areas of sin and negative patterns that God is bringing to our attention, we can choose disciplines that help us address them. But this is not to say that we must become fixated upon problem solving. Again, the goal is not merely to troubleshoot our lives or to pursue a vision of life that will allow us to become a particular kind of person unmoored from a robust vision of God's intention. The goal is to introduce the rhythms and patterns of Jesus in order to make our lives look more like Jesus' life. On the following pages, we offer a snapshot of some spiritual practices to aid in your growth, as well as some additional resources to guide you in the coming months.

Blessings as you continue on your journey!

## ***Practical Disciplines for Growing in Grace***

*Pray for your enemies:* The core of Jesus command to “pray for those who persecute you” is to see those who pose a threat to us in the light that God sees them - which is the same light that God sees us.

- Actively seek the good for this person. Hold him or her up before God and pray for their blessing.
- Do this once a day for a week and note how your heart has changed toward him or her.

*Pray through the news media:* In a world filled with antagonisms, it can be easy to get swept up in the cycle of soundbites and punditry. When you read through the newspaper/websites or listen to the news on television or radio, do so with eyes and ears tuned toward God’s heart of compassion toward the world.

- Pray for the events/persons/circumstances that you encounter. Seek God’s peace and mercy to be present in these situations. Pray for those who cause harm.
- Do this as often as you engage news media for a month and take note of how your heart has changed.
- Alternatively, if you find it difficult to avoid being swept into the antagonisms, consider a fast from media.

*Practice responding rather than reacting:* It is incredibly difficult when we are triggered to have the presence of mind to respond gracefully. However, we can practice pausing and slowing ourselves before we react to others with harsh words.

- When triggered: stop, take a deep breath
- Offer a prayer of intercession for the person who has triggered you, or a prayer for God to release your aggression.
- Respond

*Seek an accountability partner:* One of the most powerful ways to experience grace is to find a mature believer with whom you can mutually confess sin and exchange the assurance of forgiveness.

- Choose a pattern of meeting that will allow you adequate time.
- Confess to one another, pray, and pronounce Christ’s forgiveness over one another.



## ***Practical Disciplines for Growing in Peace***

*Centering Prayer:* a form of prayer with roots in the contemplative tradition where the one praying seeks to quiet scattered thoughts and desires in order to be attentive to Christ's presence.

- Set aside 15 minutes and settle in a comfortable position.
- Choose a short phrase or attribute of God (i.e. peace) and let your deliberation on this word draw you into the presence of Christ. When distracted return to this word.
- Alternatively, begin by reading a passage of scripture and choose a word or phrase from the passage.
- Throughout your day, return to the word with thankfulness.

*Silence/Solitude:* these are disciplines of attending to and listening for God without distraction or noise. Regular practice of silence and solitude free us from our addiction to productivity and hurry.

- Set a period of time in which you do not speak, but isolate yourself from sounds and/or others.
- Drive to work without the radio on.
- engage in a Half Day Spiritual Retreat

*Prayer of Release:* A form of prayer in which we intentionally and kinesthetically offer our anxieties and worries to God.

- Begin by placing your palms down as a symbolic indication of your desire to turn over any concerns you may have to God.
- Whatever it is that is bothering you or weighing you down, silently turn it over to God.
- Next, turn your palms up as a symbol of your desire to receive from the Lord. Ask for whatever you think you need.
- Finally, end with a time of silence, simply letting the Lord

*Rest:* We honor our God-given limitations when we pay attention to the physical, spiritual, and mental needs of our bodies. Rest reminds us that God's kingdom does not hang in the balance of our effort. If we are not sufficiently rested, our ability to enter into any of the disciplines will be minimized.

- Sleep at a consistent time each night
- Avoid activities that increase stress before bed-time
- Try to get at least 8 hours of sleep three times a week.

## ***Practical Disciplines for Growing in Faith***

*Bible Study:* The world of scripture is vast enough that one travel throughout its pages and yet always come to some unfamiliar country. Study involves grasping the meaning, content and context of the Bible in order to be shaped by the story.

- Find a way of encountering scripture that suits your learning style (i.e. reading, listening to audio, reading aloud, etc.)
- Invest in a commentary or a good study bible.
- Seek a companion to help you understand.
- Choose a specific reading plan or join a Life Group.

*Devotional Reading:* Distinct from Bible Study, devotional reading requires an openness to hearing God speak through the text. This type of reading is aimed at formation rather than information.

- Prayerfully come to the Word with attentiveness and stillness.
- Read slowly, lingering over the words so that they make an impression on your heart and mind. If you find that a word or phrase catches your attention, release the need to read further. Attend to what God is saying to you in this moment.
- Read the word again, consider how God might be speaking to you or inviting you to take a step of obedience.

*Journaling:* Some find it much easier to be present to our thoughts before God by writing them down and keeping record of our thoughts and recollections of God's presence in the ordinary events of life. Consider Journaling

- in times of transition
- as a record of prayer (and prayers answered)
- As you reflect upon God's presence in the course of your day.

*Mentoring:* Faith is more easily caught than taught. Mentoring is a relational experience in which a person who is mature in the faith shares his/her life, faith, and experience with one who is learning. A mentor nurtures and challenges personal growth in faith.

- Find a person who is an example of the kind of faith you'd like to have. Ask them to meet with you over coffee once a month.
- Think on where you feel stuck in the spiritual life. Who do you know that can help you?

## ***Practical Disciplines for Growing in Friendship***

*Join a Life Group:* Life Groups are small communities of people who commit to experiencing life together and helping one another encounter Christ through intentional friendships. Since the beginning of the church, Christians have met in small groups to learn about the Kingdom, pray, eat, laugh, and enjoy Christ's presence in each other.

- Fill out our Life Group interest form at [sapres.org](http://sapres.org)

*Practice Hospitality:* In a world that is frequently hostile, hospitality creates a safe space for others to enter, be welcomed, where their gifts can be recognized so they can offer the best of who they are.

- Develop the habit of praying for the people who enter your home. Pray the day of their invitation, when they arrive, and as they leave. How does your heart change toward them?
- Offer to host a "Dinners for Ten" or a similar potluck where people from your neighborhood bring their favorite "comfort" food. Focus on the guests rather than the meal.
- Help your children grow to understand that hospitality is a gift from God. When they have play dates, ask them to think about how they can make the friend they are inviting over feel special.

*Participate in a service project:* Working with others for the common purpose of revealing God's goodness places us on a level playing field and unites us in a common purpose. Serving others also exposes us to people with gifts and sensibilities quite different from our own and enlarges our heart toward others.

- See [sapres.org/extendingthefamily](http://sapres.org/extendingthefamily) for ways to get involved

*Practice Listening:* providing others the space to share their stories, joys and concerns is a critical aspect of sharing hospitality. Listening involves a posture of prioritizing the needs and concerns of others above our own.

- Extend an invitation to catch up with a friend for the explicit purpose of listening to what has
- Practice a "device free" dinner table with your family.

## ***Practical Disciplines for Growing in Joy***

*Practice Celebration:* Celebrating is a way of orienting our hearts toward joyful recognition of God's provision and goodness. Finding joy in God and in the goodness of God's creation provide the passion for celebration.

- Identify the places where you connect with God (i.e. nature, in worship, solitude, etc.) What about the joy you receive there reminds you of God?
- For those with young children, choose to do something spontaneous that changes up your rhythm.
- Spend time with those whose presence brings you joy.
- Celebrate the birthday or anniversary of someone close to you. Plan your celebration in a way that shows them how special they are to you.

*Corporate Worship:* Since the first Easter Sunday, Christians have been gathering together to express the joy and wonder of God's love and mercy. Worship is the principle language of expressing our joyful devotion to God.

- Reflect on the names or attributes of God as found in scripture
- Celebrate the people in your church family who have nurtured you in your faith.
- If you regularly attend worship at St. Andrew's, set aside one or two Sundays to worship in a different style or tradition. Or, if you attend one of the classical services, attend the modern (and vice versa).

*Prayer of Blessing:* prayer and the practice of worship mutually reinforce one another. In worship, we direct our gratitude toward God.

- Identify a particular attribute of God you wish to lift up in prayer.
- Give thanks for that aspect of God's character. Describe how you have encountered God in that attribute.
- Present your requests, trusting in the goodness of God's character.

## ***Practical Disciplines for Growing in Generosity***

*Practice Detachment:* like the name suggests, the practice of detachment involves naming and confessing loyalties that take priority above God. It also involves surrendering outcomes to God rather than trusting in your own abilities.

- Make a list of all the material things you believe that you absolutely cannot live without. Pray over these things and offer them to God. Ask, how might God use them?
- Practice letting go of something with which you have a great personal connection. What feelings stir up inside you?
- Walk through your house and imagine giving away everything you own. Who are you without all of these things?
- Spend some time thinking through Jesus's prayer in Gethsemane, "Not my will done, but yours." Where in your life do you need to offer such a prayer?

*Simplicity:* the practice of decluttering helps grow our ability to let go of our attachment to own and have. Living simply reminds us that we are stewards of God's resources.

- Choose a few areas in which you would like to practice letting go. (consider going through your closet/garage, etc. and giving away items you haven't used in a year. The St. Andrew's Rummage Sale is coming up! Ask, does this feel freeing?)
- Bring a sack lunch to work two days a week.
- Think through the list of gadgets in your home, which actually make you more free? Which can you remove from your life without any compromise?

*Serve others:* Living generously is about more than our things, it involves giving of ourselves in terms of our skills, resources, and personality for the benefit of others. Service is how we love our neighbor as yourself.

- for the next two weeks, ask your spouse, a co-worker, children "What you I do to make your life easier today?" Then do it. In your conversations with God, tell him what this is like for you.
- Prayerfully consider serving with one of St. Andrew's mission partners. For a complete list visit [sapres.org/extendingthefamily](http://sapres.org/extendingthefamily)
- Bless someone in secrecy.

**Appendix B - Resources for Further Study:**

On the Spiritual Journey:

Allen, Diogenes. *Spiritual Theology: The Theology of Yesterday for Spiritual Help Today*. Boston: Cowley Publications, 1997

Hagburg, Janet and Guelich, Robert. *The Critical Journey: Stages in the Life of Faith*. Salem, WI: Sheffield Publishing Co., 2005

Peace, Richard. *Spiritual Transformation: Taking on the Character of Christ*. (Forthcoming)

Smith, James Bryan. *The Good and Beautiful God: Falling in Love With the God Jesus Knows*. Downer's Grove, IL: Intervarsity Press, 2009

Willard, Dallas. *Renovation of the Heart: Putting on the Character of Christ*. Colorado Springs: NavPress, 2009

On Spiritual Disciplines:

Augsburg, David. *Dissident Discipleship: A Spirituality of Self-Surrender, Love of God and Love of Neighbor*. Grand Rapids: Brazos Press, 2006

Barton, Ruth Haley. *Sacred Rhythms: Arranging our Lives for Spiritual Transformation*. Downer's Grove, IL: Intervarsity Press, 2006

Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook: Practices That Transform Us*. Downer's Grove, IL: Intervarsity Press, 2005

Foster, Richard. *The Celebration of Discipline: The Path to Spiritual Growth* (Twentieth Anniversary Edition) San Francisco: Harper Collins, 1998

Thompson, Marjorie J. *Soul Feast: An Invitation to the Christian Spiritual Life*. Louisville, KY: Westminster / John Knox Press, 1995.

Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. San Francisco: Harper Collins, 2009

## Grace

|     |   |
|-----|---|
| (a) | 1 |
| (b) | 0 |
| (c) | 3 |
| (d) | 2 |
| (e) | 2 |
| (f) | 3 |
| (g) | 1 |
| (h) | 0 |
| (i) | 2 |
| (j) | 1 |
| (k) | 4 |
| (l) | 3 |
| (m) | 0 |

## Faith

|     |   |
|-----|---|
| (a) | 3 |
| (b) | 0 |
| (c) | 1 |
| (d) | 2 |
| (e) | 3 |
| (f) | 0 |
| (g) | 2 |
| (h) | 1 |
| (i) | 4 |
| (j) | 1 |
| (k) | 0 |
| (l) | 2 |
| (m) | 3 |

## Joy

|     |   |
|-----|---|
| (a) | 0 |
| (b) | 2 |
| (c) | 1 |
| (d) | 3 |
| (e) | 2 |
| (f) | 1 |
| (g) | 0 |
| (h) | 3 |
| (i) | 3 |
| (j) | 1 |
| (k) | 4 |
| (l) | 2 |
| (m) | 0 |

## Peace

|     |   |
|-----|---|
| (a) | 2 |
| (b) | 0 |
| (c) | 1 |
| (d) | 3 |
| (e) | 2 |
| (f) | 3 |
| (g) | 0 |
| (h) | 1 |
| (i) | 2 |
| (j) | 0 |
| (k) | 3 |
| (l) | 1 |
| (m) | 4 |

## Friendship

|     |   |
|-----|---|
| (a) | 2 |
| (b) | 0 |
| (c) | 3 |
| (d) | 1 |
| (e) | 2 |
| (f) | 1 |
| (g) | 0 |
| (h) | 3 |
| (i) | 1 |
| (j) | 3 |
| (k) | 0 |
| (l) | 1 |
| (m) | 4 |

## Generosity

|     |   |
|-----|---|
| (a) | 2 |
| (b) | 0 |
| (c) | 1 |
| (d) | 3 |
| (e) | 2 |
| (f) | 3 |
| (g) | 0 |
| (h) | 1 |
| (i) | 2 |
| (j) | 3 |
| (k) | 0 |
| (l) | 4 |
| (m) | 1 |

