



HABITS OF GRACE

EXPERIENCING THE POWER OF SPIRITUAL DISCIPLINE

This six-part series is designed to help people live by God’s grace through the practice of spiritual disciplines. Each week, an experienced teacher will lead a practicum—a real activity or exercise—in one of several spiritual disciplines. Think of the sessions less like classroom lectures and more like time in the lab, in which we learn to apply the grace that we have been given to our daily life and faith.

<u>Date</u>	<u>Topic</u>	<u>Teacher/Facilitator</u>
April 19	Intro to Spiritual Disciplines In this session, Pastor Nathan gives an overview of spiritual disciplines and introduces all of the teachers, who give brief descriptions of their sessions.	Nathan Hart
April 26	Confession Dr. Ingrid Davis facilitates a time of individual confession, supplication, and healing.	Ingrid Davis
May 3	Fasting For this session, participants are encouraged to fast beginning Tuesday evening, May 2 [instructions will be given at the previous classes], and then break the fast with a special, delicious meal on Wednesday evening, followed by teaching from Pastor Chuck.	Chuck Davis
May 10	Quiet Time / Scripture Reading Bebbie Chickering, church lay-leader, and Dr. Heather Wright, Director of the Greenwich Center for Hope and Renewal, lead a <i>lectio divina</i> session of reading the Bible and offer practical instruction for further study.	Bebbie Chickering and Heather Wright
May 17	Worship Katie Nelson, Music Director of Stanwich Stamford, and Pastor Jacky lead a time of communal worship, prayer, and Bible study on what it means to live as worshipers of God.	Katie Nelson and Jacky Gatliff
May 24	Service Steve Reedy, Director of Stanwich World Missions, facilitates several hands-on work projects at the church, accompanied by a teaching on the meaning and purpose of Christian service.	Steve Reedy

Habits of Grace:

Are: *Activities*

Aren't: *Attitudes*

Both: *Personal*

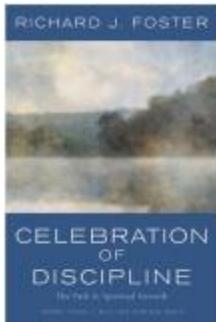
And: *Corporate*

Can: *Serve you*

Can't: *Save you*

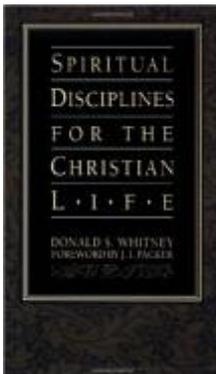
Are: *Means*

Aren't: *End*



“God has given us the Disciplines of the spiritual life as a means of receiving His grace. The Disciplines allow us to place ourselves before God so that He can transform us. ... They are God’s means of grace.”

- Richard Foster, Celebration of Discipline, p. 6



“The Spiritual Disciplines are those personal and corporate disciplines that promote spiritual growth. They are the habits of devotion and experiential Christianity that have been practiced by the people of God since biblical times.”

- Donald Whitney, Spiritual Disciplines for the Christian Life, p. 17