

1. Overview

- a. A Spirit led community of persons striving as individuals, and also assisting each other, in the process of transformation *into the likeness of Christ*
 - i. This means *taking off the old self* and being *made new*, from the inside out, through *participation in the Divine Nature*.
 - 1. This transformation is for our own benefit, and for the benefit of those in our lives
- b. The method of this transformation will be a restructuring of our style of life into the overall style of life that Jesus lived (*discipleship*).
 - i. We will keep the spiritual practices that Jesus kept.
 - ii. We will systematically study and live out Jesus's teachings on "Life in the Kingdom of God".
- c. Life together, on an ongoing basis
 - i. The initial minimum commitment is 90 days, to the following:
 - 1. The Practices
 - 2. Weekly group sessions (at least 75% attendance is required)
 - a. Accountability to the practices will be facilitated each week
 - b. Participants will be lead through The Core Curriculum during this 90-day time period (see "Knowledge" section below)
 - ii. After the initial commitment period, members are encouraged to remain a part of the community indefinitely, but also are free to leave at any point.

2. The Practices

a. Prayer

Devote yourselves to prayer.

- i. 20 minutes total each day - divided into three sessions

b. Fasting

When you fast...

- i. 24 hours without food. One fast every other week.

c. Silence/solitude

Jesus often withdrew to deserted places

- i. One 60-minute period each week alone with the Spirit in a quiet place

d. Scripture Study

The Word of God is living and active...

- i. 60 minutes individual study of curriculum materials each week
- ii. Group discussion of curriculum during the weekly meeting
- iii. Group memorization of scripture passages (one verse a week)

e. Self-control

Set your mind on things above...

- i. No more than one hour daily (on average) of non-essential digital media, electronics, screens, phone use. (Essential use consists of work or communication.)

f. Confession of Sin

Confess your sins to each other, and pray for one another, that you may be healed.

- i. A 60-minute biweekly session with a partner
- ii. Followed by: A laying on of hands and prayer for the person confessing

g. Celebration/Community

The Son of Man came eating and drinking.

- i. A once a month gathering for a celebratory meal and fellowship!

3. Knowledge

Be transformed by the renewing of your mind.

a. Core curriculum

- i. Rethinking *the good news*...two contemporary “reformers” of the Church

- 1. Dallas Willard:

- a. What did Jesus believe, teach, and live?

- b. The spiritual practices

- i. A Biblical understanding and practical guidelines

- 2. NT Wright: The correct set of spectacles through which to read the Bible

- a. Understanding the Great Story from Genesis to Revelation of God working out His plan to set everything right...The goal being the marriage of Heaven and Earth with humanity in the Divine likeness, serving as His delegated rulers of creation.

b. Secondary curriculum

- i. How to interact with the Bible in a transformative manner

- 1. Theory and practice

- 2. Resources

- ii. Working through the book of Romans as a group, using the Bible study methodology learned in the core curriculum

4. Logistics

a. 4.5 Hours - Total weekly time commitment to the practices

- i. 20 minutes daily prayer

- ii. 60 minutes once a week of solitude/silence/contemplation

- iii. 60 minutes of study weekly for the “Knowledge” component

b. Other commitments

- i. Monthly fellowship and dinner gathering – one evening each month

- ii. Confession – 60 minutes biweekly

- iii. Fasting - One day every other week

c. Weekly group sessions

- i. Wednesdays: 6:30PM-8:30PM – at Eastbrook Church: Room B226b

- ii. 15 minutes – Group member life updates, sharing and prayer

- iii. 15 minutes “Spotlight” – Someone shares their story and spiritual journey

- iv. 60 minutes - Review and discussion of “Knowledge” material

- v. 30 minutes – Each person takes a turn and shares with the group:

- 1. Accountability - Adherence to the practices themselves, and to the rest of the triangle of transformation

- 2. Sharing/reflection on our spiritual journey

Not neglecting to meet together, as is the habit of some, but encouraging one another...build one another up...