

# Story of Noah

“If you want the life of  
Jesus you need to adopt  
the lifestyle of Jesus”

“The spiritual disciplines are practises based on the lifestyle of Jesus, that create a time and space for us to access the power and presence of the Holy Spirit and in doing so be transformed from the inside out”

John Mark Comer

We have lost sight that we  
have a role to play in our  
own walk with God...

“Grace is not opposed to effort – it is opposed to earning”

Dallas Willard

# Training



Rowing

Individual

Solitude

Encountering nature

Fasting

Sacrifice

Study

Private prayer

Silence

Knowing the scriptures

Abstaining

Engaging

Giving

Confession

Praise

Lent

Healing

Church

Community Group

Listening to God

Fellowship

Service

Social action

Celebrating

Community



# Individuality

# Balance

# Intentionality

Blameless = *tamiym*

The Christian life is much  
more exciting than  
avoiding the bad stuff

Do you know how  
God has created you?

Naturalists

Sensates

Traditionalists

Ascetics

Activists

Caregivers

Enthusiasts

Contemplatives

Intellectuals

What are you building and  
how will you build it?