



Practicing the Way of Jesus

Focusing on the inner life

Psalm 92:12-15

Luke 6:43-45

Practicing the Way of Jesus

The way that Jesus practiced and/or promoted.

Trust

Silence and Solitude

Connecting to the marginalized

Prayer

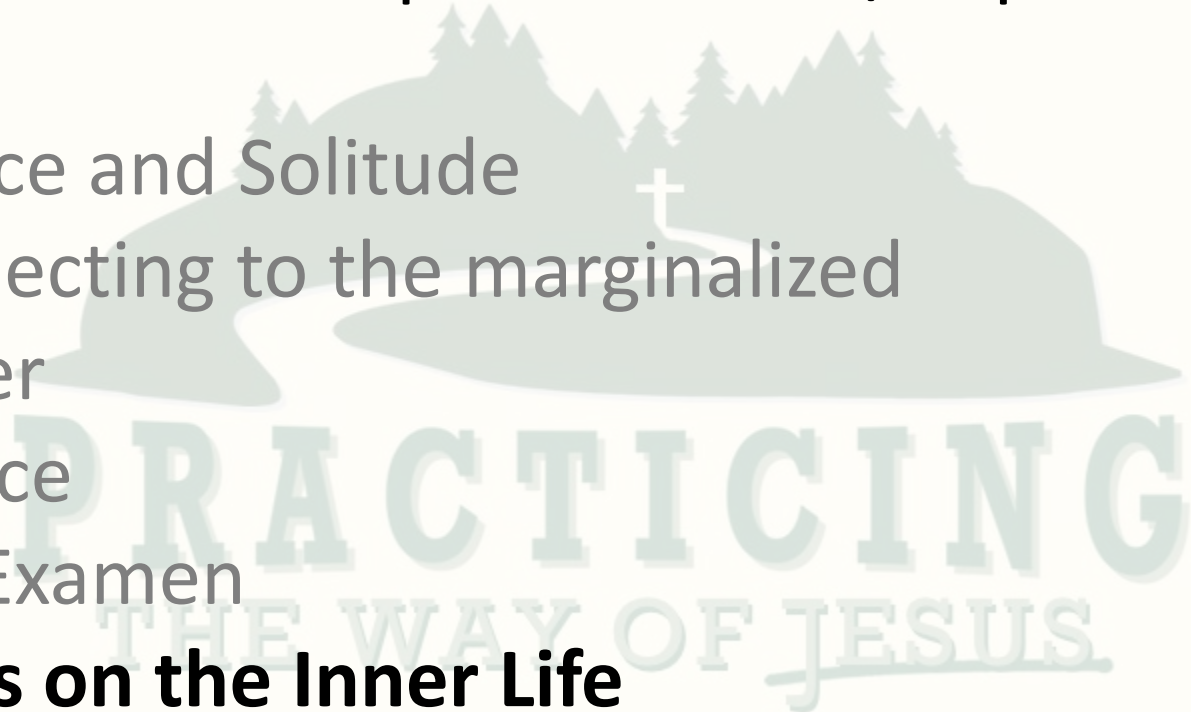
Service

The Examen

Focus on the Inner Life

Story telling

Simplicity



What do we mean by “inner life”?

Our spiritual life

The life of our Soul

Our will (heart)

Our mind (thoughts)

Our emotions (feelings)

These things are all ‘inner’ but have an intimate relationship with our bodies and our relationships (the ‘outer’).



1 – Jesus promoted the inner reality

“The good man brings things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of the heart his mouth speaks.” V. 45



1 – Jesus promoted the inner reality

“Do not murder... But I tell you that anyone who is angry with his brother will be subject to judgement.” Matthew 5:21-22

“Do not commit adultery... But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in her heart.” Matthew 5:27-28

1 – Jesus promoted the inner reality

“You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean.”

Matthew 23:25-26



PRACTICING
OF JESUS

1 – Jesus promoted the inner reality

“You are like white-washed tombs, which look beautiful on the outside but on the inside are full of dead men’s bones and everything unclean...” Matthew 23:27



2 – We have an inner reality whether we accept it or not!



- Can be painful to face.
- We focus on the externals, especially when we are younger and still have nice externals!
- It often takes hardship to push us deeper than externals.
- If you ignore the internals, they will leak out (out of the overflow of the heart the mouth speaks).

2 – We have an inner reality whether we accept it or not!



“We need to fall, to fail, and to jump into the mystery of our own existence, or we literally stay on the surface of life.”

Richard Rohr

PRACTICING
THE WAY OF JESUS



2 – We have an inner reality whether we accept it or not!

We function best when we live as an integrated whole.

Our bodies, words, spirit, soul, emotions, relationships all accept, reflect and live out the same consistent reality.

So accepting the inner reality so it can be processed and shape our externals (actions, words, relationships) is a good thing!



3 – How to be integrated

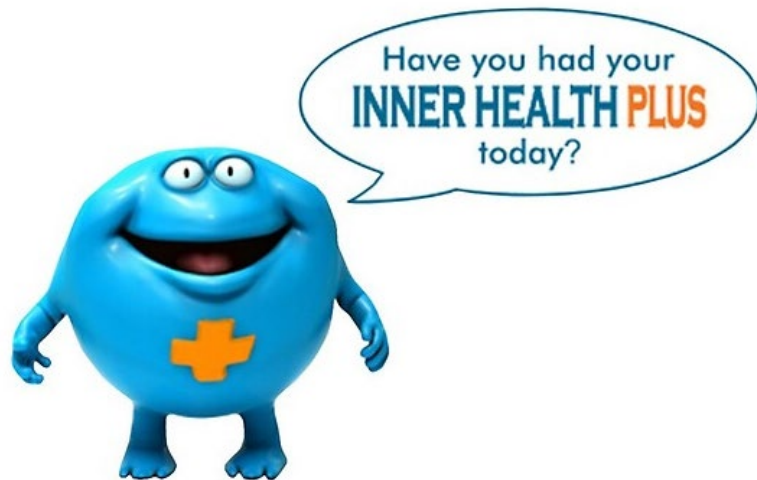
Deal with shame.

Shame is a deep sense of brokenness.
Shame drives us away from connection.

Shame is different to healthy guilt or Godly sorrow which is about the pain of broken relationship. Healthy guilt drives us to connection.
Shame makes it very hard to look inward.

3 – How to be integrated

“...you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, but you were not willing.” Matthew 23:37



TICING
Y OF JESUS



3 – How to be integrated

“...all these I have kept since I was a boy.” Jesus looked at him and loved him...” Mark 10:20-21

“Jesus said, “Feed my sheep...”” John 21”17b

Jesus deals with shame.

It helps us come to a place where we can look at our insides.

How do I grow and maintain a healthy inner life?

- Step into the hard stuff. It is worth it!
- Bring it to Jesus. Step through the shame into the light.
- Your soul has needs. Know them and meet them.
- Live in the rhythms and practices Jesus lived in.



How do I grow and maintain a healthy inner life?

“One of those days Jesus went out to a mountainside to pray, and spent the night praying to God... and choose twelve of them... and Judas Iscariot, who became a traitor.”

Luke 6:12-16



How do I grow and maintain a healthy inner life?

“Father, if you are willing, take this cup from me, yet not my will, but yours be done.”

Luke 22:42



ACTICING
E WAY OF JESUS

How do I grow and maintain a healthy inner life?

“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Luke 22:42

