

A close-up, low-angle shot of a person's feet walking on a paved path. The person is wearing blue denim jeans and white sneakers with black soles. The background is a bright, golden sunset or sunrise, with the sun low on the horizon, creating a warm, hazy glow. The overall mood is peaceful and contemplative.

# Sacred Rhythms

**The First Step**

## Recap

**If only spiritual transformation were that easy.** Just read a book, see a counsellor, attend a conference, make a fresh commitment, resolve to be different, shed a few tears at an altar, memorize a few verses...and, presto, out comes a mature, godly Christian.

**Transformation: How Does It Happen?**  
**Nancy Leigh Demoss**

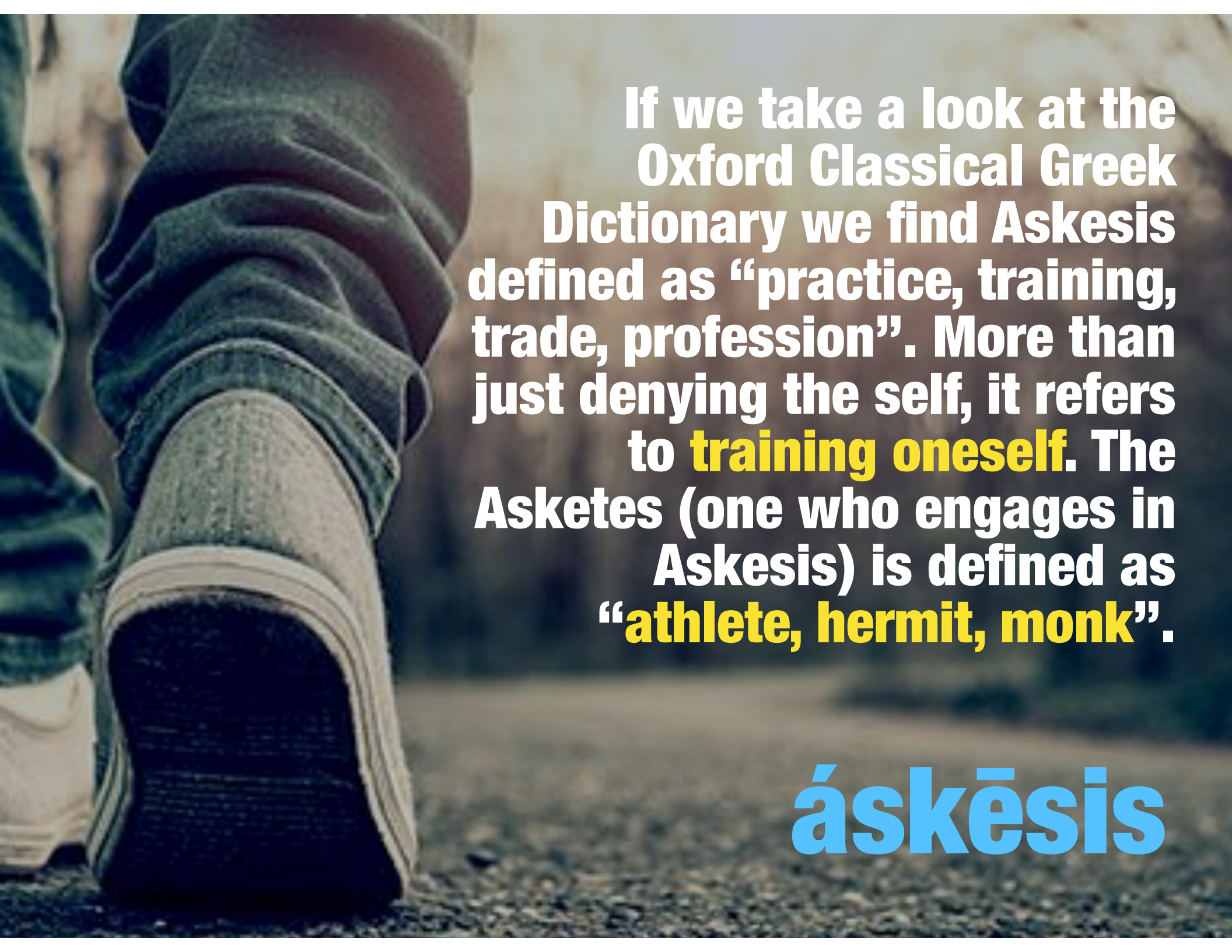


## Recap

**To the contrary, the experience of many believers looks like this:**

- **Commit. Fail. Confess.**
- **Re-commit. Fail again. Confess again.**
- **Re-re-commit. Fail again. Give up.**

**Transformation: How Does It Happen?**  
**Nancy Leigh Demoss**



If we take a look at the Oxford Classical Greek Dictionary we find Askesis defined as “practice, training, trade, profession”. More than just denying the self, it refers to **training oneself**. The Asketes (one who engages in Askesis) is defined as “**athlete, hermit, monk**”.

**áskēsis**





“If the church exists to see people transformed, shouldn't we be clear about **what a transformed Christian looks like?**”

**Gordon MacDonald**

“Almost **anything** that regularly asks us to **slow down** and **order our time**, desires and thoughts to counteract selfishness, impulsiveness, or hurried fogginess of mind can be a spiritual discipline.”

**Henri Nouwen**

A close-up, low-angle shot of a person's legs in blue denim jeans and white sneakers with black soles, walking on a gravel path. The background is a blurred natural setting with trees and a bright sky.

# Three Types of Christians

**I have enough of God  
cultural**

**There is no more of God to be had  
secular**

**I want more of God  
disciple**

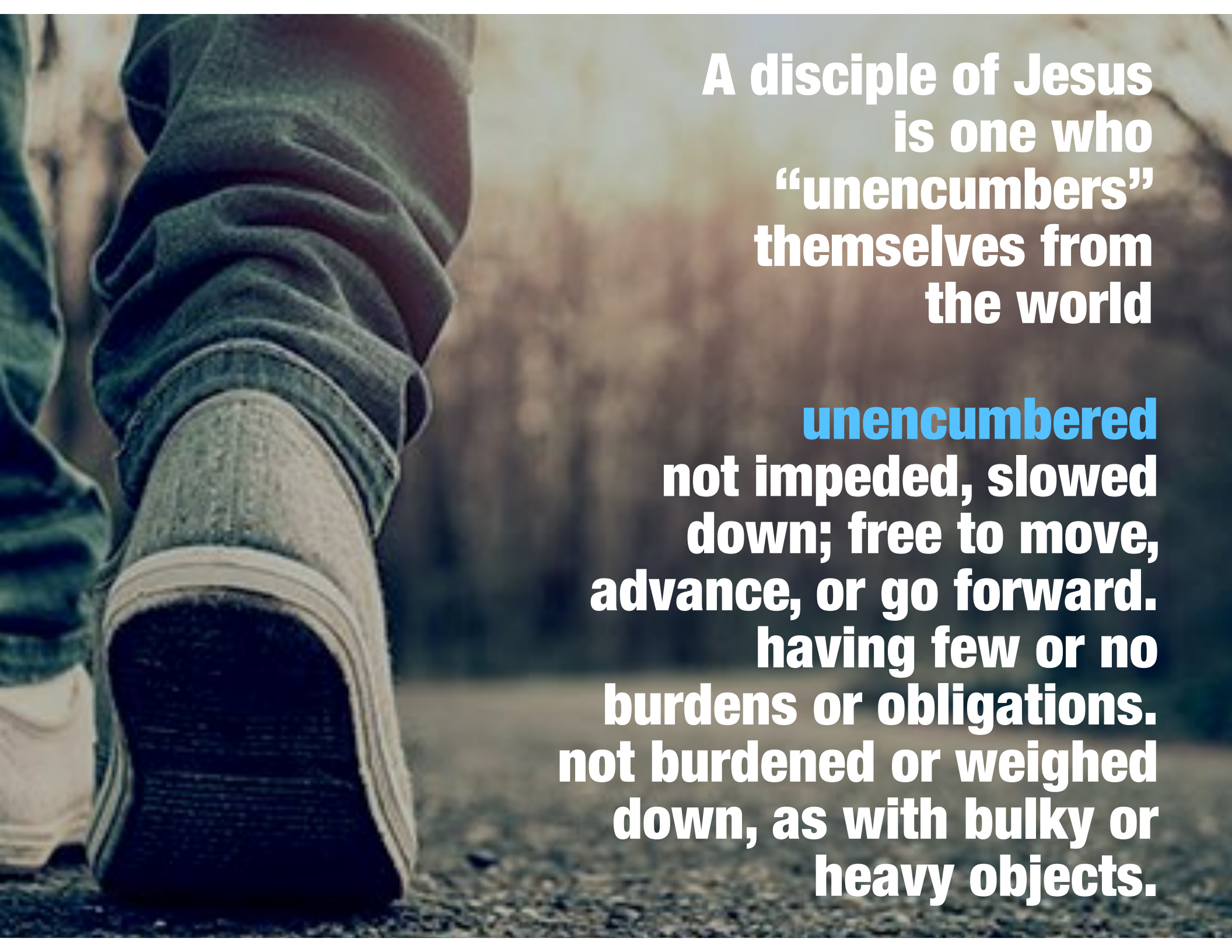


A background image showing a person's legs in blue jeans and white sneakers walking on a path. The text is overlaid on this image.

Jesus said to the people who believed in him,  
“You are truly my **disciples if you remain faithful to my teachings**. And you will know the truth, and the truth will set you **free**.” **John 8:31-32**

“But we are descendants of Abraham,” they said. “We have never been **slaves** to anyone. What do you mean, ‘You will be set free’?” **vs 33**

Jesus replied, “I tell you the truth, **everyone who sins is a slave of sin**. A slave is not a permanent member of the family, but a son is part of the family forever. So **if the Son sets you free, you are truly free**. **vs 34-36**



**A disciple of Jesus  
is one who  
“unencumbers”  
themselves from  
the world**

**unencumbered**  
**not impeded, slowed  
down; free to move,  
advance, or go forward.  
having few or no  
burdens or obligations.  
not burdened or weighed  
down, as with bulky or  
heavy objects.**





## **Disciple Means Worshiper**

**worship of God was seen as a singular focus of the heart. That means that anything that dilutes that focus is seen as hinderance to our relationship**

**The Father is looking for those who will worship him that way. For God is Spirit, so those who worship him must worship in spirit and in truth.**

**John 4:23-24**



## **Disciple Means Servant**

**Servanthood is the foundation of a disciple. There is no greater test of motives or agendas than in our willingness to lay down our egos for God and one another**

**For even the Son of Man came not to be served but to **serve others** and to give his life as a ransom for many. **Mark 10:45****





## **Disciple Means Witness**

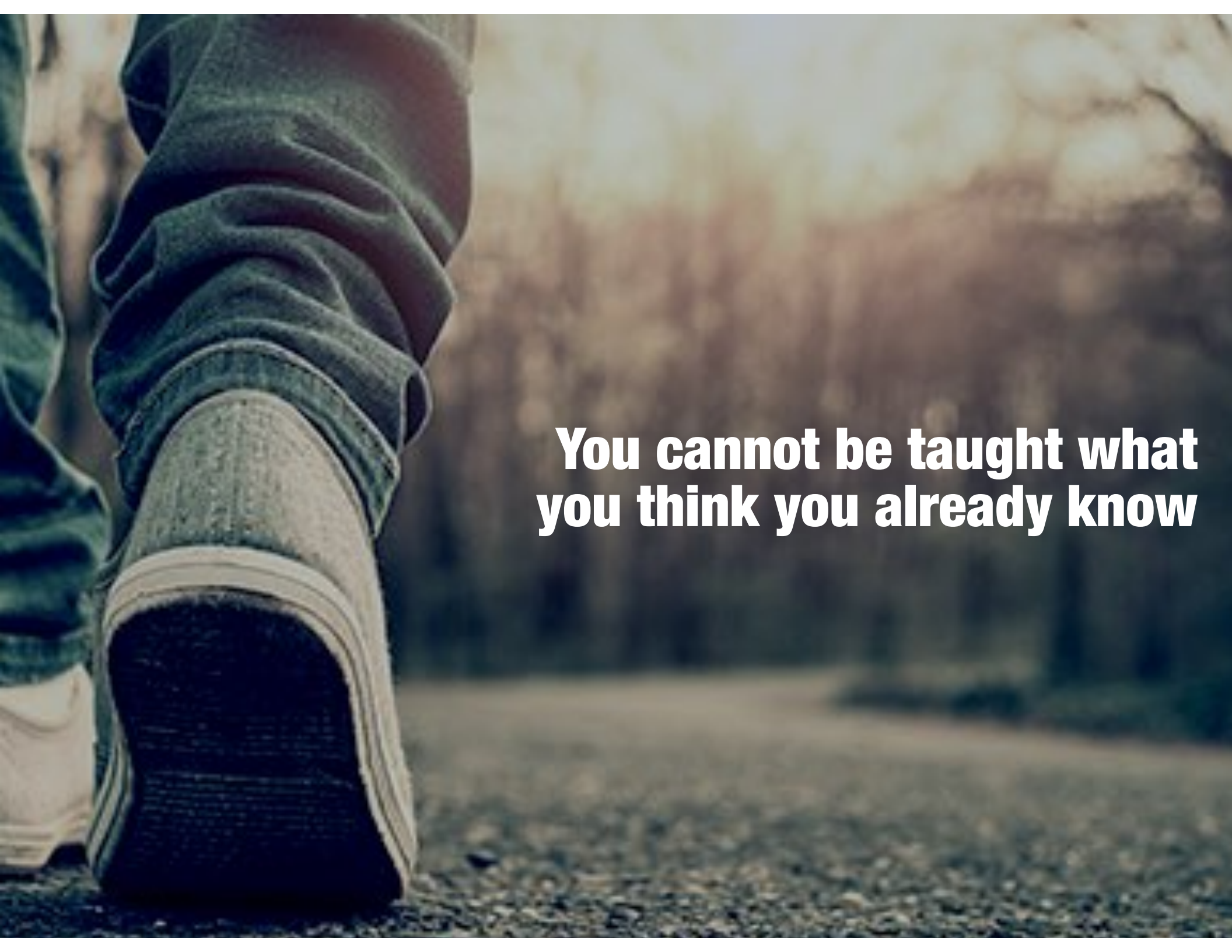
**We are called to use our lives as a sign post to others about who and what Jesus is.**

**But you will receive power when the Holy Spirit comes upon you. **And you will be my witnesses**, telling people about me everywhere **Acts 1:8****

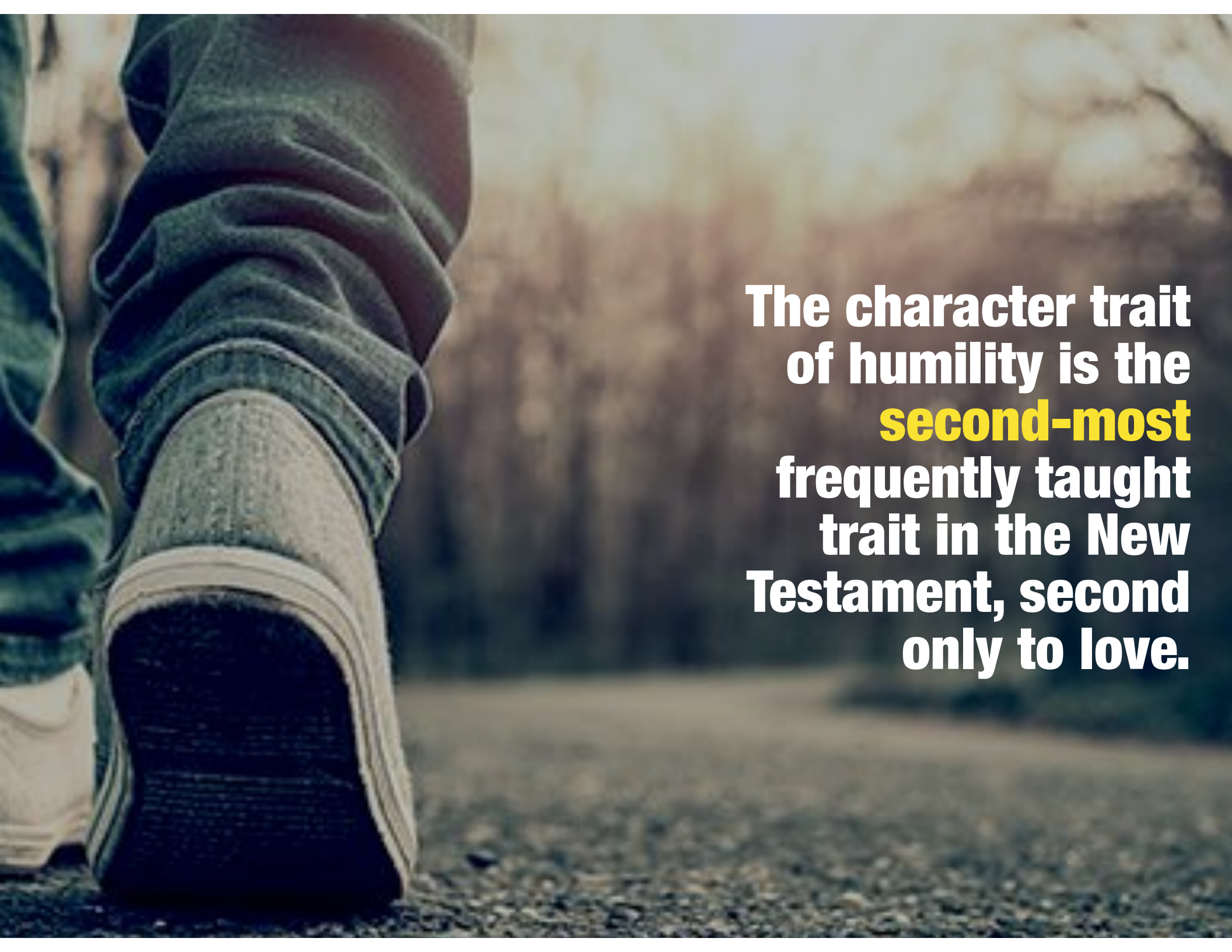


**The first step on the  
journey of a disciple is the  
posture of humility**



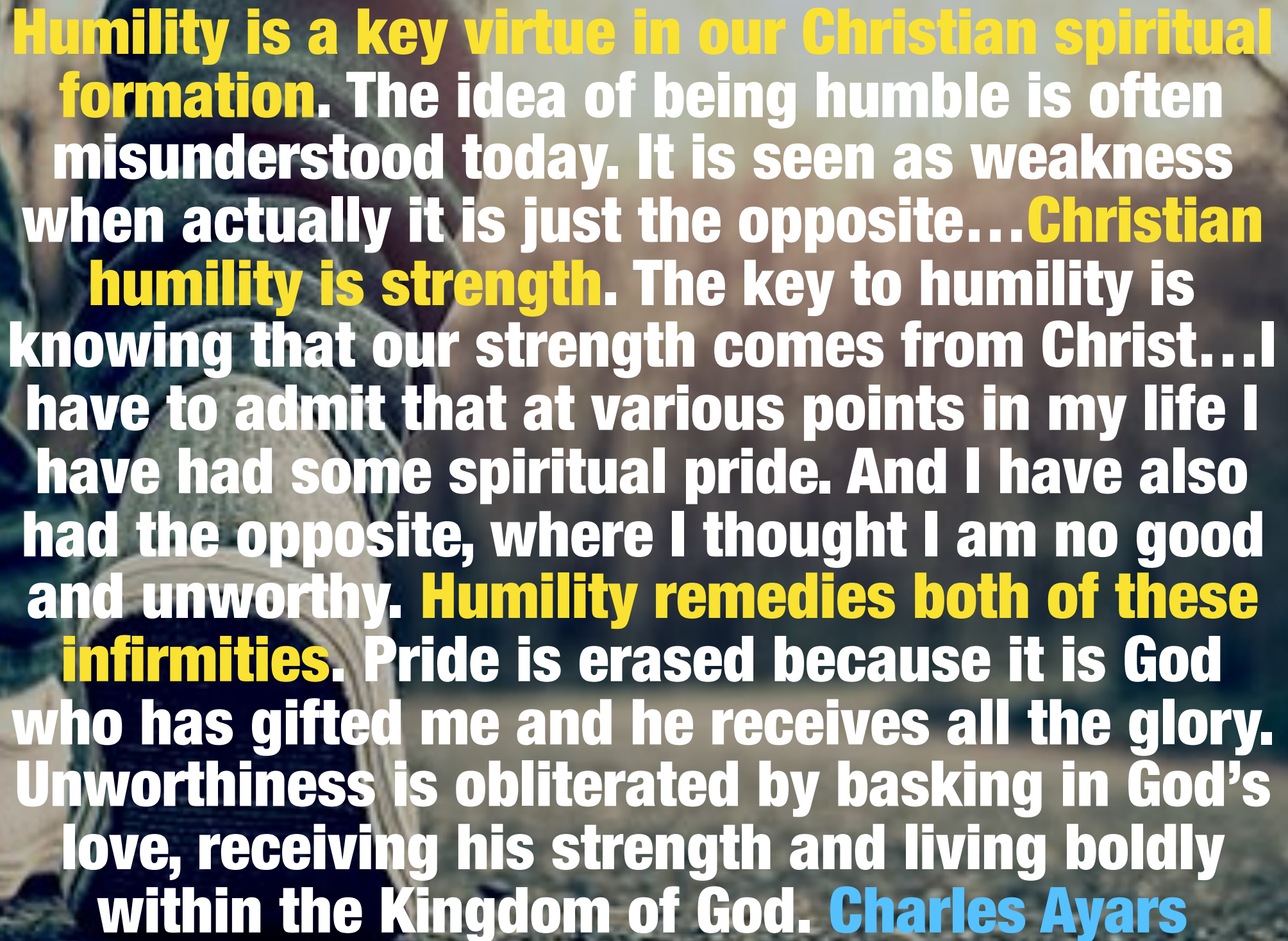
A low-angle, close-up shot of a person's legs and feet as they walk on a paved path. The person is wearing dark blue denim jeans and white sneakers with black soles. The background is a soft-focus landscape of trees and foliage, suggesting an outdoor setting like a park or a trail. The lighting is natural, and the overall mood is contemplative.

**You cannot be taught what  
you think you already know**



**The character trait  
of humility is the  
**second-most**  
frequently taught  
trait in the New  
Testament, second  
only to love.**





**Humility is a key virtue in our Christian spiritual formation.** The idea of being humble is often misunderstood today. It is seen as weakness when actually it is just the opposite...**Christian humility is strength.** The key to humility is knowing that our strength comes from Christ...I have to admit that at various points in my life I have had some spiritual pride. And I have also had the opposite, where I thought I am no good and unworthy. **Humility remedies both of these infirmities.** Pride is erased because it is God who has gifted me and he receives all the glory. Unworthiness is obliterated by basking in God's love, receiving his strength and living boldly within the Kingdom of God. **Charles Ayars**

**thinking highly of  
oneself, over  
focused on “me”**



**Pride**


**Humility**

**False  
Pride**

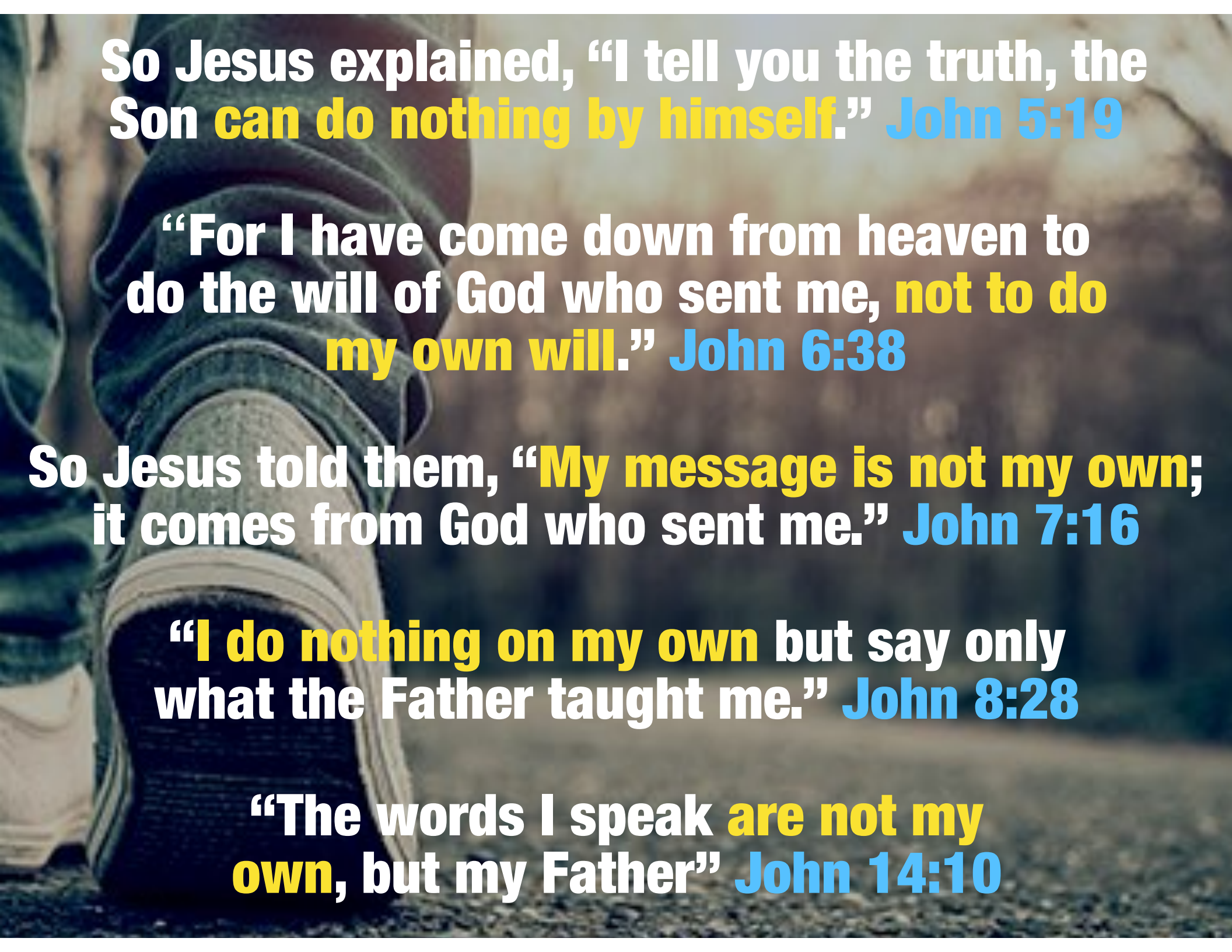


**unworthy,  
unforgivable, God  
couldn't love me**





**Jesus is humility  
personified.**

A close-up, low-angle shot of a person's legs in blue denim jeans and white sneakers with black laces, walking on a paved path. The background is a blurred natural setting with trees and foliage.

So Jesus explained, “I tell you the truth, the Son **can do nothing by himself.**” **John 5:19**

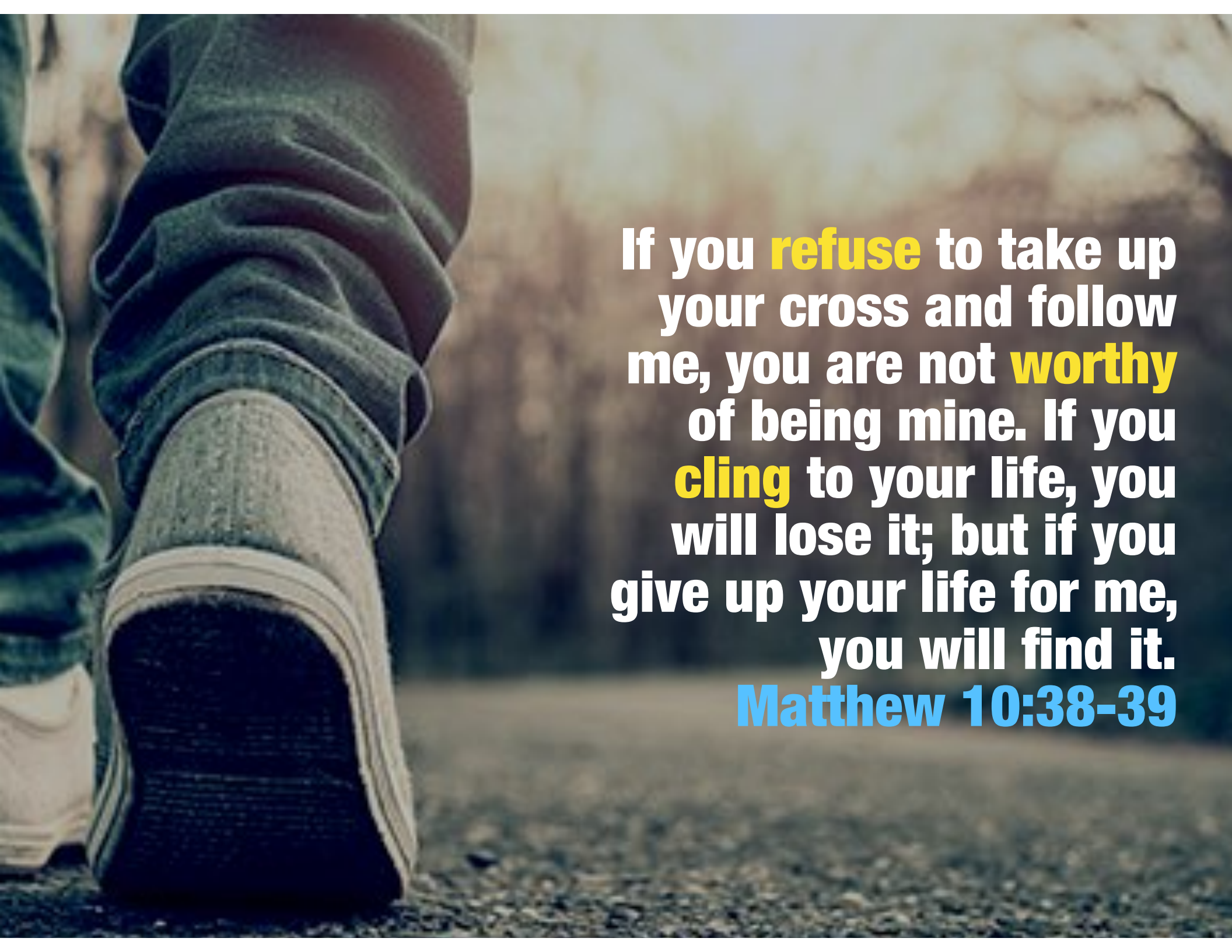
“For I have come down from heaven to do the will of God who sent me, **not to do my own will.**” **John 6:38**

So Jesus told them, “**My message is not my own;** it comes from God who sent me.” **John 7:16**

“**I do nothing on my own** but say only what the Father taught me.” **John 8:28**

“The words I speak **are not my own,** but my Father” **John 14:10**





If you **refuse** to take up  
your cross and follow  
me, you are not **worthy**  
of being mine. If you  
**cling** to your life, you  
will lose it; but if you  
give up your life for me,  
you will find it.  
**Matthew 10:38-39**

# The Process of Humility

**what we love**

**what we want to  
be known for**

**worship, serve, witness**

**what we think  
is valuable**







**Don't be selfish; don't try to impress others. Be humble, **thinking of others as better than yourselves.****

**Don't look out only for your own interests, but take an interest in others, too. **Philippians 2:3-4****

**You must have the **same attitude** that Christ Jesus had. **vs 5****

**he gave up his divine privileges; he took the humble position of a **slave vs 7****