

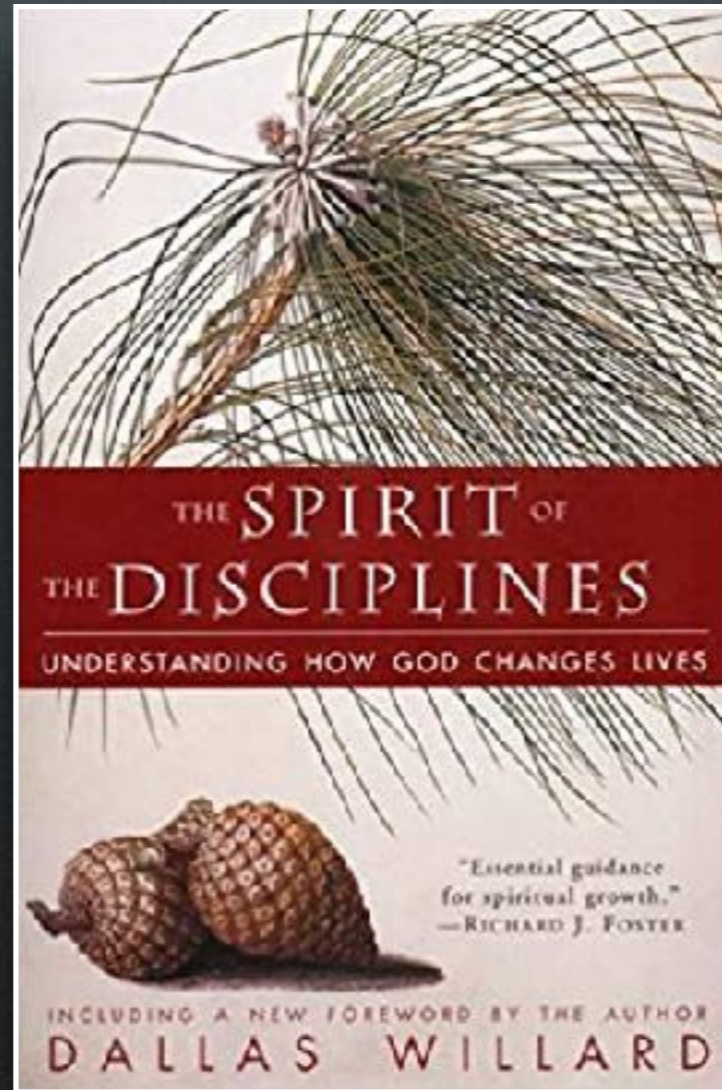
WELCOME to an eleven week Course sponsored by
Dallas Willard Ministries & Jesus College



The Spirit of the Disciplines

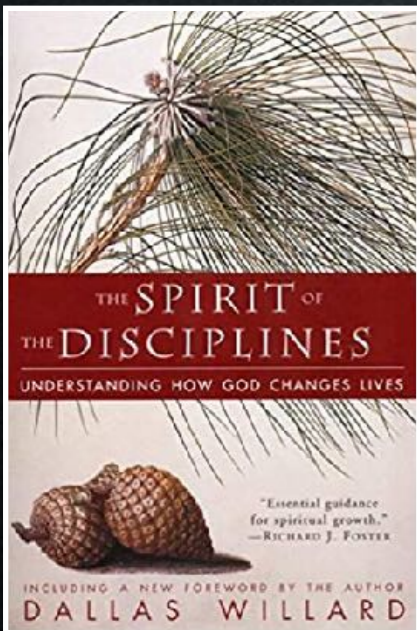
Session 6 - *"Spiritual Life: The Body's Fulfillment"*

Book Chapter 6





“Come to me, all you who are weary and burdened and I will give you rest. 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. For my yoke is easy and my burden is light.” Matthew 11:28-30



Session 5 Review

The nature of life is lived in proper order aligned with the spiritual power of the Kingdom of God fleshed out in spiritual practices of the King and with the King.

The secret of the easy yoke is to choose to live your life the way Jesus lived His life.



The Spirit of the Disciplines

Session 6 - *“Spiritual Life: The Body’s Fulfillment”*

Book Chapter 6

The spiritual and the bodily are by no means opposed in human life — they are complementary. (75)

How? Interaction of our powers as bodily beings with God and His Kingdom. (76)

“The body is not for sexual immorality, but for the Lord, and the Lord is for the body.” 1 Corinthians 6:13



The Spiritual & Biological Together in Psychology

The physical human frame as created was designed for interaction with the spiritual realm and that this interaction can be resumed at the initiative of God.

Then through the disciplines for the spiritual life...
by joint efforts of God and [YOU] alive in the Spirit.

(77)



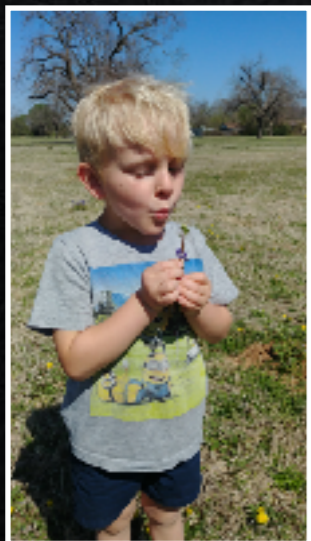
“True Spirituality”

Leading our lives before God in an open, adventurous
and reflective manner!

Alive to God caught up in our embodied, socialized totality.
(78)

...at play for “*spirituality is not a pious pose.*” L.S. Chafer (79)

Imagine Jesus throwing a frisbee
or playing tackle football?





The Centrality of the Shadow Side

What Christians are missing is the wholesome liveliness springing from a balanced vitality within the freedom of God's loving rule. (80)

Overcoming temptation will be easier if we are basically happy in our lives. (81)

We are the same as our body?

- > We do not have knowledge or experience that is totally free from involvement with our bodies.
- > Our abstract thought is rarely if ever separate.
- > Emotions & feelings inhabit distinct parts of our bodies.
- > Decisions, choices & actions from our body's posture.
- > Experiencing others is inseparable from their bodies. (82)

Human personality is not separable from the body.
We are not mere physical mechanisms. (84)

This is what makes it necessary for us to make our bodies, through the disciplines of the spiritual life, our primary focus of effort in our part in the PROCESS of REDEMPTION.

(84)

Flashback
Chapter 4

The Imago Dei and the Human Body

Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life and man became a living being. *Genesis 2:7*

REDEMPTION – The human body is the vehicle through which we can effectively acquire the limited self-subsistent power we must have to be truly in the image and [Christ]likeness of God. (53)





The Body as a Battlefield

It often appears as the body has a life of its own

Vital involuntary body systems

The basic drives — food, sleep, sex

Our intentions of behavior to the point of mental illness

In the *full redemption* of life by Christ, the embodied human personality is accepted and made truly whole. (85)

Upon Conversion...

At peace with God, then a battle of flesh vs. spirit

Our bodies' tendencies long lived.

The disciplines for the spiritual life, rightly understood, are time tested activities consciously undertaken by us as new men or women to allow our spirit ever-increasing sway over our embodied selves. They help by assisting the ways of God's Kingdom to take the place of the habits of sin embedded in our bodies. (86)

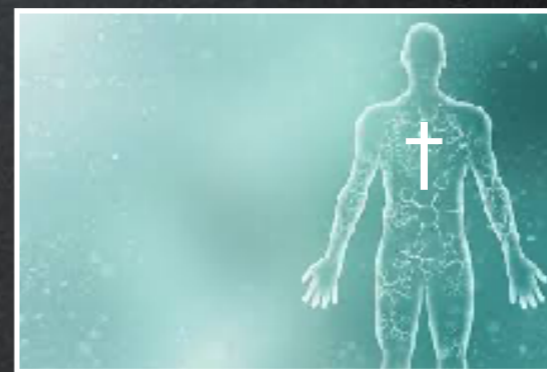
(What I consider to be one of Dallas' most critical statements.)



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sin
habits



In Praise of the Flesh: A Stepping Stone to God and an Incorruptible Body (87-89)

It is now time to put in a good word for the flesh!

“Flesh” in the Bible — a specific range of powers that is embedded in the body of a specific type.

An astonishing range of social and intellectual possibilities, a capacity for God, and ingrained evil or righteousness.

From terrestrial to celestial like the resurrected Jesus.

“Putting on incorruption, the imperishable, the glorious”

1 Corinthians 15:53-54; 1 Peter 1:4, Philipppians 3:21

Sowing to the Spirit (89-90)

It is my aim in this book to help us see that...

Our choices concern specific life processes of spiritual growth or decay...not exempted by God's action on our behalf.

I especially hope that our discussions will have made it clear that we badly err in thinking of flesh as essentially degraded or bad or sinful: the biblical view of grace and human nature does not see it that way. This mistake must be avoided if we are to take seriously our task of:

“Yielding our members to righteousness unto holiness”

Romans 6:19





Flesh — Not “Fallen” Human Nature

Adam & Eve before the Fall
Jesus after the Resurrection

It is true that in the unredeemed the flesh, both the material stuff of the body and the natural powers that that stuff exhibits, now serves as primary host to sin...in its deformed condition - “fallen human nature” doing that which is evil and must be crucified to restrain it. *Galatians 5:16, 19f*

When we “put off” the old man or woman, it is not the mere natural body of our fleshly existence. That’s suicide.

It is the carnal mind, not the flesh, that is at enmity with God.

(90-91)



Why we've been discussing this for 6 weeks...

We come to see how the easy yoke of Christ is inescapably bound up with the disciplines for the spiritual life.

REDEMPTION as it is portrayed in the New Testament is comprehensible only when placed into careful relation with embodied human nature and God's purposes in our creation.

It could not have been otherwise.

The fleshly human organism is our vehicle for our vocation including voluntary interaction with the Kingdom of God through the human body.

Put simply, no body, no power.

(91-92)

Spiritual Disciplines in Full Redemption

God in REGENERATION renews our original capacity for divine interaction. Our body's substance is only transformed by daily actions and events.

What is the specific role of the spiritual disciplines?

To mold and shape the embodied self.

Our part in our REDEMPTION is to yield to the ways of the new life imparted to us by the “quickenening spirit”. *1 Co.15:45*

11 Peter 1:2-11, “Partakers of the divine nature...make every effort”

New Life Regeneration? God Himself

Whole Person Redemption? Jesus by the Spirit & Me



We are to take this task with the utmost seriousness and in the most literal of senses, since no one, not even God Himself, will do it for us. (93)

(and 20, 68, 115, 117, 118, 120)

That is the meaning of our freedom and responsibility.

To enter with intelligence, steadfastness and success into the disciplines profitable in all things. (93)

“The life that now is, and is to come” 1 Timothy 4:8

Flashback
Chapter 5

The harmonization of our total self with God will not be done for us. We must act. (68)

Flashback
Chapter 2

Action is indispensable. Failure to act in certain ways will guarantee that this transformation does not come to pass. (20)

Q&C

Your Questions & Comments are welcome!

(Use the Q&A on the bottom of your Zoom screen)



Q&A

80:00 + 10K

Meditation — *1 Peter 1:3-4*

Application

- 1.) What is my view of my flesh? How does my view of God interact with my body?
- 2.) What is the role of spiritual disciplines in shaping my flesh?
- 3.) What flesh molding discipline will I practice this week to shape one of my body's tendencies?

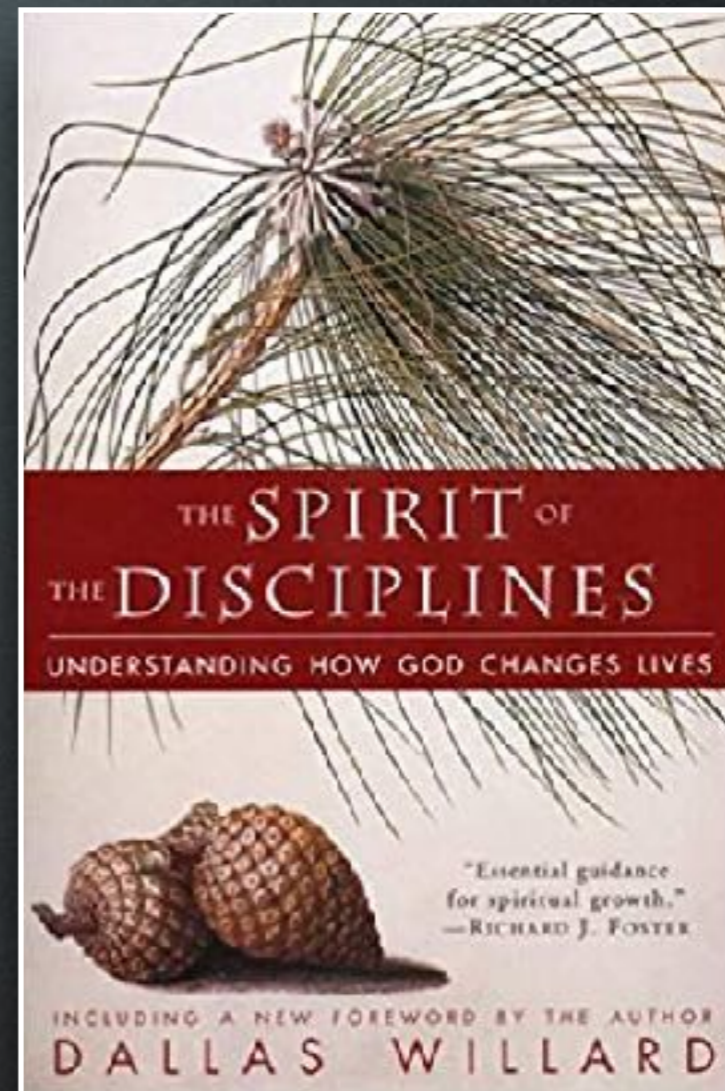


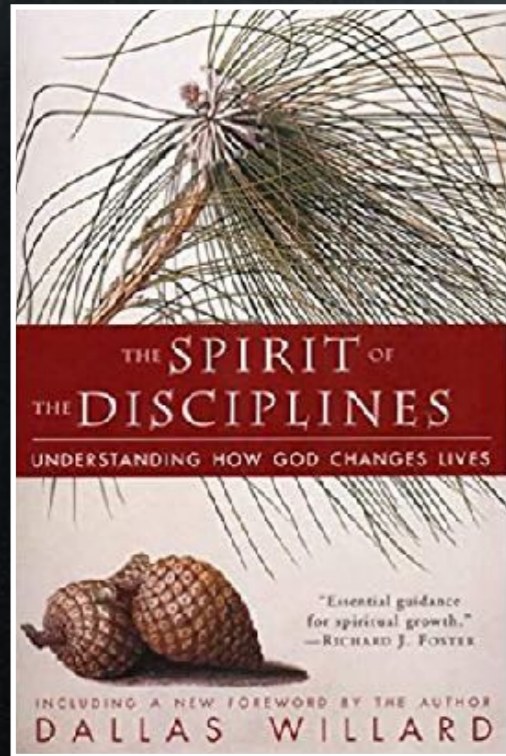
† Cross Fit

Session 6 Summary

You have a body for one reason — to have at your disposal the resources that would allow you to be in fellowship and cooperation with a personal God.

(92)





Is there a life we can examine that would give us insight into the disciplined life?

Next — Session 7

“St. Paul’s Psychology of Redemption —
The Example”
Chapter 7

Invest your next 10,000 minutes exercising by grace the power of the Kingdom of God in your personal temple of the Holy Spirit.

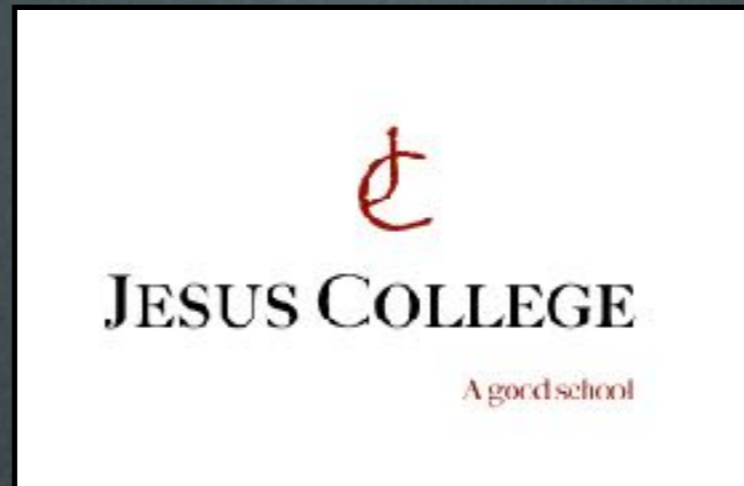
Doug



The SCHOOL of KINGDOM LIVING



Information...Registration — JohnC@dwillard.org



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