



## ALL CHURCH JOURNEY

October 9 – November 20, 2011



### WHAT'S A JOURNEY, and how does it work?

For the past several years, churches have been getting on the same page for a six-week journey. We zero in on one topic and everyone is challenged in similar ways. We'll couple the Sunday messages with individual experiences and small group gatherings, making the journey a multi-layered experience.

There are three components to the journey:

- (1) The Sunday service sets the tone for each of the six topics, and this is the first step of the weekly cycle.
- (2) This is followed by individual experiential challenges -- able to be completed in 15–20 minutes each day, five days per week for six weeks -- to introduce spiritual disciplines such as Bible reading, prayer, meditation, fasting, silence, worship and celebration.
- (3) Weekly small group times will focus on sharing these individual experiences as a way to provide encouragement and accountability, as well as introducing "group disciplines" such as intercession, encouragement, service, confession and worship. To get in a Community Group, email Pastor Rich at [rjohnson@sanctuarycolumbus.org](mailto:rjohnson@sanctuarycolumbus.org)



### The Objective

To learn what it means to follow Jesus and be equipped with practical tools & experiences for developing our capacity for hearing Jesus—setting us on a trajectory of individual spiritual growth.

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# STRONG

We all want to be strong—in our families, relationships, character—and unless we're in the process of being spiritually strengthened, we'll be unprepared for the hard times and unable to experience the fullest joys of what God has in store for us. Thankfully, we can look to Jesus as the best example of how to incorporate rhythms and practices that will help us encounter God and produce real strength in us.

## WHY "STRONG?"

Spiritual disciplines are simply tools for growing closer to God. The "Strong" concept demystifies spiritual growth by introducing classic spiritual disciplines in a fresh, approachable way—through simple daily challenges presented in a card format. Journey participants will receive decks of cards containing challenges to try different spiritual disciplines. Participants will do 4-5 cards a week, one challenge a day, then spend a moment journaling their reaction to that challenge. This is designed to take 15-20 minutes a day, giving participants a sustainable way to practice classic spiritual disciplines.



WEEK ONE: **PLAY STRONG** 10/9

PRACTICES: PLAY, REST, CELEBRATION

WEEK TWO: **STRONG COMMUNICATION** 10/16

PRACTICES: PRAYER, MEDITATION

WEEK THREE: **STRONG LEARNING** 10/23

PRACTICES: STUDY, BIBLE READING

WEEK FOUR: **STRONG TRAINING** 10/30

PRACTICES: FASTING, SILENCE, SOLITUDE, ETC

WEEK FIVE: **STRONG SERVICE** 11/6

PRACTICES: SERVICE, SUBMISSION

WEEK SIX: **LIVE STRONG** 11/13

PRACTICES: ABIDING, WORSHIP, RHYTHMIC DISCIPLINES

WEEK SEVEN: **RECAP** 11/20

We're reserving a 7th weekend to celebrate and do some storytelling.

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