



SPIRITUAL SPRING TRAINING EXPLORING SPIRITUAL TYPES, February 21, 2010

Every year about this time when the football season is over, we start longing for spring. We read reports about what is going on in the world of professional baseball in Florida and Arizona at Spring Training camps. Players and fans are looking forward to April and the playing of the National Anthem followed by those familiar words, “Play Ball!”

This year we at St. Luke’s are showing up for our own version of Spring Training – Spiritual Spring Training. This training is not about batting practice or catching pop flies. Our Spring Training is about developing spiritual disciplines that will deepen our connection with God. Kent will be preaching on a different discipline every Sunday and there will be classes/activities/events on Sunday and throughout the week that will broaden your understanding.

So where do you find God? Walking on the beach? Reading your Bible? Maybe at a Habitat for Humanity build? During Sunday morning worship when the music soars? In the eyes of your children or grandchildren? Looking to the expanse of the night sky or listening to the beat of your own heart?

Each of us has a responsibility to understand and pursue our own spiritual development. It is with this in mind that the Spiritual Life Center offers opportunities today and this week to discover your Spiritual Type and use that information to understand your personal spiritual path and the paths of others. Once discovered you can use your Type to thoughtfully design your own Spiritual Spring Training plan. Every ministry offers classes and activities to help you build your skills. By Easter you will have developed and strengthened your spiritual disciplines. You will be able to claim your place in the line-up and be fully in the game. Spiritual Spring Training will be a time of transformation for you!

TODAY EXPLORING SPIRITUAL TYPES

Using a brief questionnaire, discover and then explore your spiritual type. Expand the ways you welcome the Divine into your everyday world and make plans for using this information during this Lenten season. Today at 9:30am, 10:45am and noon in the Spiritual Life Center – all are welcome!

Monday, February 22, 7-8:30pm, N101/102, Registration suggested, no fee

Friday, February 26, 10-11:30am, Parlor. Registration suggested, no fee.

Register www.stlukesumc.com or 846-3404x367

RESOURCES

- 1) “A Year With God” edited by Richard Foster and Julia L. Roller - available in Oasis
- 2) “Jesus Calling: Enjoying Peace in His Presence” by Sarah Young – available in Oasis

- 3) “Holy Habits” Daily Devotional

Pick up your copy at the Information Desk or Main Office and devote a few minutes every day to this spiritual discipline

- 4) “Creative Crosses – Images and Stories” – Daily Devotional

Every day you can see a different cross made by someone in the St. Luke’s congregation. Read the story behind the cross, a scripture and prayer. Go to www.stlukesumc.com or purchase a copy in Oasis.