

# CULTIVATING THE INNER-LIFE

## Learning to avoid spiritual meltdown

- I. Question: How do people, even Jesus-followers, wind up living under the broom tree; in the place of **emotional meltdown**?
- II. An important story for our **high velocity** lives (1 Kings 18-19)
- When we let life's expectations, demands, and the pressure of **outcome** squeeze out the **presence of God** and the cultivation of the **Inner-Life**, we begin to live in spiritual burnout.
- III. Next question: **Now what?**
- A. Am I approaching **overload**?
- B. What can I do to **make room** for experiencing God?
- Drop the **Superman** complex!!
  - Readjust when **outcome** does not match **expectation**!!
  - Learn the balance of **serving** and **solitude**!!

C. And a few more things...

- Limit your **accessibility**.
- Don't involve **yourself** or **your kids** in every imaginable activity -
- Take a fast from the **media** -
- Slow **life down** -
- Take **one day in seven** to rest -
- Plan and protect time alone with God **in silence** -
- Learn to **dance** in your Father's presence - with uninhibited, reckless abandon.

### *Study Questions for November 8*

1. Read Leviticus 25. What happened on the seventh (sabbatical) year in Israel? What happened on the 50<sup>th</sup> (Jubilee) year in Israel? How do you think that shaped the people's outlook on materialism? How do you think those practices pointed the people back to God?
2. Read 1 Corinthians 9:24-27. How does Paul describe the way he trains himself spiritually in order to have personal integrity when sharing the gospel (9:1-23)? Why are spiritual disciplines so critical to Paul?
3. Read 1 Timothy 4:6-10. What does Paul commend to Timothy in vs. 6 for his own spiritual nourishment? What is the end result of spiritual disciplines according to vv. 7-10?
4. Read Romans 5:3-5. What is the progression from suffering to spiritual growth according to this passage? How does this ring true for you?
5. What obstacles do you see in your life that impede your spiritual growth and connecting with God?