

FELLOWSHIP WITH THE HOLY SPIRIT

THE AVENUES

I. Avenues of Fellowship with the Holy Spirit

A. The avenues are specific ways to practically fellowship with the Holy Spirit throughout the activities of each day. They are like tools in a toolbox. See Barbara Taylor and Majorie Thompson quotes at end of notes.

B. The avenues are invitations into friendship given to us by God in the Scriptures. “The purpose of the Spiritual Disciplines is the total transformation of the person. They aim at replacing old destructive habits of thought with new life-giving habits.”¹ We do not do them to approve ourselves before God but to receive freely from Him. Be gentle with yourself. See Emilie Griffith at end of notes.

C. We engage in these various avenues by grace through faith (Ephesians 2:8-9; Colossians 1:23; 2:6-7). See Majorie Thompson quote on sailboats at end of notes. The Holy Spirit will reveal areas of striving, performance and legalism as you grow in the joy of fellowship with Him. Example of eating: We open ourselves to grow by being diligent to eat.

D. Cultivating these avenues helps us to have an eternal mindset (Colossians 3:1-4; Hebrews 12:1-3). As we do these we are openly inviting the Holy Spirit to do what only He can do: renew our mind, conform us to the likeness of Christ and transform us from glory to glory (Romans 12:1-3; 8:29; 2 Corinthians 3:17-18).

E. The avenues fit into the three actions Jesus gave us in the Sermon on the Mount: *prayer, giving and fasting*. We are to cultivate these actions in “secret,” and the Father who sees in secret, will reward us openly (Matthew 6:3, 5, 16; Hebrews 11:6).

F. Do not compartmentalize the avenues. They can each be done separately, but many of them intertwine, like a weaved basket. Example: During meditation, you might sing the scriptures and sit in silence, etc.

G. Develop a lifestyle of being in the Word. Cultivate fellowship with the Holy Spirit and the Scriptures will “come to life” as Jesus in you is revealed to you.

H. The avenues help us see that often “less is more” and “slower is faster” as we fellowship with the Lord in His word and throughout the daily activities of life.

¹ The Celebration of Discipline – Richard Foster

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II. The Avenues

- A. Beholding (God awareness)
- B. Meditation
- C. Study
- D. Waiting & Releasing
- E. Remembrance with Thanksgiving
- F. Giving
- G. Fasting
- H. Tongues
- I. Abiding Prayer
- J. Singing the Scriptures
- K. Self-Awareness
- L. Rule of Life/Summary

III. Quotes

Barbara Taylor: “Gradually I remembered what I had known all along, which is that church is not a stopping place but a starting place for discerning God’s presence in this world. By offering people a place where they may engage the steady practice of listening to divine words and celebrating divine sacraments, church can help people gain a feel for how God shows up—not only in Holy Bibles and Holy Communion but also in near neighbors, mysterious strangers, sliced bread, and grocery store wine. That way, when they leave church, they no more leave God than God leaves them. They simply carry what they have learned into the wide, wide world, where there is a crying need for people who will recognize the holiness in things and hold them up to God.”²

Majorie Thompson: Spiritual disciplines are like garden tools. The best spade and hoe in the world cannot guarantee a good crop; their use only makes it more likely that growth will be unobstructed. The mystery of maturation lies in the heart of the seed, and the outcome of planting depends largely on the vagaries of weather. Still, tools are important in helping to ensure that planted seeds will bear

² Taylor, Barbara Brown. *Leaving Church: A Memoir of Faith* (pp. 165-166). HarperCollins. Kindle Edition.

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fruit. Tools can remove stones and roots , aerate the soil , weed and water the garden.”³

Avenues: “A metaphor from early Christian tradition may help us grasp more clearly the nature of this relationship. Observe a sailboat. It cannot move by its own power but must rely on the force of wind, over which neither sailboat nor sailor has control. Still, a sailor can shift the position of the boat by adjusting tiller and sheets so that the sails catch the wind. Free will is like the sailor. Though it is sometimes a struggle, we can choose to hold the boat of our life steady into the wind of the Spirit. Then our efforts are supported and directed by grace. One caution: Once we have opened our sails to that wind, we need to be prepared to go where the Spirit blows!”⁴

Emilie Griffith: “The spiritual disciplines are ways to truth, stepping stones from our furious activity into God’s calm and peace.” Wilderness Time - Emilie Griffin.

³ Thompson, Marjorie, J.. Soul Feast, Newly Revised Edition: An Invitation to the Christian Spiritual Life (pp. 10-11). Westminster John Knox Press. Kindle Edition.

⁴ Thompson, Marjorie, J.. Soul Feast, Newly Revised Edition: An Invitation to the Christian Spiritual Life (p. 9). Westminster John Knox Press. Kindle Edition.