

## Engage: Practices of Letting Go

How do I engage more with Jesus this year? (1 Timothy 4:7b)

John Ortberg: “There is an immense difference between TRAINING to do something and TRYING to do something. Thus, spiritual transformation is not a matter of trying harder, but of training wisely.”

Myths of Spiritual Practices:

- Spiritual practices are only for the super spiritual people.
- Spiritual practices are all unpleasant.
- Spiritual practices prove how spiritual I am.
- Spiritual practices are a way to earn favor with God.

How do I engage more with Jesus this year? (Matthew 11:28-30)

1. Practice **Sabbath** to let go of life's ongoing **hurry**. (Matthew 11:29)

Hurry is a sickness of the soul.

My worth comes from who I am, not what I do. (Deuteronomy 5:15)

What day this week will I practice Sabbath?

2. Practice **solitude** to let go of life's constant **noise**. (Matthew 14:13, 23; Psalm 46:10; Psalm 37:7)

3. Practice **fasting** to let go of **distractions**. (Matthew 4:2; Isaiah 58:6-7)

Fasting provides me with clarity, guidance and deeper connection with God.

How will you engage with God through these practices of “letting go” this year?