

Rolling Hills Community Church
Twelve Essentials to Spiritual Growth
Summer Sermon Series
June 17, 2007

“Introduction to the Essentials of Spiritual Growth”

Based on the book Celebration of Discipline by Richard Foster

The “Twelve Essentials to Spiritual Growth” are as follows:

The Inward Disciplines	The Outward Disciplines	The Corporate Disciplines
Meditation	Simplicity	Confession
Prayer	Solitude	Worship
Fasting	Submission	Guidance
Study	Service	Celebration

The Discipline of Solitude:

“The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by. Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, ‘What are you doing here, Elijah?’” **1 Kings 19:11-13**

The Four greatest Challenges to Solitude:

1. Time
2. Distractions
3. Listening

“Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong. Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.”

Ecclesiastes 5:1-2

4. Waiting

Developing a Heart of Solitude:

Henri Nouwen says “But the solitude that really counts is the solitude of heart; it is an inner quality or attitude that does not depend on physical isolation. On occasion this isolation is necessary to develop this solitude of heart, but it would be sad if we considered this essential aspect of the spiritual life as a privilege of monks and hermits. It seems more important than ever to stress that solitude is one of the human capacities that can exist, be maintained and developed in the center of a big city, in the middle of a large crowd and in the context of a very active and productive life. A man or woman who has developed this solitude of heart is no longer pulled apart by the most divergent stimuli of the surrounding world but is able to perceive and understand this world from a quiet inner center.”

We live in a world of noise and distractions. Yet, God calls us to...

“Be still, and know that I am God.” **Psalm 46:10**