

[Keystone Institute]

## **"Changed by Means of Grace" Handout**

**Week One 9/10/23**

### **Introduction to the course**

Discuss the course title, "Changed by Means of Grace."

What is grace?

What does "Means of grace" mean?

What does "Changed by Means of Grace" mean?

List "means of grace" that are available to us, both corporately and individually?

Why should we pursue these "means of grace"?

# Why Do Spiritual Disciplines?

- Obedience (for our good and His glory)
- Glorify God
- Agreement/Commitment to God
- Opening your heart to receive
- Sanctification
- Know God better
- Equip yourself to do what God is calling you to do.
- Change our hearts
- Accept God's Grace
- Kill pride & sin
- Refocus to God & off ourself
- Believing God's truth as ultimately important
- To receive God's Gifts
- Communion
- Resist sinful temptation
- Conflict resolution

# Why Do Spiritual Disciplines? (cont.)

- Love God, love people and love oneself
- Thankfulness
- Life works best when pursuing Means of Grace
- Take focus off self
- Set heart in right direction
- Hear God
- The need to hear from God
- To no be Grumpy
- Fan flames for the passion of God to be greater than the passions of the world
- Comfort
- Pursuing peace
- Clarity
- See ourselves as a sinner
- Enable oneself to exhibit the fruit of the Spririt