

3) _____

Our **Father** in heaven, hallowed be your name...

And forgive us **debts**...

(Matthew 6:9,12)

- _____/_____

- Regular _____

4) _____

- _____ On The _____

Fasting, which primarily concerns voluntary abstention from food, all or some... has the function of freeing us from having to have what we want. We learn to remain calm, serene, and strong when we are deprived—even severely deprived... Positively, we learn that God meets our needs in His own ways. (Dallas Willard, *The Great Omission*)

All passages, unless otherwise noted, are from the New International Version of the Bible.
Download the free YouVersion Bible app that includes the NIV translation at your favorite app store.

January 13 & 14, 2024

Andres Carias

Greater Things

Anchored

Series Recap—Ephesians 3:14-21



This journey requires a willingness to say goodbye to life as we know it because our heart is longing for something more.
(Ruth Haley Barton, *Invitation to Solitude and Silence*)



“Storms A-Comin’”

Mark 4:35-41

- Gaining A _____ of Jesus...
_____ Us _____ In Him.

But this training is an unusual training: not merely a training in fortitude but a training in *dependence*...

(Dr. John Coe, *Spiritual Training, Disciplines and Retreat Musings*)

Lowering The Anchor

Four Key Disciplines

1) _____ And _____

The invitation to solitude and silence is just that. It is an invitation to enter more deeply into the intimacy of relationship with the One who waits just outside the noise and busyness of our lives.

(Ruth Haley Barton, *Invitation to Solitude and Silence*)

He says, “Be still, and know that I am God.”

(Psalm 46:10)

“Jesus, here I am.”

2) The _____

How sweet are your words to my taste,

sweeter than honey to my mouth!

(Psalm 119:103)

• _____ The _____

• _____