

JANUARY SEMINAR 2026

PROJECT 3

**The Spiritual Disciplines:
Integrating the Spiritual Disciplines and related
Wesleyan Spirituality into your personal life and
vocational work.**

Spirituality MENU

FOR A BALANCED DIET



- ▶ Silence and Solitude
- ▶ Journaling
- ▶ Study
- ▶ Spiritual Direction
- ▶ Creation
- ▶ Memorization
- ▶ Personal Declarations
- ▶ Twelve Step Programme
- ▶ Sacrificial Giving



STAPLE
DIET



Lord's Prayer
Speaking to God

IN SEASON



Christian Calender

SCRIPTURE

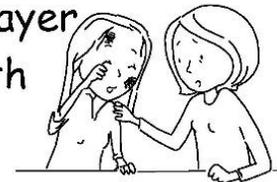


- ▶ Lectio Continua
- ▶ Lectio Divinia
- ▶ Gospel Contemplation

FOR TWO OR MORE!!

SERVED ALL DAY

- ▶ Praying without Ceasing
- ▶ Welcoming Prayer
- ▶ Physical Health
- ▶ Simplicity
- ▶ Service

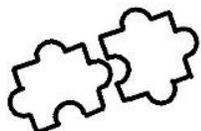


FOR TWO OR MORE



- ▶ Seeking the Suffering ones
- ▶ Community
- ▶ Worship
- ▶ Holy Communion
- ▶ Covenant Accountability

BUILD YOUR OWN MEAL



- ▶ Personality Type

NIGHT CAP

- ▶ EXAMEN

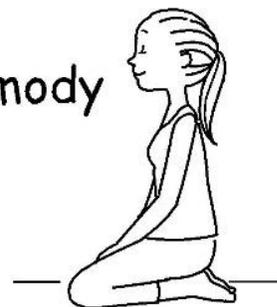


- ▶ Simplicity
- ▶ Service



EASTERN FLAVOURS FOR A WESTERN PALATE

- ▶ Centering prayer
- ▶ Chanting and psalmody
- ▶ Praying with icons
- ▶ Rosary
- ▶ Fasting



DESSERT

- ▶ Prayer Doodling
- ▶ Sabbath Rest
- ▶ Celebration



AGENDA

1. INTRODUCTION TO 'JOHN WESSELS'
2. PURPOSE OF THIS PROJECT – With Comments on the topic of Spiritual Disciplines
3. MORE INTRODUCTION TO THE TOPIC: SPIRITUAL DISCIPLINES
4. AN INTRODUCTION TO THE RESOURCE: *MISSING JESUS? FINDING THE SHEPHERD WE LOST*
5. AN INTRODUCTION TO THE RESOURCE: *SERMONS 16, 43, 12 OF JOHN WESLEY*
6. AN INTRODUCTION TO YOUR PROJECT
7. QUESTIONS / COMMENTS?

PURPOSE OF THE PROJECT

- The intention of this project is that the minister gains an understanding of the role of spiritual disciplines in a Christian's life.
- Further, the minister should understand John Wesley's own view of the spiritual disciplines (which Wesley generally referred to as 'means of grace').
- The minister should then combine this understanding, systematize / thematize it, and pass it on to others.
- Most especially the minister should grow in their own practice and appreciation of some of the spiritual disciplines.

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MORE INTRODUCTION TO THE TOPIC: *SPIRITUAL DISCIPLINES*

- ◇ Spirituality, Spiritual Disciplines and the Four Relationships of Life.
- ◇ The Spiritual Disciplines are about Grace, not Works.
- ◇ The Spiritual Disciplines are about living the way Jesus lived.

AN INTRODUCTION TO THE RESOURCE: MISSING JESUS? FINDING THE SHEPHERD WE LOST

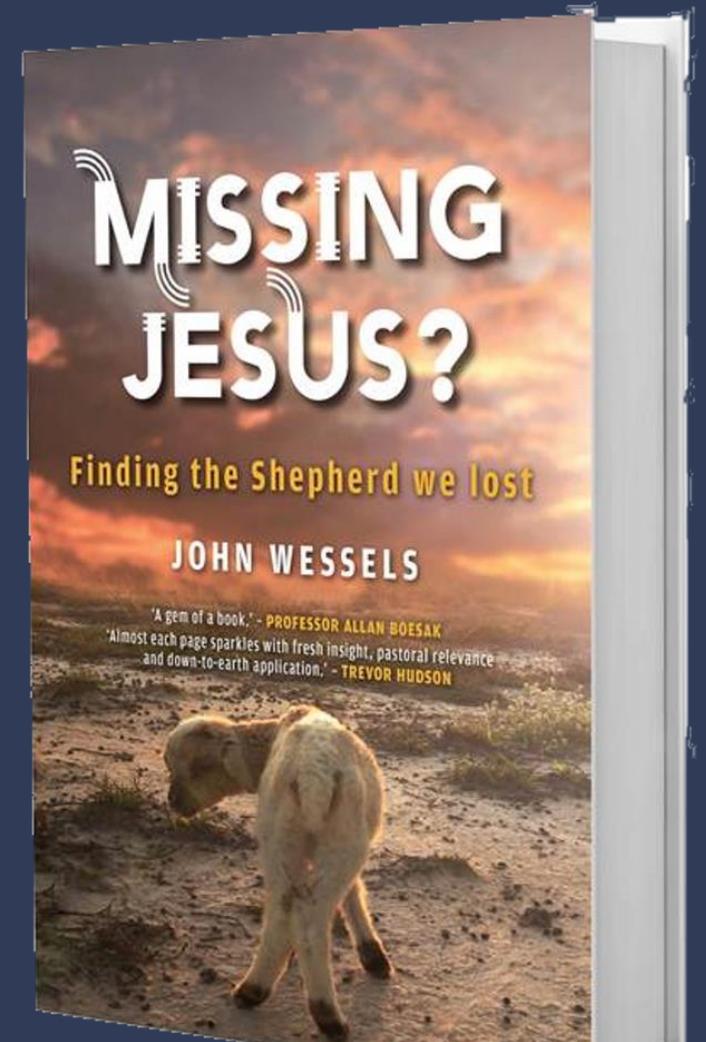
- A response to a need in the church.



WHAT HAPPENS WHEN YOU LOSE THE SHEPHERD?

'Many of the crises we face in the world are because Christian leaders conform themselves to the demands of political, social and economic systems that are in violation of Jesus' teachings

Missing Jesus



AN INTRODUCTION TO THE RESOURCE: MISSING JESUS? FINDING THE SHEPHERD WE LOST

- Low altitude flight over the journey of this book.
 - ✓ Four Relationships of Life
 - ✓ Effect of Jesus' birth, life, ministry, death and resurrection.
 - ✓ Kingdom Consciousness Movement.
 - ✓ Your response to Jesus and His Spirit.

AN INTRODUCTION TO THE RESOURCE: MISSING JESUS? FINDING THE SHEPHERD WE LOST

- The guidebook is written by an African, with an emphasis on African voices, and application in our context.



Albert Nolan



Desmond Tutu



Allan Boesak



Brian Gaybba



Tinyiko Maluleka



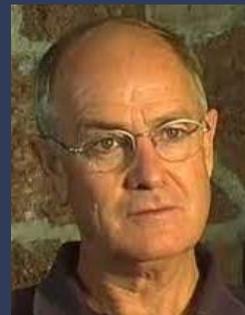
Njongonkulu Ndungane



Rothney Tshaka



John W. de Gruchy



Derek Morphey



Alan Storey



Teddy Sakupapa



Trevor Hudson

A **tour** of the *Missing Jesus?* Video Resources.



MISSING JESUS? Video Course



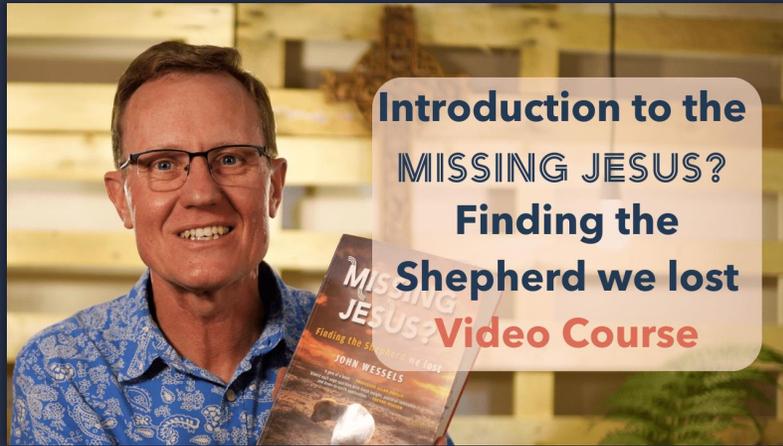


A **tour** of the *Missing Jesus?* Video Resources.

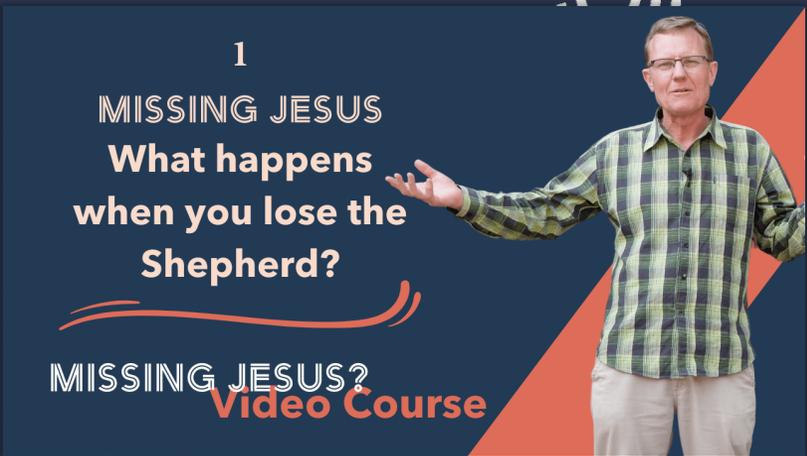
MISSING JESUS?
Video Course
Trailer



Introduction to the
MISSING JESUS?
Finding the
Shepherd we lost
Video Course



1
MISSING JESUS
What happens
when you lose the
Shepherd?
MISSING JESUS?
Video Course



2
Community

MISSING JESUS?
Video Course



3
Division

MISSING JESUS?
Video Course



4
Who is Jesus of
Nazareth?

MISSING JESUS?
Video Course



A **tour** of the *Missing Jesus?* Video Resources.



5
Jesus' Birth and
Ministry



MISSING JESUS?
Video Course

6
The Kingdom
Consciousness
Movement



MISSING JESUS?
Video Course

7
What Jesus
Practised



MISSING JESUS?
Video Course

8
The Kingdom has come!
Jesus teaches
Kingdom Consciousness



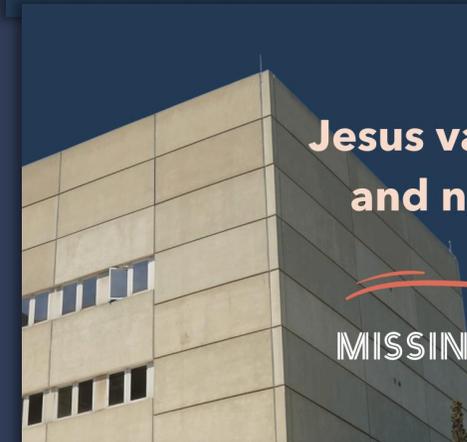
MISSING JESUS?
Video Course

9
Jesus valued sharing
and not greed



MISSING JESUS?
Video Course

10
Jesus valued people
and not prestige



MISSING JESUS?
Video Course



A **tour** of the *Missing Jesus?* Video Resources.

11

Love steps across
boundaries

MISSING JESUS?
Video Course



12

Loving service is the
most powerful force
in the world

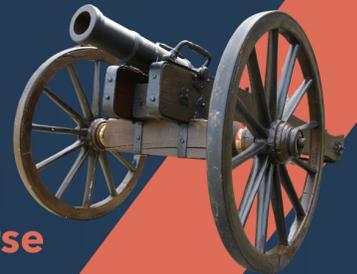
MISSING JESUS?
Video Course



13

Hope of the world

MISSING JESUS?
Video Course



14

Jesus' death and
resurrection

MISSING JESUS?
Video Course



15

Entrusting
yourself to the
Shepherd

MISSING JESUS?
Video Course



Practical guidelines for
Holy Spirit day



A **tour** of the *Missing Jesus?* Video Resources.



20

The Prayer of the Kingdom

MISSING JESUS?
Video Course



21

Intimate Life with the Shepherd

MISSING JESUS?
Video Course



AN INTRODUCTION TO THE RESOURCE: SERMONS 16, 43, 12 OF JOHN WESLEY

- Wesley's sermon 16 **"The Means of Grace"** (# 12 in 44 sermons).
- Wesley's sermon 43 **"The Scripture way of Salvation"** (Not in 44 sermons. SERMON 43: Scripture Way of Salvation, The (godonthe.net); Or, The Scripture Way of Salvation - John Wesley's Sermons (johnwesleysermons.com))
- Wesley's sermon 12 **"The witness of our own Spirit"**. (# 11 in 44 sermons).

AN INTRODUCTION TO THE RESOURCE: SERMONS 16, 43, 12 OF JOHN WESLEY

- Other resources:
 - ✓ Spiritual Disciplines & John Wesley | Here I Sit (daryldensford.com)
 - ✓ Other sermons of John Wesley?
 - ✓ Other online resources

AN INTRODUCTION TO YOUR PROJECT

■ TASKS

1. Read chapters 1,2, 3, 20, 21 of **MISSING JESUS? FINDING THE SHEPHERD WE LOST** by John Wessels
2. Read Wesley sermon 16 **“The Means of Grace”** (# 12 in 44 sermons), sermon 43 **“The Scripture way of Salvation”** (not in 44), sermon 12 **“The witness of our own Spirit”** (# 11 in 44 sermons).
3. Read some online articles or other resources that may help you develop an understanding of Wesley’s relationship with Spiritual Disciplines (Means of Grace). Focus here could be given to the Southern African context.

AN INTRODUCTION TO YOUR PROJECT

4. Your Personal Devotional Life:

- ✓ Chapter 20 of **Missing Jesus? Finding the Shepherd we Lost** suggests a specific way of praying the Lord's Prayer. Pray the Lord's Prayer in this suggested way every day for one month.
- ✓ Chapter 21 of **Missing Jesus? Finding the Shepherd we Lost** offers 35 other spiritual disciplines. Select any three that you are drawn to. Take time to choose your three. Which shimmer for you? Which feel interesting or exciting? Which do you feel prompted to practice?
- ✓ Get an electronic version of the resource John Wessels developed as a companion to Chapter 21. This can be obtained at Missing Jesus - Downloads or by requesting it by email from john@trinitylinden.org.za

AN INTRODUCTION TO YOUR PROJECT

4. Your Personal Devotional Life:

- ✓ Practice the three disciplines you have chosen so that you discover their power.
- ✓ Write a 2 000 word reflection on your personal experiences with these Spiritual Disciplines.

AN INTRODUCTION TO YOUR PROJECT

5. Your vocational work:

- ✓ Based on the readings of **Missing Jesus? Finding the Shepherd we Lost** and the sermons of John Wesley mentioned (and any other Wesleyan resources you believe may be relevant) develop and teach a six week course on the spiritual disciplines. Give a title for your course.
- ✓ Write a 5 000 word summary of the content of the course. This must include the content you taught and the questions for discussion.
- ✓ The course should have no less than eight participants. You must develop an evaluation form that the participants complete. The original evaluation forms from all participants must be submitted. The forms can be anonymous.



QUESTIONS?

COMMENTS?

 @bookmissingjesus

 @missingjesus20

 MissingJesusBook

 missingjesus.net

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