

Principle for Effective Spiritual Practice

Psalms 1:1-3 *Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; 2 But his delight is in the law of the Lord, and in His law he meditates day and night. 3 He shall be like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall not wither; And whatever he does shall prosper.*

There are four realities that create potential for effective spiritual practice. These realities bring us into *liminal space*. They afford us an excellent opportunity to make contact with God.

Here are four principle realities that should become a part of any effective spiritual practice. As we focus on these realities, we will find ourselves having authentic contact and communion with God.

1. **CENTERING:** *Returning to the Source*

- a. Revelation 4 and 5 reveal the throne of God as the center point of all creation
- b. Effective spiritual practice provides an excellent opportunity to join all creation in our rightful place of worship around God's throne

2. **EMPTYING:** *Removing the junk*

- a. In the normal course of time, a river begins to silt in and become more shallow through the normal flow of life
- b. Our souls also become cluttered over time requiring attention to keep the River of Life flowing freely (John 7:37-39)

3. **GROUNDING:** *Rooting our souls in the Ground of our Being*

- a. Like a tree torn from the earth, so is the soul that is separated from God (Eph. 3:17)
- b. Grounding our hearts in God allows the Spirit to strengthen our inner most being (Ephesians 3:16)

4. **CONNECTING:** *Receiving the full flow of the water of life*

- a. Living out of our heavenly resources requires intimate connection with God (John 15:5)
- b. It is the depth of our intimacy with God that will determine the degree of our fruitfulness (Jeremiah 17:5-8, 13)