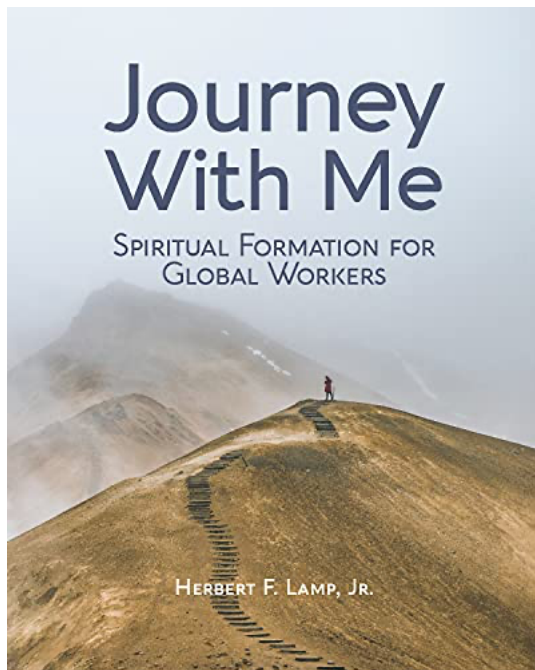


Journey With Me: Spiritual Formation for Global Workers

By Herbert F. Lamp Jr.

William Carey Publisher, 2021, 192 Pages



Summary

This book is an invitation to let go of knowledge and opinions that are no longer serving you well, and to anchor your sense of self in flexibility rather than consistency. If one can master the art of rethinking, it argues, we'll be better positioned for success at work and happiness in life. The first section focuses on opening our own minds. The second section directs attention to how we may productively engage others in changing their minds. The third section is about how we can best create communities of lifelong learners. Kindle location 222

Best Idea

"Self-care is a foundational and critical component of longevity and success for the global servant. It takes intentional practice in order to restore, refresh, relax, and regroup. Self-care activities fall into five domains: physical, mental, emotional, relational, and spiritual. These domains overlap, but all of them are important in your self-care." Kindle location 620

Best Take Away

"The universal glory of God and the worldwide worship of God is our rationale for teaching and practicing the spiritual disciplines for world mission. We must always keep first things first (Rev 2:4). Yes, it is essential that we have been called to a place and a people and that our hands have been equipped for the task. But without a heart centered on God, with the vision of whole people groups worshipping him, our work is simply work and it is in vain." Kindle location 3656

Best Illustration

"Jonathan Edwards, the great eighteenth-century Puritan pastor and theologian, describes spiritual formation practices as a means of grace. To illustrate, he talks about Jesus' miracle of turning the water into wine at the wedding of Cana (John 2:1-11). According to Edwards, our role in the Christian life is to 'fill the water pots,' and Jesus' role is to turn the water into wine. These means of grace, or spiritual disciplines, are ways to fill us with water; they establish the conditions of receiving from God." Kindle location 275

Our Recommendation

The reason why we pulled so many quotes from this book is because we recommend it as a primer on spiritual formation that we highly encourage to be used in all missionary orientation programs. Here is a fresh, new resource that should not be ignored in the preparation of missionary candidates.

Best Quotes

"For the sake of clarity of terminology, 'Christian spirituality' represents the believer's relationship with God and life in the Spirit as a member of the church of Jesus Christ—one's identity in Christ. 'Spiritual formation' refers more to the process of sanctification, in which the believer grows into the righteousness of Christ through the active working of the Holy Spirit through means such as spiritual disciplines. Though there is congruency between the two terms, spirituality is the broader standing and spiritual formation is more the means." Kindle location 223

"To fulfill the Great Commission, we must go deeper than good guidelines and best practices. To properly meet the needs of global ministry, we must attend to our own hearts." Kindle location 245

"Spiritual life is found in perichoresis, a Greek term literally meaning 'rotation,' which the early church fathers used to describe the Trinitarian dance of the Father, Son, and Holy Spirit. We are invited into this dance to experience true life before the Father, through the Son, and by the power of the Spirit." Kindle location 269

"And herein lies the paradox. We are called to freedom in Christ, yet at the same time we are called to also serve. The connection between freedom and service centers in on our understanding of the difference between servanthood and servitude. Servanthood incorporates the ideas of willingness, choice, and voluntary commitment. Servitude, on the other hand, connotes bondage, slavery, and involuntary labor." Kindle location 362

"Like channels of a mighty river, spiritual disciplines enable us to be flooded with God's transforming grace. We flow in these streams of Spirit-led growth and are changed from the inside out, with the gospel being at our center." Kindle location 388

"If I was asked how to stay on the field long-term today, I would say that neither outward strength nor inward conviction is the key to longevity. Rather, cultivating God's loving presence is the mark of perseverance and endurance—the key to longevity." Kindle location 451

"When we unmask our false stony hearts, we are remade with a new heart through the regeneration of the Holy Spirit. We are recreated into the person God always intended us to be. Sin holds no more sway over us and we can now live and minister out of our true heart—our true self—as we experience the joy and love of Christ." Kindle location 557

"One of my mentors, Dr. David Currie, from Gordon-Conwell Theological Seminary, asserts that the Bible is the basis for all of our spirituality. 'Spiritual formation is based upon the Bible as God's reliable and authoritative revelation. The Bible, our primary source of truth, guides and informs the use of spiritual disciplines and models of spirituality as they have emerged worldwide and through time.'" Kindle location 704

"For over fifteen hundred years, people have followed the practice of Lectio Divina (or Lectio for short). Lectio Divina, which literally means 'sacred readings' in Latin, refers to the holy

reading of the Scriptures. It requires prayerful reflection of the text, leading to communication with God in prayer. In fact, most Christian spiritual writers define Lectio as more of a prayer discipline than a reading discipline. Simply put, Lectio is reading a short passage of Scripture and then reflecting upon a word or short passage which the Spirit of God has brought to our mind in our reading." Kindle location 752

"No spiritual discipline is more important than the intake of God's Word. We know the person of Jesus Christ through the Bible. We come to this knowledge through reading and study, and by applying the Word to both our heads and our hearts. We further cultivate the Word by giving it fruitful soil to germinate and produce growth in our lives (Matt 13:8, 23). When we follow the ancient pathway to the Father through the Word, we will always find him there—guiding our perception, understanding, and application, and providing spiritual awakening." Kindle location 815

"Our prayer life, more than anything else, reveals the quality of our relationship with God. How do we understand prayer? How do we practice prayer? How does prayer shape our lives and our hearts for God? Is it just a duty, or an act of love? Do we pray continually, or just periodically?" Kindle location 859

"Richard Foster says that to be effective prayers, we need to be effective lovers. 'Overwhelming love invites a response. Loving is the syntax of prayer.' Prayer is not only about asking God to enhance our ministry. It is about entering into a full and deeply profound love that involves giving and receiving, in mutual dialogue." Kindle location 883

"First, heart prayer is as varied as the ways we relate to God. We pray to a living God—one with whom we are in constant relationship. Therefore, like our other relationships in life, we communicate with the Father, Son, and Holy Spirit in a variety of ways, dependent upon where we are in our relationship at that moment." Kindle location 904

"Prayers traditionally understood as either praying for one's own needs (supplication) or praying for others' needs (intercession) are what I call hand prayers. Keep in mind, hand prayers should never be disconnected from heart prayers. Just as with heart prayers, the key prerequisite for hand prayers is an intimate relationship with Jesus." Kindle location 930

"Ignatian spirituality helps us in this matter. The heart of Ignatian spirituality is a total surrender to God's will and plan for our lives. This leads to trusting in God's loving presence discerned through the interior movements of the heart. Ignatius termed these movements 'consolation' and 'desolation.' In consolation, one is drawn to the will of God; and in desolation, one is drawn away." Kindle location 1007

"A second way we can become more reflective is through gratitude. One of the key graces in life is to have a thankful heart. Paul tells us to pray 'with thanksgiving' (Phil 4:6) and to 'give thanks in all circumstances' (1 Thess 5:18). Giving thanks is a means of cultivating a healthy heart, one that is close to God. We grow and train our hearts when we foster a lifestyle of gratitude for all that has been given to us." Kindle location 1182

"A Rule of Life is a commitment to live your life in an intentional and certain way. It moves us toward better congruence between our intentions, thoughts, words, and behaviors. It is intended to help us attain and maintain structure to facilitate our whole lives: physical, relational, emotional, psychological, and spiritual. As we develop our Rule, we bring all these aspects of our life into a unified and balanced center before God." Kindle location 1268

"A Rule of Life brings focus and builds positively toward a lifelong habit of personal development. And even though our Rule is personal, it is not private, because we live in a network of human relationships such as spouse, parent, extended family member, neighbor, coworker, church member, and friend. Even if intended solely for oneself, they do flow outwardly and impact everyone with whom we come into relationship." Kindle location 1277

"Stephen Macchia, author of *Crafting a Rule of Life*, defines a personal Rule of Life this way: 'Your personal rule of life is a holistic description of the Spirit-empowered rhythms and relationships that create, redeem, sustain, and transform the life God invites you to humbly fulfill for Christ's glory.'" Kindle location 1308

"Simple examples of a Rule may be as follows: I will pray with my spouse daily. I will Sabbath weekly. I will turn off my smart phone for an hour a day. I will take a vacation every year. I will study my Greek NT for five minutes each day. And so on." Kindle location 1330

"Our soul, by its very nature, is generally slow. We need to slow down in order to connect with ourselves and with God. No matter how hard we may try, we cannot accelerate spiritual growth." Kindle location 1421

"Sabbath might be more meaningful when it is practiced as the ancient Hebrews did, by starting it not on the morning of the Sabbath day, but on the evening before. Running Sabbath from evening to evening has several benefits. First, it enables us to put aside activities of the week and relax the evening before the Sabbath. Most people can't just rush into rest; they need preparation. By starting Sabbath in the evening, we give our hearts time to prepare. Second, it enables us to go to bed with joyful celebration and anticipation. And a night of restful sleep goes a long way toward restoring the soul." Kindle location

"It is possible that when you return from your retreat you may feel that nothing particularly happened. This is normal. I experience this quite regularly. But I often find that the benefits of my time with God become clear once I engage in the battle again. As I resume normal ministry and life, only then can I sense that God has actually done something wonderful, even if I have not noticed it before." Kindle location 1572

"It is true that all three components of our spiritual battle—the flesh, the world, and the devil—are closely related. Most situations a global servant faces will likely involve some of each element." Kindle location 1658

"We stand in strength against the enemy when we recognize that he is real and that we will face spiritual opposition. We stand in strength when we learn to appropriate God's protection as we grow in righteousness. We engage in the battle through the victory we have in Christ and as a community of believers. And we will find victory when we utilize God's means of deliverance through truth, faith, and prayer." Kindle location 1710

"Contemplative spirituality revolves around a love relationship with God and focuses on prayer and meditation. If you find yourself being drawn more and more into silence and solitude in your prayer life, you are probably more inclined to a contemplative spirituality." Kindle location 1774

"Probably more than any other spirituality, however, the holiness stream is the spirituality that most missionaries struggle with, because we find it hard to deal with our sins." Kindle location 1800

"Social justice spirituality follows Jesus' example and teachings on human life (Matt 6:1-4; 23:14; 25:31-46; Luke 6:30; 12:33). Every person is created in God's image and loved by him.

God cares for his creation, as well as people's physical, emotional, and spiritual concerns." Kindle location 1824

"This spirituality focuses upon justice and shalom in all human relationships and social structures. People who gravitate to this form of spirituality tend to be compassionate and live for equality and magnanimity among all peoples." Kindle location 1828

"Evangelical spirituality is characterized by a concern for the essential core of the Christian message, which proclaims the good news of salvation through the person and work of Jesus Christ. Evangelicals believe that each person needs to accept Jesus as their personal Savior, and they have a high commitment to the inspiration and authority of the Bible as the infallible guide for the Christian in life and faith. The heart of evangelicalism in missions is evangelism, church planting, and discipling. It is a Word-centered life. The strength of evangelicalism is its activism in proclaiming the gospel of Jesus both home and abroad (Matt 28:18-19). This spirituality knows God's Word, proclaims it, and evangelizes in both word and deed." Kindle location 1838

"Incarnational spirituality is rooted in the physical reality of everyday life by believing that all of life is sacramental (also a name for this spirituality). Incarnational spirituality focuses on understanding how the Spirit works in and through the ordinary, by affirming the goodness of creation, and by presenting invisible grace through visible signs. A person who has an incarnational bent loves ritual, symbol, and art because such elements help us see how God is truly among us everywhere." Kindle location 1848

"The great peril of incarnational spirituality is the pitfall of idolatry. Recognizing God in creation can move us toward mistakenly identifying God with creation. We never worship creation, but the God of creation." Kindle location 1866

"Like Jesus, we need to fill our reservoirs with nourishing water from God. We do this through silence and solitude." Kindle location 1921

"Henri Nouwen wrote that without the spiritual practices of silence and solitude 'it is virtually impossible to live a spiritual life.' Both silence and solitude are containers for the practice of other spiritual disciplines." Kindle location 1931

"Pulling away with God also helps us regain and refill our hearts with God's presence. No person can undergo deep stillness with God and remain unchanged. Like an uprooted tree replanted in good soil, we flourish and again become fruitful for the Lord. We regain perspective and Christ's peace and so are ready for whatever next comes our way." Kindle location 1955

"Lifelong learners have a refreshing humility. They admit the limitations of their knowledge and are continually asking questions of themselves, their world, and God. They are curious people, constantly adding new insights and making course corrections in their spiritual growth. They view learning as a driving force to transformation." Kindle location 2056

"Truly learned persons are probably quite different in their sixties than they were in their twenties. It takes habits of obedience and patiently paying attention to become a lifelong learner. We cannot go faster in our growth than grace allows. As Brother Lawrence rightly observed, 'It is not possible to spiritually mature all at once.'" Kindle location 2175

"I believe missions must make sure there is a renewed focus on spiritual formation that makes use of three graces that God uses in the process of spiritual maturity: the Word of God, the Spirit of God, and the people of God. One of the best ways of utilizing all three means of grace is through the ancient pathway of spiritual direction." Kindle location 2223

"A simple definition of spiritual direction is when a person (the director) listens to a person (the directee) in a compassionate, attentive, prayerful, and confidential way in order to help the directee see God's presence more fully. Spiritual direction is neither 'spiritually' more important than any other practice, nor is it necessarily 'directive.' Spiritual directors typically do not tell another person what to do. The focus is always on the directee and what they are feeling and thinking. The director's role is to simply ask good questions and offer invitations to understand God's workings." Kindle location 2227

"Hospitality is a mark of biblical love within the Christian community. To offer hospitality is to welcome, accept, and receive one another. It's not as much about food and lodging (though that is included) as it is about having a heart of generosity. When we receive another not as a burden, but in love, we are receiving Christ." Kindle location 2370

"Isolation can be the reality for a global servant. We can be surrounded by people and yet feel that no one really sees or understands us. There can be many explanations for this emptiness in our lives, but one remedy is to practice the art of hospitality." Kindle location 2377

"Submission is the means God uses to affirm our calling and accomplish unity among missionaries. Our submission to God allows him to form our choices, vocations, callings, and persons. God owns our ministry, not us. It should not lessen our passion and steadfastness for our ministries, but our commitment becomes not to our work but to the God who calls us to that work." Kindle location 2507

"But by following the ancient pathway of spiritual submission we discover the truth of the great reversal. It is only when we give up power and control and surrender to love that we are then able to be shaped by the presence, purpose, and power of Jesus." Kindle location 2628

"If we don't have a growing awareness of Christ's presence in us, we will struggle with being effective in a ministry of incarnation." Kindle location 2698

"What does it mean to be present with those we have been sent to? The key is to trust the presence of God within us. We are not called to solve problems, fix people, or care beyond our strength. We are called to be witnesses to the presence of God and servants to the people in our lives (Acts 26:16)." Kindle location 2716

"The greatest motivation for Christian mission is God's glory—his honor and endless reputation. But a part of giving glory to God is the willingness to endure pain as we testify to Jesus' love for the nations (John 3:16). It is this love that enables global servants to face hard times of suffering." Kindle location 2830

"Suffering is a means to grow in grace and sanctification as a product of the Holy Spirit's redemptive work. This also means that not all suffering is redemptive. I don't believe in suffering for suffering's sake; I believe in suffering only for Jesus' sake. There is a real difference between these two viewpoints. Meaningless suffering is stupid." Kindle location 2926

"How do we learn to distinguish our Father's voice and avoid counterfeit truth? We learn it only by the repeated practice of listening to the truth of God speaking over and over again. When we are attuned to him in the silent places of our heart, we will still be able to hear him, even amid the noise of the world." Kindle location 3083

"Making wise and godly decisions is the sacred space between being, knowing, and doing. This is called integrity. Integrity, or wholeness, means to lack nothing, to be complete,

unadulterated—integrated. It is a deep sense of congruence which culminates in a peace that flows through our heart, mind, and will.” Kindle location 3088

“Discernment is a life process. It is not merely about making isolated or onetime decisions. When we promote a lifestyle of discernment, we move away from the entanglements of personalities and motives. We center instead on the pathways God has continually led us on.” Kindle location 3165

“One of the greatest battlegrounds between God and Satan is the condition of our minds. As a repository for thought, the mind serves as a catalyst for action. When the enemy gains a stronghold in our thoughts, he deposits fear, confusion, discouragement, and even despair.” Kindle location 3241

“The truth is, we can never overcome temptations strictly through self-will and discipline. Knowledge apart from the renewal of our minds is useless.” Kindle location 3256

“Veracity demands we live authentic and uncomplicated lives. The mature soul will not depend on tricks or deceptions. Our ability to recognize and avoid evil determines our character and spiritual maturity. We become firmly grounded in our inner being when we live out the words of Isaiah: ‘You will keep in perfect peace him whose mind is steadfast, because he trusts in you.’ (26:3). Kindle location 3438

“One of the ways to reduce our need to put ourselves first is to learn the lessons of forgiveness and letting go of hurts. Coming to terms with our limitations and losses allows us to be more receptive and accept the circumstances in our life. By forgiving, we learn that in dying to self we are reborn into new life.” Kindle location 3538