

# The Cycle of Grace

Jesus lived a very demanding ministry lifestyle, yet stayed spiritually strong. What can we learn from him as we reflect on our life, our good works, and our obedience to Him?

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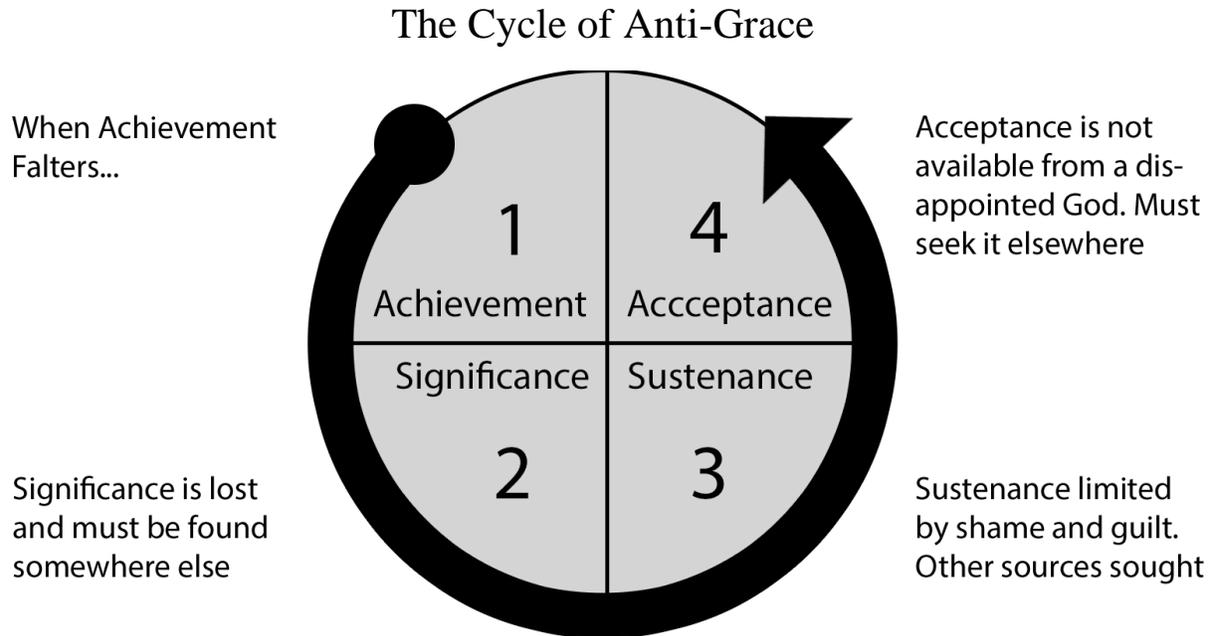


	Jesus	Us
<b>Acceptance</b>	Luke 3:21-22 John 17:24	Eph. 1:4-6 John 1:12 Romans 5:8
<b>Sustenance</b>	Matthew 4:1-4 John 16:32 Mark 1:35 John 17:6-7	John 15:7 John 6:35 Mark 11:24 John 17:21
<b>Significance</b>	Luke 4:14-21 John 14:6	Eph. 2:4-6 Rom 8:15-17 John 15:15-16
<b>Achievement</b>	John 5:19,30,36	John 15:5 John 7:38 Psalm 1:2-3

Cycle of Grace by Frank Lake in *Clinical Theology*. Adapted by James & Jen Friesen

The Cycle of Grace (continued...)

We face pressure, both subtle and overt, by well-meaning individuals, churches, and “Christian teachings” to focus more on what we achieve (our “good works”), and how we behave (“sin management”), than the internal state of our souls. How is this true for you?



**Sustainable Good Works:** As Jesus modeled for us: Our good works (Achievements) must flow out of our understanding of who we are in Christ (Significance), which is taught to us by the Spirit (Sustenance), who is at work in our hearts by the initiating work of the Father who chose us before we were created. (Acceptance).

*You can't get second things by putting them first; you can get second things only by putting first things first. ~ C.S. Lewis*

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**Barnabas**International

## Cycle of Grace Discussion

### Acceptance

Imagine that God the Father, His Son Jesus and the Holy Spirit are sitting around a table having a conversation about you. What do you think they are saying? What is the mood in the room? Can you remember a time when you have felt they were disappointed in you and your shame led you to selfish care?

### Sustenance

Consider your current situation in life. Thinking in these categories: spiritual (relationship with God), relational (relationships with others), and physical (care for self). What activities and relationships allow you to receive from a Father who calls you beloved? Consider practices that are daily, weekly, monthly and annual/seasonal. Record your thoughts below:

Daily:

Weekly:

Monthly:

Annual/seasonal:

In light of these:

1. What are some distractions that draw us away from God's presence? (Selfish Care)
2. How do you see the difference between self-care and selfish care? What is the goal of each one? What self-care practices are rhythms for you and what do you think the Father might be inviting you to?

