
September 7, 2025

What do we consider to be the core spiritual practices that will enable us to thrive?

Every one of us was born into a family culture that gifted us with a way of believing, a way of thinking, a set of values, and ways of behaving. I was born into a family culture, established by my parents, who drew on the wisdom of their parents, Scripture, and their church family.

What is the family culture of Willingdon? Today we will talk about five ongoing spiritual practices, grounded in gospel truths, gospel patterns of thinking, gospel values, and gospel ways of behaving.

These five spiritual practices should be woven into the life of every disciple at Willingdon. Every one of us can do them and none of us will ever grow out of them.

1. Personal Spiritual Rhythms

2. Worship Service

3. Life Group

4. Service

5. Gospel Sharing

Reflection Time:

1. What are your daily/weekly spiritual rhythms?
2. Are any of the "five spiritual practices for life" missing?
3. What needs to be strengthened in your life?