

IT'S HARD NOT TO



November 19, 2023
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It's Hard Not To...Practice. After all, you are practicing all sorts of things all the time already. If it's on purpose, it's called a skill. If it's not on purpose, it's called a rut. Practices that keep your spiritual life fit aren't any harder than all the things you are doing already, it's more a matter of how you shape and use what you are doing already. Think it's harder to practice than that? Well, it is, and it's hard not to. Let's talk. And...practice.

WHAT TO EXPECT

We're glad you're here

Music with Chris Tripolino and the Fabric Band

Welcome

Say Hi and some music

Message -- Greg Meyer

Connecting with and supporting Fabric & more music

Closing Thoughts

MARK YOUR CALENDAR

SANTAFLIX - 10:30am, 11/26-12/10

Kids Christmas Production - 10:30am on 12/17

Christmas Eve - 10:30am (Field) & 9pm (Outside)

Chili Cook-Off - 11:30am on 12/31

Learn more at FabricMpls.com

Miss a week or want to hear the message again?

Check our podcast fabricmpls.podbean.com



Kids - What's Happening Today? Kids are busy rehearsing and preparing for this musical production each Sunday leading up to the presentation on Sunday, December 17. Speaking parts, dancers, sound production and more. Something for everyone! Kids should report to the gym at 10:15am and will meet families back in The Commons at the end of the gathering. First time? Stop by the check-in table to find out how you can participate. More info at fabricmpls.com/velveteen.

COMING UP AND MORE



Starting Next Sunday - SANTAFLIX: If you can't find the real meaning of Christmas in a Santa Claus movie where can you? Okay, we agree, probably lots of places. BUT even though Santa isn't the 'reason for the season' and movies aren't the Bible, the light that Christmas announces is so bright that it shines through every crack and crevice in this world. More at fabricmpls.com/comingup.



New Years Eve's Hottest Lunch Plans - Fabric's Chili Cook-Off! Dec 31, 11:30-1:00pm. Chili cooks are lining up. Email melissa@fabricmpls.com this week if you want to be one of them...or write it on your communication card.



What's Next with Fabric? The Search Team has been hard at work. Visit fabricmpls.com/transition to read the latest update from November 9. Please reach out to the team with any questions or comments at NEXT@fabricmpls.com or in person.



Where we are and the story of our land matters. Most of us live in, and we gather in land that was part of the Dakota people for centuries, but from which they were forcibly and dishonorably removed by the US government. It is an honor and a responsibility for us to live on and care for this land today.

It's hard not to practice. Afterall, you are always practicing something.

Spiritual Growth: The process of aligning your whole self with the Image of God within you.

The parable of the Sower, the Seeds, and the Soil. Luke 8.4-8 (from Oct 22 message) - 3 Takeaways:

- The EXTRAVAGANCE of the Sower.
- There aren't 4 kinds of people, but 4 PARTS OF EVERY PERSON.
- You are the IMPERFECT, WONDERFUL dirt.

Your spiritual depth has less to do with how deeply you believe in God, and more with how deeply God believes in you!

Spiritual Growth isn't about WHETHER you practice (because you do), it's about WHAT you practice.

Practice you mean to do creates a GROOVE. Practice you don't realize you do digs a RUT.

This is not about A practice, but TO practice.

*Is what you practice **mending** or **rending** the fabric?*

"Practice" refers to WHAT YOU DO.

Your life (*who you are*) is not the sum of your INTENTIONS, but of what you DO. (*practice!*)

'What do you think? A man had two sons; he went to the first and said, "Son, go and work in the vineyard today." He answered, "I will not" but later he changed his mind and went. The father went to the second and said the same; and he answered, "I go, sir"; but he did not go. Which of the two did the will of his father?' They said, 'The first.' Jesus said to them, 'Truly I tell you, the tax-collectors and the prostitutes are going into the kingdom of God ahead of you.'
Matthew 21.28-31

Being the spiritual person you are requires self-control.

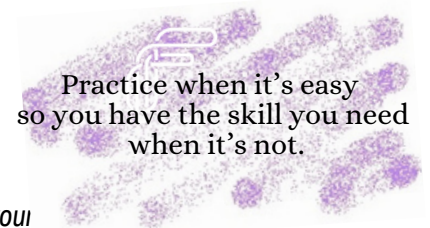
The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Galatians 5.22-23

God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline. 2 Timothy 1.7

Let's change the conversation from 'whether you will practice' to 'paying attention to what you are practicing.'

Excuse #1: I'm too busy, I don't have time, it's too hard. *Nope, you are busy, spending time, working hard practicing something already!*

Excuse #2: The difference between practice and THE REAL THING. *There is no difference!*



Excuse #3: I don't have a spiritual JOB. Or I'm not the spiritual TYPE. *No such thing. Stereotypes. There is always a place for you*

Remember, it's practice, not MASTERY!

Want to try a spiritual practice?!? Try...*being less judgmental, listening, or breaking the stimulus/response cycle.*

HOMEWORK - Remind yourself - *often!* - that you are spiritual already. Call on that capacity rather than trying to add one more thing to do every week, day, hour. When your better self shows up, and it will, applaud it. Ask it to stick around or visit more often. It will. And the authentic stuff that comes naturally and works, repeat it. You will be surprised. You are a natural! You are spiritual!



ROAM (Read, Observe, Apply, Meditate) through these readings this week.
Psalm 131, Matthew 23.23-28 (Note Jesus points to spirituality being inside, but reflecting outside. And that Jesus is really mad. That must still be spiritual!) And if you want a few short parables...**Matthew 13.31-33**