



The Life You've Always Wanted Participant's Guide with DVD: Spiritual Disciplines for Ordinary People

John Ortberg

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In the six-session small group Bible study, *The Life You've Always Wanted*, John Ortberg guides you and your group through the spiritual disciplines and teaches you how they can transform your spiritual life.

What does true spiritual life really look like? And what keeps you from living it? And what can you do to pursue it?

If you're tired of the status quo – if you suspect there's more to Christianity than what you've experienced – John Ortberg invites you to join him on a road to transformation and spiritual vigor that anyone can take.

Cultivate new intimacy and confidence in prayer. Discover the freedom of secrecy. Taste the benefits of slowing life's frenetic pace. Learn how to be guided by the Holy Spirit ... and much more.

As in a marathon, the secret lied not in trying hard, but in training consistently. Proven by followers of Jesus over the centuries, the spiritual disciplines are exercises that strengthen your endurance race on the road to growth.

This pack contains one softcover Participant Guide and one DVD with six video sessions. When used together, they provide you with a practical tool that can grow your faith.

Sessions include:

1. It's "Morphing" Time
2. Practice Slowing Down and Celebrating
3. Practicing Prayer and Confession
4. Reflecting on Scripture and Receiving Holy Spirit Guidance
5. Practicing Servanthood, Finding Freedom
6. Going the Distance with a Well-Ordered Heart

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