

WOMEN'S DISCIPLESHIP  
COMMUNITY

PATHWAYS

FEBRUARY 2021



**SHORELINE**.CHURCH

# A NOTE FROM OUR TEAM

## THE SPIRITUAL PATHWAYS

This month we will explore the different ways we relate to God and how we draw near to Him. Our spiritual pathway is how we most naturally express ourselves in our relationship with God. Where is it that you feel most connected to God? Where is it that you meet God most often? Is it at church on Sunday morning, or out on a hike in Big Sur? Do you feel closest to God as you serve at the Shoreline Food Pantry or while you are having a quiet time? Are you feeling like you are in a rut with God? Are you feeling disconnected from God? Could your prayer life use an infusion of new energy? This month you will explore the nine different spiritual pathways to connect with God:

Naturalists	Caregivers
Sensates	Enthusiasts
Traditionalists	Contemplatives
Ascetics	Intellectuals
Activists	

"By understanding our spiritual temperaments, we can develop the tools we need to grow spiritually...How do we learn to love God, day in and day out, through the seasons of life? How do we keep this love fresh? How do we grow in our adoration and understanding of God? We do it by spending time with Him. And once we understand the myriad ways that Christians have cultivated this relationship, we'll have more ideas than we need to prompt us to walk closer and more constantly by His side."

- Gary Thomas, *Sacred Pathways: Nine Ways to Connect with God*.

## HOW TO USE THIS GUIDE

1. Take the Spiritual Pathways Assessment online on our Shoreline website at [www.shoreline.church/find-your-spiritual-pathway](http://www.shoreline.church/find-your-spiritual-pathway).
2. Record your results for each pathway on the appropriate page.
3. Take your time and slowly work through all the exercises to explore all of the different pathways. This is intended to take the entire month.
4. Use your top three pathways to help you design for yourself the best ways that you can and will connect with God on a daily basis.
5. Watch the Spiritual Pathways sermon series online on our website at [www.shoreline.church/sermon-archive](http://www.shoreline.church/sermon-archive).
6. For more information about the pathways, read Gary Thomas's book, *Sacred Pathways: Nine Ways to Connect with God*.

*Come close to God and he will come close to you.*  
James 4:8

# NATURALISTS

## EXPLORE

Naturalists experience God outdoors in nature - in the mountains, the forests, or the ocean. Spending too much time indoors makes the naturalist feel disconnected with God, as if there is something missing. Do you identify as a naturalist? Did your assessment score surprise you or align with how you feel? Use the space below to jot down your thoughts.

**Naturalist Score**

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## ENGAGE

Practice this pathway this week by spending an hour outside today in the midst of God's creation. Even if you do not strongly identify with this pathway, you may not know you enjoy it until you try! Reflect on your experience by coloring this scene of the Monterey Bay Recreation Trail.



## EXPERIENCE

Use the questions below to evaluate your experience in the Naturalist Pathway. Mark one of the statements or add your own thoughts.

- I loved my experience connecting with God outside in the midst of His creation and will adopt this practice into my normal routine!
- This experience was not my personal favorite way to commune with God.
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# SENSATES

## EXPLORE

**Sensate Score**

Sensates feel closest to God when they are in a "high church" service partaking in formal Communion or Eucharist in the company of God's people. It is important for the sensate to use their senses to experience God - when they can see, smell, hear and almost taste His majesty. Do you identify as a sensate? Did your assessment score surprise you or align with how you feel? Use the space below to respond.

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## ENGAGE

We invite you to attend one of our Night of Worship services on the first Wednesday of every month and participate in Communion with the body of believers. Focus on your senses as you partake of the juice and bread, praise the Lord with your voice, and fellowship with His people. Remember the great sacrifice of our Lord Jesus Christ, and lift a prayer of thanksgiving for all that He has done for you.



**Luke 22:19.** "And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."



**Matthew 26:27-28.** "Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins."

Use the space below to reflect on your experience at Night of Worship. Did you enjoy being with God's people? What did you see, hear, smell, taste, and touch? What does Communion mean to you?

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## EXPERIENCE

Use the questions below to evaluate your experience in the Sensate Pathway. Mark one of the statements or add your own thoughts.

I really enjoyed attending the Night of Worship service, allowing my senses to come alive and experience God this way, I plan to attend again next month.

Engaging my senses did not add anything to my personal connection with God.

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# TRADITIONALISTS

## EXPLORE

**Traditionalist Score**

Traditionalists feel closest to God when they are participating in a familiar form of worship that has memories dating back to their childhood. Participating in a formal liturgy or "prayer book" service or following the Christian calendar with their families are activities traditionalists enjoy. Do you identify as a traditionalist? Did your assessment score surprise you or align with how you feel? Use the space below to respond.

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## ENGAGE

Use this prayer from the Common Book of Prayer to guide your time with God today.

*Lord Jesus Christ, who didst stretch out thine arms of love on the hard wood of the cross that everyone might come within the reach of thy saving embrace: So clothe us in thy Spirit that we, reaching forth our hands in love, may bring those who do not know thee to the knowledge and love of thee; for the honor of thy Name.*

*Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.*

*Let us bless the Lord.  
Thanks be to God.*

*The Common Book of Prayer  
Morning Prayer of Grace and Guidance*

## EXPERIENCE

Use the questions below to evaluate your experience in the Sensate Pathway. Mark one of the statements or add your own thoughts.

I loved my time in formal prayer and supplication to God using the Common Book of Prayer. I will seek to incorporate corporate prayer in the rhythm of my prayer life.

This experience was not my personal favorite way to commune with God.

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# ASCETICS

## EXPLORE

**Ascetic Score**

Ascetics feel closest to God when they are alone and there is nothing else to distract them from focusing on His presence. They might describe their faith as more "internal" than "external," and prioritize silence, solitude, and discipline in their daily walk with God. Do you identify as an ascetic? Did your assessment score surprise you or align with how you feel? Use the space below to respond.

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## ENGAGE

Use the space below to journal your thoughts and prayers today. Find a quiet space to be alone (this can be in your car or even your bathroom!) with nothing else to distract you from being with your Heavenly Father.

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## EXPERIENCE

Use the questions below to evaluate your experience in the Ascetic Pathway. Mark one of the statements or add your own thoughts.

I really enjoyed the freedom of being alone with God and my thoughts. I need to make this alone time more of a priority in my daily walk with Him.

This experience was not my personal favorite way to commune with God.

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# ACTIVISTS

## EXPLORE

Activists feel closest to God when they are cooperating with Him in standing up for His justice: writing letters to government officials, urging people to vote, and becoming informed about current issues. Courageous confrontation is important to the activist. Do you identify as an activist? Did your assessment score surprise you or align with how you feel? Use the space below to respond.

**Activist Score**

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## ENGAGE

Begin this time in prayer by asking the Lord to align your heart with His heart of perfect justice and peace. Research some current social issues that you deeply care about. Using the template below, sketch and design your own sign of support for this cause.



## EXPERIENCE

Use the questions below to evaluate your experience in the Activist Pathway. Mark one of the statements or add your own thoughts.

I loved my time researching current social issues and dwelling on God's heart for justice. This week, I will take one step of action to further my Activist Pathway.

This experience was not my personal favorite way to commune with God.

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# CAREGIVERS

## EXPLORE

Caregiver Score

Caregivers feel closest to God when they see Him in the needy, the poor, the sick, and the imprisoned. They feel God's presence most strongly when they are sitting beside the bed of someone who is lonely or ill or when they are taking a meal to someone in need. Do you identify as a caregiver? Did your assessment score surprise you or align with how you feel? Use the space below to respond.

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## ENGAGE

Choose one or more of the activities below (or choose your own) to engage in the Caregiver Pathway this month. Using the boxes provided, write a few sentences about your experience. For more information about any of these activities, contact [info@shoreline.church](mailto:info@shoreline.church) or visit our website at [www.shoreline.church](http://www.shoreline.church).

**Take someone a meal  
or donate to  
Shoreline's Food Pantry**  
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**Call/visit an elderly  
family member, neighbor,  
or friend**  
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## EXPERIENCE

Use the questions below to evaluate your experience in the Caregiver Pathway. Mark one of the statements or add your own thoughts.

I loved my time serving and spending time with those in need. This month, I will take one step of action to further my Caregiver Pathway.

This experience was not my personal favorite way to commune with God.

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# ENTHUSIASTS

## EXPLORE

**Enthusiast Score**

Enthusiasts feel God's presence deeply and passionately. They feel close to God when they are experiencing a strong emotional response to His presence, and feel most energized when they take spiritual risks on behalf of God or see God move in a supernatural way. Do you identify as an enthusiast? Did your assessment score surprise you or align with how you feel? Use the space below to respond.

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## ENGAGE

Search the following worship songs on YouTube using the links provided. Fully engage in this time singing loudly, lifting your hands, kneeling, dancing - however you best express your adoration and praise to God. Use the questions below to reflect on this time with Him.



So Will I (100 Billion X) by Hillsong Worship on YouTube ([youtu.be/GfVd5x9W1Xc](https://youtu.be/GfVd5x9W1Xc)).



Surrounded (Fight My Battles) UPPERROOM on YouTube ([youtu.be/vx6mfAgHDsY](https://youtu.be/vx6mfAgHDsY)).



Graves to Gardens by Elevation Worship on YouTube ([youtu.be/KwX1f2gYKZ4](https://youtu.be/KwX1f2gYKZ4)).

What did you notice about each of the worship songs above? What did you enjoy most? Least?

How can you limit distractions to fully engage in music worship?

How can you hold yourself accountable to incorporate worship into your daily walk with God?

## EXPERIENCE

Use the questions below to evaluate your experience in the Enthusiast Pathway. Mark one of the statements or add your own thoughts.

I enjoyed my time engaging wholeheartedly with worship music. I plan to praise with abandon more regularly in my life.

This experience was not my personal favorite way to commune with God.

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# CONTEMPLATIVES

## EXPLORE

Contemplative Score

Contemplatives feel closest to God in the quiet dwelling of what He has done for them. They would describe their relationship with God as intimate and say that God is their closest friend. Do you identify as a contemplative? Did your assessment score surprise you or align with how you feel? Use the space below to respond.

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## ENGAGE

A popular method of contemplation is to read through a passage of Scripture, emphasizing different words, dwelling on their meaning and implication, and lifting prayer and praises to God. Read **Psalms 23:1** out loud to yourself and emphasize each word using the example below to guide you.

PSALM 23:1

**The** LORD is my shepherd, I lack nothing.

The **LORD** is my shepherd, I lack nothing.

The LORD is **my** shepherd, I lack nothing.

The LORD is my **shepherd**, I lack nothing.

The LORD is my shepherd, **I** lack nothing.

The LORD is my shepherd, I **lack** nothing.

The LORD is my shepherd, I lack **nothing**.

## EXPERIENCE

Use the questions below to evaluate your experience in the Contemplative Pathway. Mark one of the statements or add your own thoughts.

I enjoyed my time dwelling on God as my shepherd. Reading this way helped me slow down and take in every part of the passage. This practice touched my heart and I will definitely try it again!

This experience was not my personal favorite way to commune with God.

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# INTELLECTUALS

## EXPLORE

### Intellectual Score

Intellectuals feel closest to God when they are learning something new about Him that they did not understand before. Uninterrupted, personal study time of God's Word is important to them. Intellectuals would enjoy having an opportunity to teach or participate in discussion with a small group. Do you identify as an intellectual? Did your assessment score surprise you or align with how you feel? Use the space below to respond.

## ENGAGE

Use this formal Bible study process to examine **James 4:8**. Grab your Bible, a journal, and your favorite Bible study tools. Begin in prayer, and ask the Holy Spirit to guide you to the meaning and implication.

### Phase 1: Preparing a Text

- Locate the text - Identify where this story appears in the Bible.
- Hearing a passage - Read the passage out loud to yourself many, many times (at least 20!).
- Observing a passage - What does this book say about itself e.g. who is it to, when was it written, what does the author want us to know about the context?
- Historical background - Consulting outside sources, what is the cultural context of this passage?

### Phase 2: Exegesis

- Evaluating translations - Read 7-10 Bible translations and compare/contrast their differences.
- Word studies - Identify critical words and refer to lexicons/dictionaries to determine meaning.
- Refer to commentaries - Read at least 2-3 commentaries on the passage to form your interpretation.

### Phase 3: Interpretation

- Paraphrase - In your own words, write out the verse.
- Him/Me/Us - What does this text show me about Jesus? About myself? What does it show me about my local church and/or the Universal Church?
- Missiological approach - What does this text mean for people who do not yet know Jesus?
- Implications - How can we live differently in light of this passage?

Source: Western Seminary's BT 501, Hermenutics class taught by Andrew Pack, PhD.

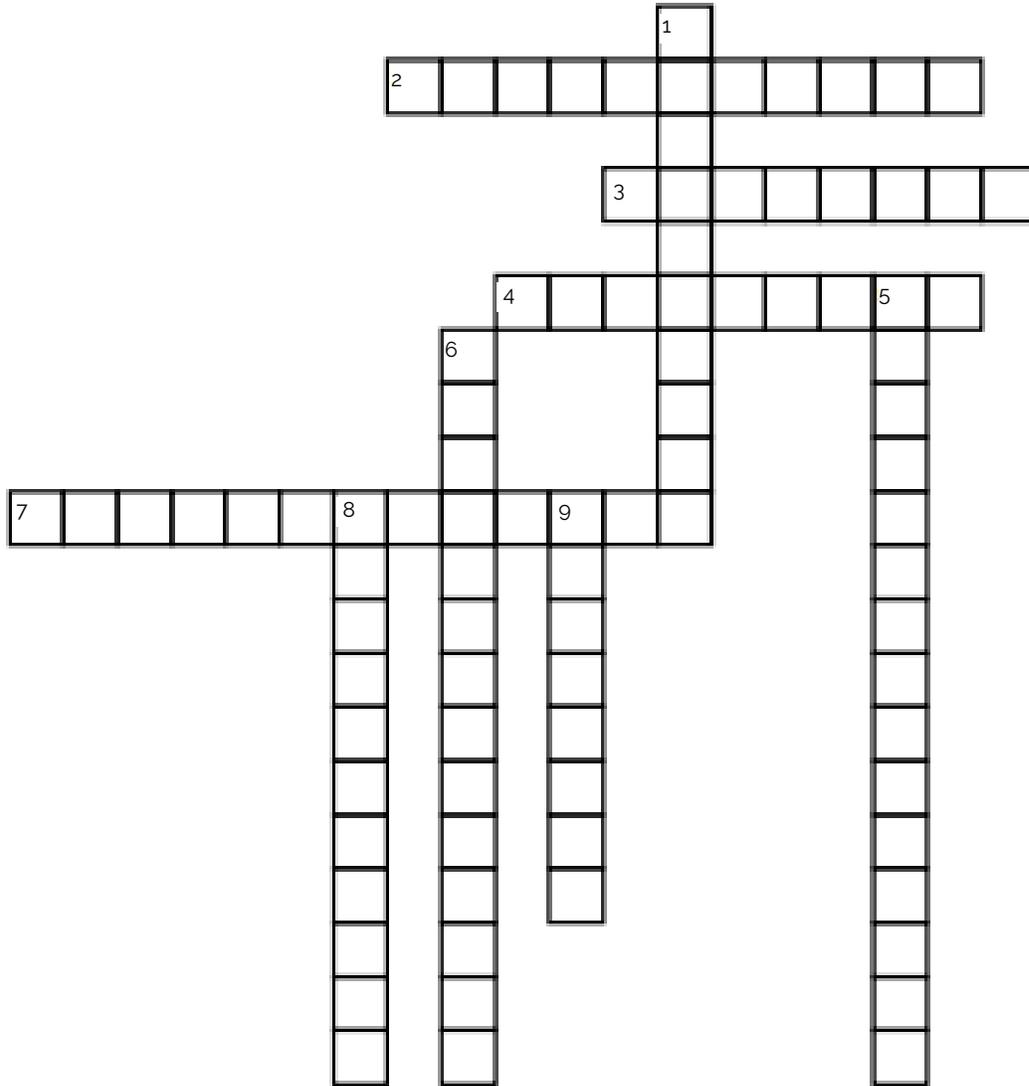
## EXPERIENCE

Use the questions below to evaluate your experience in the Intellectual Pathway. Mark one of the statements or add your own thoughts.

I loved my time studying James 4:8 using this academic Bible study process and learned a lot.

This experience was not my personal favorite way to commune with God.

# THE PATHWAYS



## DOWN

1. Loving God by loving and serving those in need.
5. Experiencing God through ritual and symbol such as a formal liturgy or "prayer book" service.
6. Loving God through adoration and feeling His presence.
8. Experiencing God through mystery and celebration.
9. Loving God in solitude and simplicity with nothing to distract from focusing on His presence.

## ACROSS

2. Experiencing God outdoors surrounded by what He has made.
3. Loving God with the senses in a "high church" service with formal Communion or Eucharist.
4. Experiencing God through confrontation against injustice.
7. Experiencing God through studying the truth of His Word.

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| 5. Traditionalists | 1. Caregivers     |
| 4. Activists       | 6. Contemplatives |
| 9. Ascetics        | 7. Intellectuals  |
| 8. Enthusiasts     | 2. Naturalists    |
| 3. Sensates        | 8. Intellectuals  |