

Spiritual Life

Immediately before Christ was put to death, He prayed a beautiful and powerful prayer for believers; a prayer that lays out the purpose of his coming and the purpose of the Church on earth. In **John 17**, Jesus prays for us, His future followers, for protection from the evil one, for unity with the Father and with each other, and to be sanctified in the truth of His Word. This is the heart and soul of the spiritual life of man, to walk in unity and love with God, the Creator of the Universe, the Almighty One.



Regent University was created and organized primarily to support God’s mission on earth, and to bring all men to Himself; therefore, the structure of all we do incorporates spiritual growth and vitality. In alignment with Regent’s Mission Statement, your education will be uniquely delivered through a biblical perspective, and you will be expected to learn from a biblical perspective. The required Faith and Education model for your courses will incorporate faith, biblical perspective, moral decision-making, and a Christian worldview throughout the course material. How do you prepare for that and grow spiritually?

Preparing your Spiritual Life: Search the Scriptures for the answers to these questions, as searching your own heart and mind are insufficient and variable resources:

Who is God? What is the Character of God? What is the Will of God? What is/should be my relationship to God? What does God want from me? How do my program of study and my spiritual life integrate and cooperate?

Discipling your Spiritual Life through Spiritual Disciplines

These are just a few of the tools, called Spiritual Disciplines, as outlined by author and pastor Richard Foster, that you can use to develop and strengthen your walk with the Lord and understanding of his mind so that you can be “one with Him.” The disciplines can help move our perspective from a naturalistic point of view to one that is Christ-centered.

Inward	<ul style="list-style-type: none">• Prayer – communicating with God (Matt. 6:9)• Meditation – focusing on God and his will (Phil. 4:8)• Fasting – a reminder of the source of all nourishment (Luke 5:35)
Outward	<ul style="list-style-type: none">• Simplicity – seeking God’s Kingdom first (Matt. 6:33)• Submission – placing God’s will above one’s own (Luke 22:42)• Solitude – withdrawing from the world to spend time with God (Matt. 14:23)• Service – supportive action toward others (Mark 10:45)
Corporate	<ul style="list-style-type: none">• Confession – acknowledging one’s sin with and to others in the community of faith (James 5:16)• Guidance – giving and receiving direction from others along the journey with Jesus (Acts 15:8)• Celebration – taking joy in what God has done (1 Cor. 5:8)• Worship – giving God glory through attitudes and actions (1 Cor. 14:26)

Strengthening your Spiritual Life

Local Church – Join a community of believers to be taught, encouraged, and held accountable spiritually

University Chapel & UnChapel – [Live streamed](#) every Wednesday & Thursday; join the Regent community in Worship

Facebook – Find out what Campus Ministries is doing and engage with others on the [Regent University Campus Ministry Facebook](#) page.

Service – Get connected to Campus Ministry with opportunities to serve, contact them at: Ministry@regent.edu

Luke 9:23 "If anyone desire to come after Me, let him deny himself, and take up the cross daily, and follow me!"