



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

By John Ortberg

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## **NOTE: This is a PARTICIPANT'S GUIDE**

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? 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 lies 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.

Sessions include:

1. It's Morphing Time
2. Slowing Down and Celebrating
3. Praying and Confessing
4. Meditating on Scripture and Seeking Guidance
5. Practicing Servanthood, Finding Freedom
6. Going the Distance with a Well-Ordered Heart

Designed for use with *The Life You've Always Wanted: A DVD Study*  
9780310810506 (sold separately).

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### Editorial Review

#### About the Author

John Ortberg is the senior pastor of Menlo Park Presbyterian Church (MPPC) in the San Francisco Bay Area. His bestselling books include *Soul Keeping*, *Who Is This Man?*, and *If You Want to Walk on Water, You've Got to Get out of the Boat*. John teaches around the world at conferences and churches, writes articles for *Christianity Today* and *Leadership Journal*, and is on the board of the *Dallas Willard Center* and *Fuller Seminary*. He has preached sermons on Abraham Lincoln, The LEGO Movie, and The Gospel According to Les Miserables. John and his wife Nancy enjoy spending time with their three adult children, dog Baxter, and surfing the Pacific. You can follow John on twitter @johnortberg or check out the latest news/blogs on his website at [www.johnortberg.com](http://www.johnortberg.com).

Stephen and Amanda Sorenson are founders of Sorenson Communications and have co-written many small group curriculum guidebooks, including the entire Faith Lessons series.

### Users Review

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