

GMHC 2025 The Training Years: A Student's Guide to a Missional Life

Spiritual Disciplines:

What are you a disciple of?

Discipled by **Christ** or Discipled by **Culture**?

If you want to be discipled by Christ... need to know Jesus, become like Him and thus do what He does

Be with Jesus (solitude)

Henri Nouwen: "without solitude it is virtually impossible to live a spiritual life"

Be like Jesus (transformation)

Do what Jesus Did (service)

Go in the right order!

Living in Community:

Solitude vs. Alone

Spiritual life must start with solitude but our **life of service cannot be done alone**.

Community is crucial for **sustainability** and **strength**.

Community- intentionally finding a community that sharpens each other to become like Christ

*talk **house church** model- rubbing shoulders with humans is beauty and challenging all at the same time
T18 and Cancer

Compassion vs Conflict

Community brings an opportunity for **compassion**- baring each others burdens **AND conflicts**

Conflict can lead to deeper relationships, reconciliation and restoration are all part of kingdom building

Conflict is not fighting, in fact fighting is the *avoidance* of conflict (fight, flight or freeze). The avoidance of conflict is *not* a sign of a healthy relationship, in fact healthy conflict draws relationships closer, vulnerability is necessary, a skill we can learn, the more conflict we have in a healthy manner- strong trust is built. Conflict leads to intimacy, unity, communication and connectivity

Perspective

Living among my patient population changed my perspective. The problems of the community became my problem.

Resources:

- **With: *Reimagining the Way you Relate to God*** by Skye Jethani
- **Practicing the Way** by John Mark Comer www.practicingtheway.org
- **Devotional Classics: *Selected Reading for the Individuals and Groups*** by Richard J. Foster and James Bryan Smith
- [Bringing Solitude into our Lives](#) - Henri Nouwen
- [Moving from Solitude to Community to Ministry](#) - Henri Nouwen
- [Sanctuary Counseling Podcast Episodes on Conflict](#) - By Bill Finnell and Joey Bland

CONTACT: Katie Musser, DMD (katie.musser@cmda.org)