



WELCOME to “The Humans Side of Holiness”
by Dallas Willard
a 17-week Course sponsored by



Session 7 Review

How does this develop?
Character is a matter of the whole person formed in the way the dimensions of the person interact as the will is formed into habit and located largely in the body.



SESSION 8 — TRANSFORMATION OF BODY & HABITS

Session Theme — “Our choices form the habits in our bodies leading us to act without thinking, both good and bad.”

“Put off the old self, put on the new self being renewed...”

Colossians 3:9-10; Ephesians 4:22-24

Part One — The Body

Key to Transformation — The Mind & Body

If you want to get a hold of this whole process of transformation you work primarily with your body and your mind.

More than just forgiven, far from being a perfect grand moral mechanism.



The Body Is

Personalized power pack accessible to my will,
my kingdom action.

*What I will be after my death is defined by who I was
before my death. And that is defined in terms of the
body that I had. And that's a part of my personality.*

The Body's Meanings

Piling up almost endless sequences of sensations
and actions that have meaning that lead over
into the next thing. You don't have to think to act.



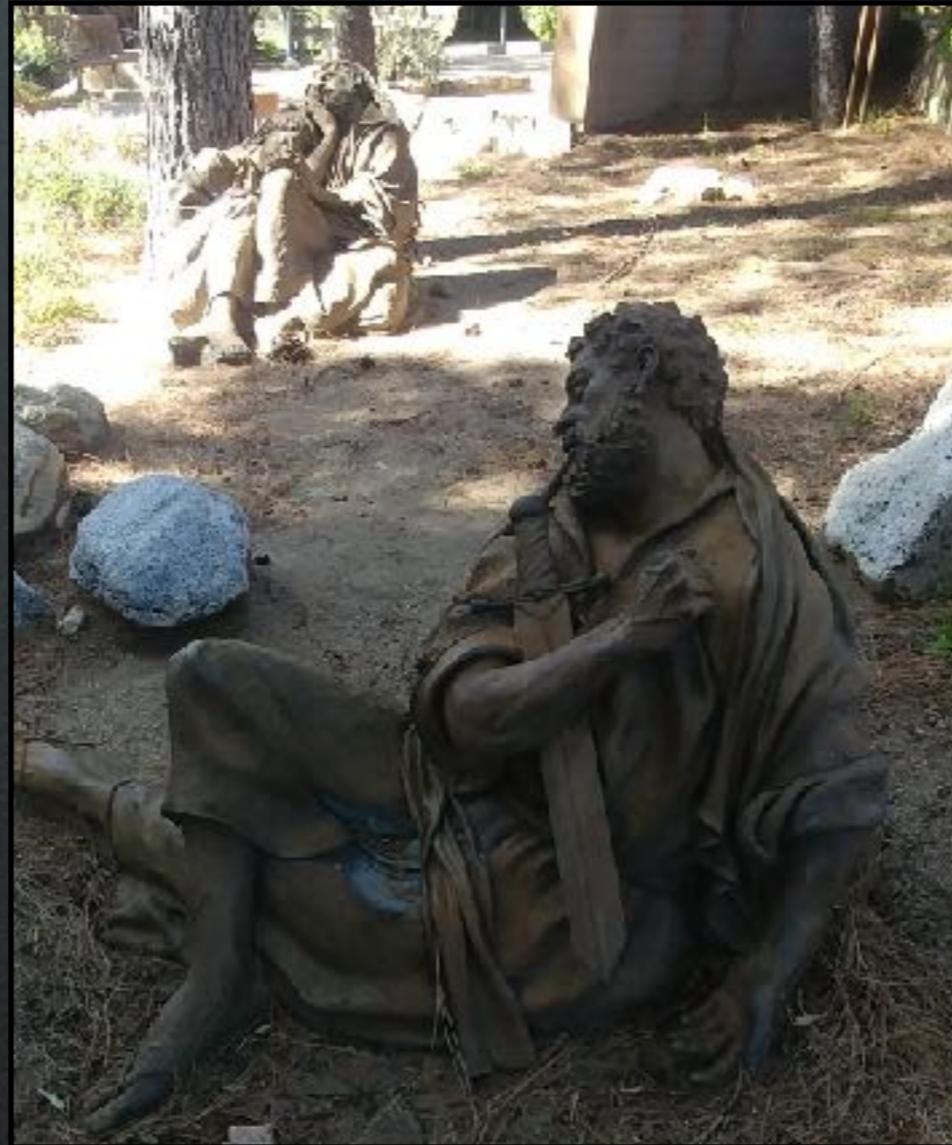
The World's System and Three Weapons

The World, the Flesh & the Devil – Ephesians 2

For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. 1 John 2:16

The Illustration of Peter

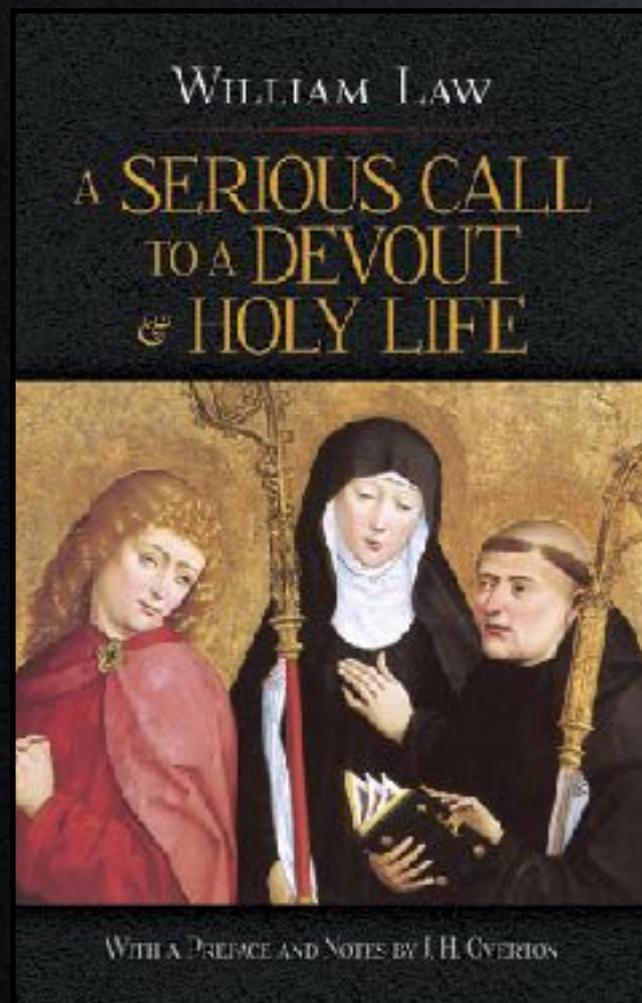
“The spirit is willing, the flesh is weak.”



“Where was the problem? It wasn’t in the spirit. These guys were well-meaning.” Dallas

The Body is Fundamentally Social

We have to learn to play to the audience of one. That's the only thing that can stabilize the individual in the social context: I stand before God, the audience of one.



Recommended by Dallas — Chapter 15

The connection between the soul and the body. One of the best things ever written on the understanding of what makes spiritual disciplines matter.



Part Two — Our Habits

William James (1842-1910) — *The Laws of Habit*

- The Ethical and Pedagogical Importance of Habits -

The body takes on meanings
which are tendencies from experiences.

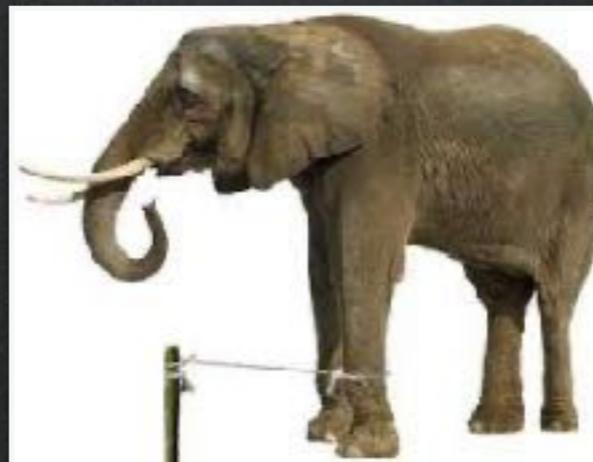
“Habits simplify our movements.” Wm. James

Wm. James quoting Alexander Bain (1818-1903):

Maxim 1 - *Launch strongly and decisively.*

Maxim 2 - *Never make an exception until the habit is rooted.*

Maxim 3 - *Choose to act on every resolution you make.*





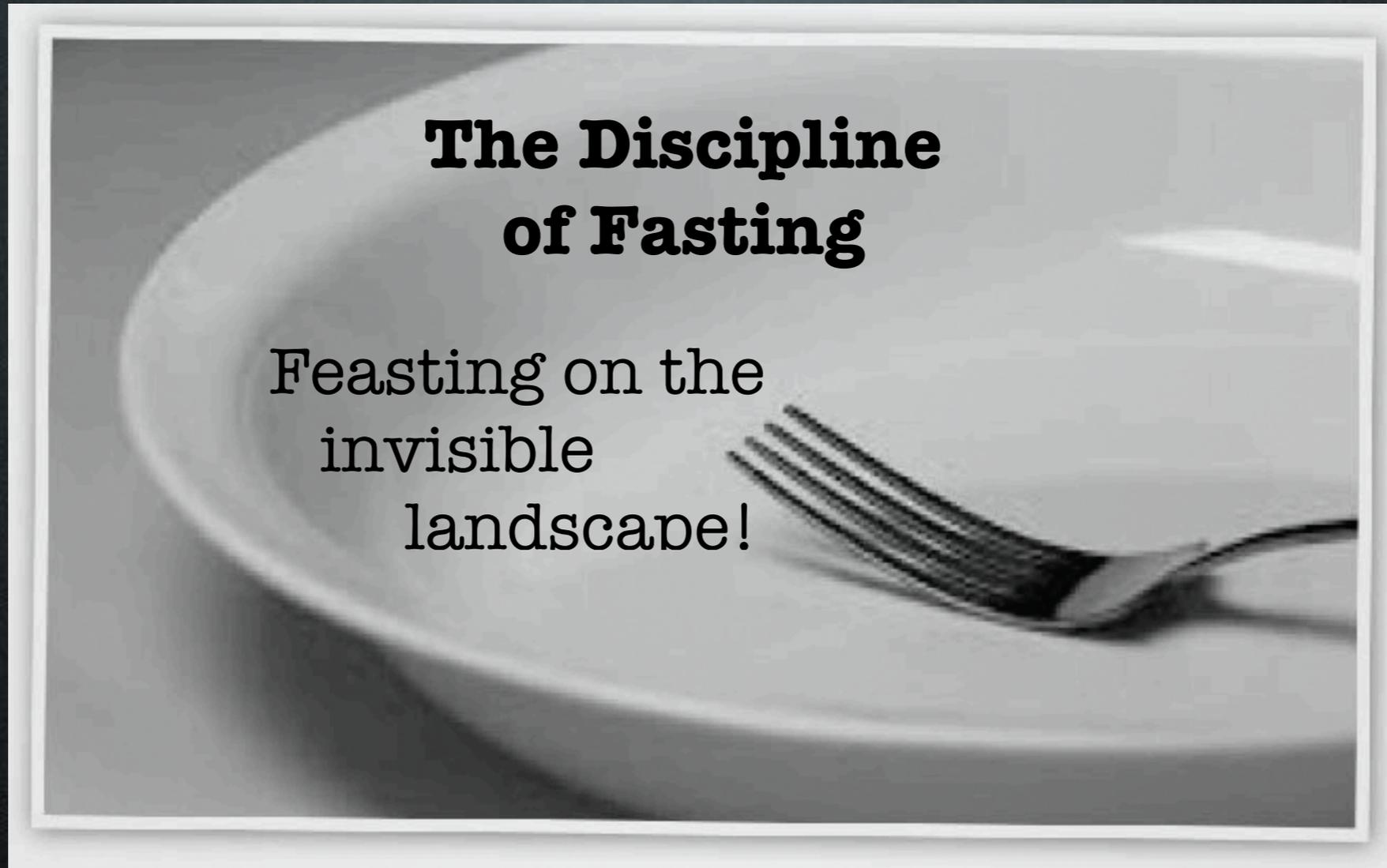
Practicing the Disciplines of Silence and Not Having the Last Word

“Attention and effort are the same psychic fact.”

“Asceticism of this sort is like the insurance which a man pays on his house and his goods. The tax does him no good at the time and probably may never bring him a return. But if the fire does come, his having paid it will be his salvation from ruin. So, with a man who has daily and inured himself to habits of concentrated attention, energetic volition, and self-denial in unnecessary things, he will stand like a tower when everything rocks around him and when his softer, fellow mortals, are winnowed like chaff in the blast.”

William James





Fasting is practicing dependence upon God.
You align yourself with the Kingdom of God.

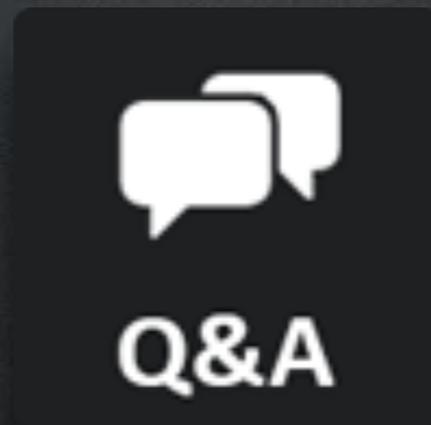
Deuteronomy 8:3 - "He humbled you and let you be hungry."



Q&C

Your Questions & Comments are welcome!

(Use the Q&A on the bottom of your Zoom screen)



80:00 + 10K

Meditation — Romans 12:1-2

V-I-M in your next 10,000 minutes...

VISION — Can I see God's grace breaking my most inhibiting habit right now?

INTENTION — Where am I making exceptions to what I say I want to change?

MEANS — What discipline will I practice this week to grace to this habit?



† Cross Fit

Session 8 Summary

The Habits that form our character acted out in the body are critical areas to work with in pursuit of Christlikeness.



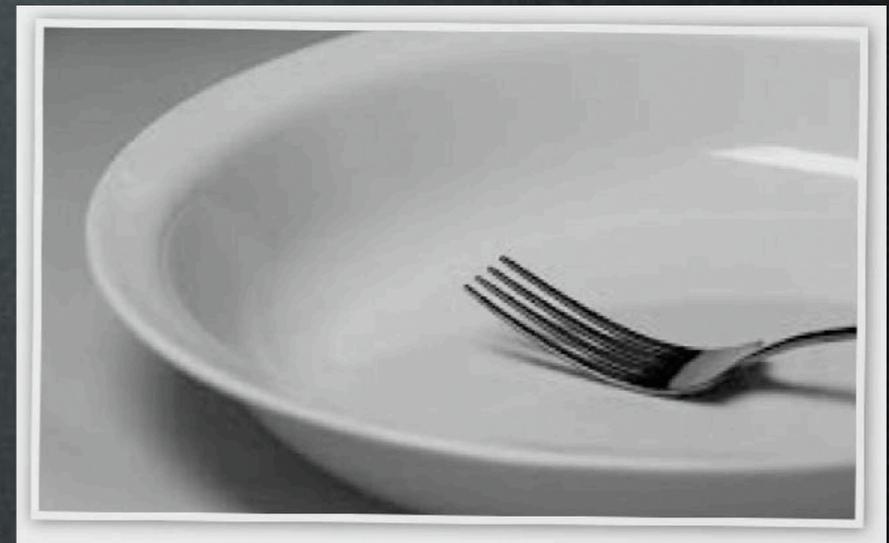
Next Week — Session 9

“FRUIT OF SPIRIT & DISCIPLESHIP” [1:07:53]

**“PEACE, JOY, HOPE, FAITH, AND LOVE;
THREE ASPECTS OF DISCIPLESHIP”**

Practice grace-full holy
body habits in your next
10,000 minutes like you
really believe God's
Kingdom is at hand.

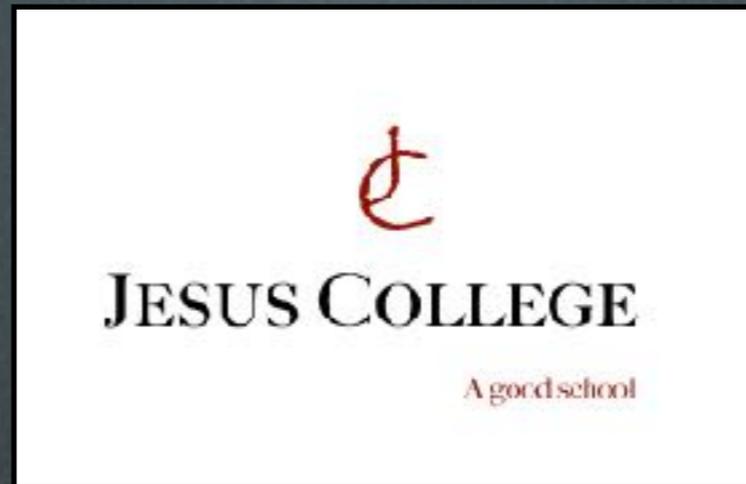
Doug



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Information...Registration — JohnC@dwillard.org



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“A Student of the Superior Benefactor”

Apprentice to Master Love — //Verbs
“Training to be proficient in willing the good”

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