

# Soaring Into So Much More

## Handout

October 2021

### ANCIENT PATHS: The Beginning of Mindfulness

#### INTRODUCTION

As we walk this path of discovering and living out who God created us to be and what He created us to do, **we travel a pilgrimage generations have trod.**

Since the beginning of time man has searched for the meaning of life.

#### SCRIPTURAL REFERENCE

##### **Jeremiah 6: 16 NIV**

*This is what the Lord says:*

*“Stand at the crossroads and look;*

*ask for the ancient paths,*

*ask where the good way is, and walk in it,*

*and you will find rest for your souls.*

*But you said, ‘We will not walk in it.’*

**Crossroads are inevitable when we follow the path of discovering our identity and purpose.** It is what we do in those moments of decision that matter.

Jeremiah tells Israel ***to ask for ancient paths where the good way is. when they come across a crossroad.***

## TRANSLATION AND UNDERSTANDING

**Ancient paths** can also be translated ***“paths of old”***.

**Synonyms** for the word “ancient” include the words antique, antiquated, and even **obsolete**.

Our **standard as believers is different than the world’s**. In terms of our spirituality, it is more useful to think of “ancient” as **“everlasting”**.

**In other words consider an ancient path a spiritual truth that never becomes antiquated or obsolete.**

Ancient paths, or paths of old should be thought of as **eternal spiritual truths and habits** to live by.

### **Psalm 119: 105**

*“Your word is a lamp to my feet  
And a light to my path.”*

Here the word path symbolizes your life, the way you walk in your identity and purpose.

Within this scripture, we discover a cobblestone: **God's word**

## **SPIRITUAL/THEOLOGICAL COBBLESTONES**

What else could be a cobblestone or eternal spiritual truth?

They can be “words to live by” or theological boundaries.

## **SCRIPTURAL COBBLESTONES**

There are many **scriptures** that can be used to sum up the message and call of the Bible.

### **Micah 6:8**

*He has told you, O man, what is good;  
And what does the Lord require of you  
But to do justice, to love [a]kindness,  
And to walk [b]humbly with your God?*

Jesus Himself, summed things up in **Matthew 22:37-40**

*And He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the great and foremost commandment. The second is like it, ‘You shall love your neighbor as yourself.’ On these two commandments depend the whole Law and the Prophets.”*

Beyond scripture there are spiritual or life practices we employ that also serve as cobblestones in our life's path.

## FOUNDATIONAL TRUTHS AND PRACTICES

The way I look at ancient paths is to think of those **foundational truths** that we as Jesus Followers stand upon. They are the cobblestones that make up our path of life.

- **Daily practice** of prayer and worship.
- **“Life verse”**
- **The “one anothers”** mentioned in scripture...helping the widows and orphans, loving and forgiving one another, being in community with one another, etc.
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- **The Strategies** listed in Chapter 11 of Created For So Much More could be considered a few of my cobblestones. They came from time listening to Holy Spirit tell and show me the strategies I lived by and teach.

The Strategies:

- **Dream Big, Work Small**
- Listen to Your **Audience of One**
- **Do the Work, Hone your Skills**
- **Follow Your Unique Path**
- **Keep Walking** forward but/and let the Lord direct your pace and gait.

To name a few.

**Take Responsibility** is a biggie for me and leads me to my final point from the Jeremiah passage.

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### **REST FOR YOU SOULS: A CHOICE**

**What are those things, those verses, or those truths that bring rest?**

“But they said, ‘We will not walk in it.’”

**We can follow the ancient paths and find rest, or we can choose not to follow the ancient paths and suffer the consequence of unrest.**

Following ancient spiritual truths is a choice for light, life and blessing. Going our own way rather than “the good way” brings death, darkness, and destruction.

### **PRACTICAL APPLICATION**

What are a few practical habits that lead to spiritual growth.

What are some habits that you can employ to set your cobblestones in place on your path?

## Here are some suggested practices

- **Make an appointment** with yourself and the Lord. Scheduling quiet devotional time in advance. If you don't have a set time everyday for your time with the Lord, perhaps think about your day the night before and set it up.
- **Read a Bible verse every day.** Pick a book of the Bible, select a reading plan, or read a short daily devotional.
- Plan a time for **gratitude list:** 3 things you are grateful for today
- **Use apps** on your smart device: check the Bible verse of the day as "grace" before eating.
- Download **electronic versions** of your favorite devotional and read them from your phone or notebook when you are taking a break from work.
- **Listen** to teaching or meditative podcasts.
- Use Siri or Alexa or your smart phone to **play worship music** when you cook, exercise, clean, or get dressed

**Our cobblestones and the ancient paths they create are as unique as you are.**

## **SOARING INTO SO MUCH MORE**

### **EXERCISE: Ancient Paths**

Sitting with the Lord and asking Him to show you the cobblestones that make up your personal ancient path is the purpose of our exercise.

1. What are the cobblestones that make up your ancient path?
2. What scripture do you live by?
3. What brings rest to your soul?
4. What are the foundational truths that you walk upon every day?
5. What are the habits you maintain in your life to keep you on this ancient path?