

GROWING EDGES: INTEGRITY

July 2004

The statement in John's Gospel that Nathanael was an Israelite "in whom is no guile" baffled me for many years (1:47, NASB). What is guile? What are the characteristics of a person with no guile? After reading the definition—deceitful cunning—I understood: a guileless person is one who never resorts to deceitfulness or sneakiness. People without guile have **integrity**, the theme of this *Perspective*. They are incorruptible, sound, complete in thought, word, and deed.



INTEGRITY IN THOUGHT

What we *think* reveals our heart. Some of Jesus' most pointed teachings reveal that it is our thoughts, our hearts, that give birth to our behavior—good and bad: "The good person out of the good treasure of the heart produces good" (Luke 6:45). We can think of numerous famous people who are the epitome of goodness—Mother Teresa, Billy Graham, William Booth, Francis of Assisi—but it is the ordinary person who effects more change for good than all of the famous people put together. They raise children who respect authority. They visit the ill and imprisoned. They feed the hungry. They donate money to charitable causes.

Jesus also taught about the bad effect our thoughts have on our lives: anyone "who looks on a woman with lust has already committed adultery with her in his heart" (Matt. 5:28). The person with integrity may have the thought but they don't dwell on it until it takes over their inner life and destroys both themselves and the people around them. Thoughts reveal our heart.

INTEGRITY IN WORD

What we *say* reveals our heart. When explaining a parable to Peter, Jesus responds, "but what comes out of the mouth proceeds from the heart . . . For out of the heart come *evil intentions*, murder, adultery, fornication, theft, *false witness*, *slander*" (Matt. 15:18-19, emphasis added). Have you ever been surprised by what comes out of your mouth during unguarded moments? I have. Over the years I have been guilty of expressing a wish that something evil would happen to someone or told a lie about another person or a word of damnation slipped out when I was angry or frustrated.

My father was raised on a ranch in Western Kansas among cowboys whose everyday language included taking the Lord's name in vain and many cuss words. Having been raised in that environment, he naturally spoke the same way as an adult, so I heard profanity every day of my life as I was growing up. Speaking without using profanity has been the most difficult of my inner habits to corral. Words reveal our heart.

INTEGRITY IN DEED

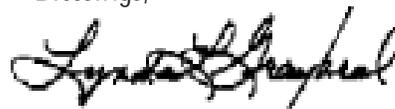
What we *do* reveals our heart. Paul instructs the Corinthian Christians to "give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver" (2 Cor. 9:7). To the slaves at Ephesus he writes that they should be "doing the will of God from the heart" (2 Cor. 9:7; Eph 5:6).

But how can we come to the place where we have a heart and mind that prompts us to do what is best for those around us and ourselves automatically and with integrity? For me I have found that this can be accomplished only as a result of practicing such Spiritual Disciplines as meditation and submission and worship and fasting and celebration. Talking with God about what we're doing together, studying the Bible and reading spiritual classics, practicing simplicity, and all of the other disciplines work into our hearts God's goodness and, as Jesus said, "good treasure of the heart produces good." Deeds reveal our heart.

FAREWELL

By the time you receive this, I will have retired. This is the last essay that I will write for the *Perspective*. Compiling all of the issues and occasionally writing articles for fourteen years has been work . . . and fun. I will miss it. I will also miss reading the letters you have written about the many issues we have discussed. To the faithful readers I do not know, I'm anxious to meet you in heaven. To those I do know, I'm looking forward to an eternity of interesting conversations. To everyone, may God shower abundant life upon you now and forever.

Blessings,



Lynda L. Graybeal

GROWING TOGETHER: INTEGRITY

- To live a life of integrity demands that we treat every person with respect and dignity because they carry within them the *Imago Dei*, the image of God. One way we seek to do this at RENOVARE is to never place the telephone call of a person we are talking with on hold to answer an incoming call. Nor do we interrupt a live conversation to answer the telephone. Doing either tells the person that we are talking with that they are not as important as the person on the other end of a ringing telephone. This week, determine to treat everyone you come into contact with as equally precious in the sight of God. What changes did you see in your perception of people?
- Some say that it is harder to live a life of integrity now than at any other time in history since there are so many new and different temptations, e.g. pornography on the Internet, multiple ways to cheat on income tax forms, free downloads of copyrighted songs. How valid is this argument? Explain.
- In the past few years a new problem has developed that robs companies of employee productivity: workers spend hours on the Internet reading web sites or shopping or writing personal

e-mails. It has gotten so bad that companies install software on their servers to monitor the Internet and e-mail use of employees. Why do you think this is happening? Other than what companies are doing to curtail the practice, what else can be done? What can you do to practice integrity in your workplace?

- Recently I read that four people helped hundreds of unqualified and incompetent drivers from Illinois and other states get Wisconsin commercial drivers licenses for fees of up to \$2,000.00 each. As you read the newspaper or watch the news on television this week, keep track of the number of reports that are based on the lack of integrity in a business, a government bureaucracy, an organization, or an individual. What did you learn?
- Some people say that once a person receives Jesus Christ as their Savior and are indwelt by the Holy Spirit, that their heart is instantly and automatically changed so that they can only do good from that point on. List the ways that your heart did not change when you became a Christian. Now, gently hold these before God and ask him for healing in these areas and for the strength to do consistently the Spiritual Disciplines.

—Lynda L. Graybeal

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An annual, tax deductible gift of \$20.00 is welcome to help cover publishing expenses. If you cannot help, we understand. Some will be able to give more and in this way the unity of the Body of Christ will be maintained.

**THE WITH-GOD LIFE: THE DYNAMICS OF SCRIPTURE FOR CHRISTIAN SPIRITUAL TRANS^AFORMATION
JUNE 19-22, 2005, ADAMS MARK HOTEL, DENVER, COLORADO, USA**

Dear Friend,

I am eager to have you join me for an International Conference on The Dynamics of Scripture for Christian Spiritual Trans^AFormation. This is only the second time we at RENOVARE have stretched ourselves to put together an international event, the first being in Houston, Texas, in 1999. But the need today is so great that we feel we really must step out again and assemble a major international event so that together we can wrestle with the importance and centrality of Scripture for our spiritual formation.

We today desperately need a richer, fuller understanding of the relevance of Scripture for daily living. We need to experience Scripture as living and active, forming and transforming. We need to combine the highest possible biblical scholarship with the deepest possible devotion. We need, by the power of the Holy Spirit, to be drawn irresistably into the biblical drama of love and terror and pity and pain and wonder until Scripture becomes all over autobiographic of us. For these reasons and much more we are putting together this International Conference.

We are scheduling a first-rate slate of speakers and workshop leaders to help us explore this vital theme. This event will also serve as the launch for the *RENOVARE Spiritual Formation Study Bible*, a project that has been five years in the making. Below are the vital details:

The Date: Junes 19-22, 2005
The Place: Denver, Colorado, USA
The Theme: The With-God Life: The Dynamics of Scripture for Christian Spiritual Trans^AFormation

Please join me and many others for these four glorious days of learning, worshiping, praying, and growing in the mile-high city of Denver, Colorado.

Peace and joy,

Richard J. Foster

Content

General Sessions will reflect on "The With-God Life"—the simple and profound notion that God has journeyed with a people throughout human history; and that God continues to walk with us today, as much as we can stand it. Introduced in the *RENOVARE Spiritual Formation Study Bible*, General Sessions will embrace and expand upon this theme. Talk titles include (speakers to be determined):

Sunday, June 19, 2005

7:00 p.m.

"The With-God Life"

Monday, June 20, 2005

8:30 a.m.

"The With-God Life under the Hebrew Covenant"

1:00 p.m.

"The With-God Life in the Inter-Testamental Period"

7:00 p.m.

"The With-God Life under the New Covenant"

8:45 p.m.

"The With-God Life through Christian History"

Tuesday, June 21, 2005

8:30 a.m.

"The With-God Life and the Individual Today"

1:00 p.m.

"The With-God Life and the Family Today"

7:00 p.m.

"The With-God Life and the Congregation Today"

8:45 p.m.

"The With-God Life and the Church Today"

Wednesday, June 22, 2005

9:00 a.m.

"The With-God Life into Eternity"

Workshops on the Bible will include:

- reflecting on Scriptural themes and their helpfulness for formation in Christlikeness.
- training in ways we use the Bible for spiritual formation.
- considering more recent academic views and debates about the Bible.

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JUNE 19-22, 2005 RENOVARE INTERNATIONAL CONFERENCE

register online @ www.renovare.org (after 7/15/2004) – or use this form

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Credit Card Number _____ Exp. Date (mm/yy) _____

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Registration and General Information

# Persons to Register		Total
_____	x \$179.00 per person— <i>thru May 15, 2005</i>	= \$ _____
_____	x \$199.00 per person— <i>after May 15, 2005</i>	= \$ _____
_____	x \$159.00 group rate per person— <i>when 3 or more register together</i>	= \$ _____
Total		= \$ _____

No meals included. Childcare not available. Airline discounts available by calling The Travel Company at 1-800-798-5550.

Hotel rooms available at a special event rate (\$119.00/night) by calling Adams Mark Hotel reservations at 1-800-444-2326. Identify you would like a room in the RENOVARE Conference room block.

Please send completed registration form(s)—if paying with check, payable to "RENOVARE" with "2005 IC" in the memo—to: RENOVARE, 8 Inverness Dr E, Suite 102, Englewood, CO, 80112, Attn: 2005 IC Registration. Or fax to 303-792-0146.

AN INTERVIEW WITH VALERIE E. HESS

Perspective: As the co-author of *Habits of a Child's Heart*, a book about training children in the Spiritual Disciplines and one of the books we feature in this issue of the *Perspective*, can you tell us the story behind its writing?

Valerie Hess: After reading Richard Foster's book, *Celebration of Discipline*, in the early 1990s I knew that I had found a gold mine but didn't know how to access it. I contacted Richard via the publisher asking for advice and was sent a letter advertising a new program called RENOVARÉ, a small group movement coming out of *Celebration of Discipline*. In reading that brochure, I knew that this was the answer to learning and assimilating the Spiritual Disciplines. I became heavily involved in RENOVARÉ, helping to start many small groups at my church including the group I was in for eight years, teaching Sunday School classes on *Celebration of Discipline* while using its accompanying journal workbook, bringing a RENOVARÉ Conference to the church in 1994, and writing a monthly newsletter for about two years on the Spiritual Disciplines and ways to practice them in our lives. Those newsletters went out to over one hundred people who were involved in RENOVARÉ. I also did a bit of speaking on the Spiritual Disciplines at retreats.

Throughout all of this, the question, "How do we do these Disciplines with our children?" was asked by many. Eight years ago, I wrote a manuscript attempting to answer that question. It was rejected by several publishers, and I have to say, deservedly so.

For five years, the manuscript sat untouched. In October of 2002, my husband and I went to the RENOVARÉ Regional Conference in Denver. On Saturday afternoon, during the question and answer time, Richard and Lyle SmithGraybeal fielded a question about teaching the Spiritual Disciplines to children. Richard, in his answer, mentioned that he had a manuscript that addressed that issue and they were looking for a publisher for it. My heart leapt, thinking of mine, but assumed someone else had written one in the meantime that was much better. I didn't think too much more about it. On Monday, my husband's secretary at the church where he is a pastor called saying that NavPress was looking for me. Terri Beheimer, then an acquisitions editor, was at that RENOVARÉ Regional Conference to scout out new authors. When the Conference ended she asked Richard about the manuscript he had referred to but I had already left, so she tracked me down through the church.

With her guidance and encouragement (despite seeing the original version), I re-wrote the manuscript entirely and submitted it. NavPress was enthusiastic but since I was what they call a "rookie author," they understandably wanted an educational consultant brought in. With the help of RENOVARÉ I found Marti Watson Garlett, a former faculty member at Friends University with Richard. Marti became co-author, bringing her expertise of educating children to partner with my knowledge of the Spiritual Disciplines. Together, we re-wrote the manuscript with the good help of our editor, Liz Heaney, putting it into its present published form.

P: What major benefits come from practicing the Spiritual Disciplines in the context of the family? What difficulties?

V: The benefits and the difficulties can sometimes come from the same thing. For example, the Spiritual Disciplines are best understood and practiced in an environment of accountability. The family offers the benefit of a ready-made accountability group. The difficulty is there is less room for fudging on a particular discipline because your accountability group is living with you 24/7. Another benefit is that the family at its best is a nurturing, supportive group of people who love each other. The difficulty comes from everyone knowing each other so well that our faults and bad habits are glaringly evident. It is easy to get defensive with that kind of accountability every day. The other difficulty is to let things slide by because the family is too busy or is so anxious to be supportive that there is a fear of legitimate criticism of another family member's engagement with the discipline being focused on that week.

A critical benefit is that the whole family is encouraged to move into a Christian faith that has "teeth." By that I mean everyone becomes aware that following Jesus isn't just sitting in a pew on Sunday mornings. Following Jesus means daily discipleship (same root from which the word "discipline" comes), that

is, using every thought, word, and deed to glorify God in every situation at work, school, and home. The difficulty is that our culture does not support this goal. It is hard for kids, as well as adults, to march to a different drummer when all around them, including times at church, seemingly no one else is seeking to live an authentic Christian witness.

P: What special counsel can you give parents of pre-schoolers who want to integrate the Spiritual Disciplines into the life of their family? Of pre-teens? Of teenagers?

V: In the book we give age-graded suggestions for exercises in each discipline. It is not an exhaustive list but meant to help parents start thinking about what might work for their child. We also acknowledge that the age categories are somewhat arbitrary and a child may need to work with an exercise in a different age range depending on their maturity and ability. Some of the simpler exercises for the younger kids are very profound and should be considered with older children.

With pre-schoolers, take it slowly and make the exercises fun. Remember, kids this age learn Bible stories and not the doctrine of the Trinity. Make the disciplines a normal part of daily life for them and incorporate the discipline of celebration as a foundational part of everything you try. For example, in the discipline of fasting, help them understand that because “it’s Wednesday we are fasting from cookies; how about an apple for a snack while I read this Bible story book to you?” Or when they write down each night things they are thankful for from the day, they could color their ideas or use fun stickers.

With pre-teens, in addition to an attitude of fun and routine, focus on the need to follow through with a commitment. Begin to make them aware of the discipline of simplicity by helping them make wise choices about how they will spend their time in after-school activities and sports. The Master Calendar exercise in the Appendix can be done with them to help them learn time management and how to avoid getting over-scheduled. The idea of accountability, of having to share your choice of words and actions with someone else, is important as it teaches them that they don’t live their life in a vacuum, that good and bad habits affect everyone around them.

With teenagers, the fun and responsibility are important in addition to the need to let them take more responsibility for their faith formation and in choosing how to interact with the Spiritual Disciplines. It is also a time to take the Spiritual Disciplines to a new level if they have been started at an earlier age. For example, we do NOT recommend total food fasts for young children and we urge caution in doing them with teenagers due to the danger of eating disorders. However, if the idea of fasting from TV or sugar treats has been worked with for a while, have an older teen try fasting from lunch on Saturdays, using the time to pray for discernment for all the educational, relationship, and career options they will be facing in the next few years. Or if the discipline of confession has been only practiced within the family, encourage them to set up a time of confession with a pastor at your church.

Ideally, we would all start these early with our children so that by the time they are teenagers, the Spiritual Disciplines would be second nature. But since that isn’t always possible, start somewhere with something, trusting the Holy Spirit to work in your child at whatever age and stage they are in when you begin. If nothing else, make sure your children have heard of the concept of the Spiritual Disciplines and know that there are structured ways to approach a deeper faith life. It is a concept they may more willingly embrace later in life. This book also teaches adults about the disciplines and gives some suggestions for exercises they can use to learn more about each one.

P: Can you name one reward you experienced from practicing the Spiritual Disciplines individually and with your family?

V: Honesty. The Spiritual Disciplines show us where we “fudge the boundaries” especially when our kids are standing there watching us try to rationalize what we just did or didn’t do. The Spiritual Disciplines can push us into new areas in our Christian faith, but in my experience, that is where all the excitement is.



Valerie E. Hess speaks and teaches extensively on the Spiritual Disciplines. She has helped develop many RENOVARÉ small groups, writing a monthly newsletter to support them. Valerie and her husband live in Boulder, Colorado.

EXCERPT FROM HABITS OF A CHILD'S HEART **by Valerie E. Hess and Marti Watson Garlett**

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."

JEREMIAH 6:16

All of us—young and old, new Christians or mature in the faith—can benefit from the strengths and freedoms the Spiritual Disciplines bring. We know, because the two of us have experienced firsthand their value in nurturing spiritual maturity and deepening connection with God.

Please don't be put off by the word *discipline*. While the word certainly involves correction, it does not involve punishment. It comes directly from the Latin *disciplina*, which connotes "giving instruction to a disciple." When we personally practice the disciplines, we are inviting God to change us, to make us more like his Son, and to "correct" how we live our lives in community with others, God, and the world. When we teach children the Spiritual Disciplines, we are giving spiritual instruction to young disciples, people who will grow up to imitate much more of what we *do* than what we *say*.

Nondisciplineship costs abiding peace, a life penetrated throughout by love, faith that sees everything in the light of God's governance for good, hope that stands firm in the most discouraging of circumstances, power to do what is right and withstand the forces of evil. In short it costs exactly that abundance of life Jesus said he came to bring (John 10:10).

DALLAS WILLARD

HOW TO USE THIS BOOK

As you begin, rest assured that there's no right or wrong way to work through these materials. Remain open to the Holy Spirit. Start with a discipline that you are somewhat familiar with. . . . Keep in mind that each discipline eventually must be acted upon individually to achieve spiritual balance, which means we can't skip those that seem difficult or uncomfortable.

Be sensitive to the Holy Spirit's leading so that you don't allow the Spiritual Disciplines to become "one more activity" in your family life—along with soccer, ballet, and piano lessons. If they lead to legalism or a "holier-than-thou" pride, discontinue their use immediately.

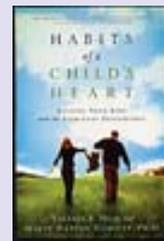
We've started each chapter with two sections specifically for adults: "Understanding the Discipline" and "Practicing the Discipline." These sections are intended to help ground you in the discipline and begin practicing it before you move to the final section of the chapter, "Teaching the Discipline." There we've outlined age-specific ideas and exercises you can do with your children to help them grasp the concepts.

The goal of the disciplines is to place us in a position where the Holy Spirit can do God's transforming work in us. Pursue them as a means to bring about significant change in your inner and outer life and to model them for your children. Build them into your life and into your children's lives until you have covered all twelve disciplines—and then start over. We never master the Spiritual Disciplines; they are holy habits to last a lifetime. (From *Habits of a Child's Heart* by Valerie E. Hess and Marti Watson Garlett [Colorado Springs, CO: NavPress, 2004].)

Valerie's co-author, Marti Watson Garlett, has more than thirty years of experience as an educator, author, and worldwide lecturer. She has written numerous articles and two books, *Who Will Be My Teacher?*, and *Kids with Character*. Currently she serves as the founding dean of the innovative online Teachers College established at Western Governors University. Marti and her husband live in Azusa, California.

Habits of a Child's Heart by Valerie E. Hess & Marti Watson Garlett

The best time to learn anything—especially the Spiritual Disciplines—is as a child. In *Habits of a Child's Heart*, parents not only learn the Spiritual Disciplines for themselves but they also discover how to practice them with their kids and teens. Broken down into bite-sized, age-specific exercises, the foundations of the Christian life will become lifetime habits. Practice the Spiritual Disciplines as a family by serving others in a practical way, fasting from TV or video games, simplifying schedules and possessions, developing new habits of worship, meditating on specific Bible passages. These are essential skills your kids will take with them wherever they go—long after they grow up and teach the same lessons to their own children.



Habits of a Child's Heart.... \$ 12.00 each; Autographed by Valerie Hess .. \$ 25.00 each



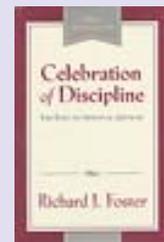
Way to Live edited by Dorothy C. Bass & Don C. Richter

Eighteen teens and 18 adults tackle the question, "Do you know a way to live that keeps me involved in what God is doing in me and in the world around me?" Their different points of view and personal stories make living a Christian life real. If you haven't had a chance to introduce your teen to the Spiritual Disciplines while they were younger or if you are leading a group of teens in a church setting, this book will start them on the journey of a lifetime.

Way to Live \$ 16.00 each

Celebration of Discipline by Richard J. Foster

In the twenty-five years since its publication, *Celebration of Discipline* has helped more than a million seekers discover a richer spiritual life infused with joy, peace, and a deeper understanding of God. Hailed by many as the best modern book on Christian spirituality and described by *Christianity Today* as one of the best ten books of the twentieth century, it explores the "classic disciplines" of the Christian faith. Along the way, Richard shows that it is only by and through these practices that the true path to spiritual growth can be found.



Celebration of Discipline \$ 23.00 each

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All of these resources can be ordered on-line at www.renovare.org

ORDER FORM

Name or Company		Attention		Street Address	
City		State		Zip Telephone	
<i>Habits of a Child's Heart</i> by Valerie E. Hess & Marti Watson Garlett				\$ 12.00	
<i>Habits of a Child's Heart</i> autographed by Valerie Hess				\$ 25.00	
<i>Way to Live</i> edited by Dorothy C. Bass & Don C. Richter				\$ 16.00	
<i>Celebration of Discipline</i> by Richard J. Foster				\$ 23.00	
Shipping & Handling	\$ 1.00-\$ 20.00 = \$ 6.00	\$ 50.01-\$ 100.00 = \$ 8.00	Shipping & Handling		
(based on value of books)	\$ 20.01-\$ 50.00 = \$ 7.00	\$ 100.01+ = \$ 9.00	TOTAL		

GOING PLACES WITH **RENOVARÉ**

Date	Event	Location	Staff	Contact & Info
17-21 August 2004	Covenant Retreat	YMCA of the Rockies 2515 Tunnel Road Estes Park, Colorado	Joshua Choon Min Kang Brian Kang RENOVARÉ Team	Lyle SmithGraybeal 303-485-0670 lyle@renovare.org
30 Sept.-9 Oct.2004	Various Events	Nairobi, Kenya, Africa	Justin Campbell, Glandion Carney, Marti Ensign & Donn Thomas	George Renner grenner@maf.or.ke
1-2 October 2004 <i>Primarily for Speakers of Korean</i>	Seattle, Washington Regional Conference	Site To Be Announced	Richard Foster Brian Kang Joshua Choon Min Kang	Brian Kang 909-860-5584 brian@irnv.com
15-16 October 2004	Emerging Church Leaders Conference	Site To Be Announced Los Angeles, California	Richard Foster Todd Hunter	Terry Smith 303-792-0152 terry@renovare.org
5-6 November 2004	Mobile, Alabama Local Conference	Spring Hill Avenue UMC 2519 Spring Hill Ave Mobile, Alabama	Glandion Carney	Hannah Garrett-Johnson 251-471-2461
5-6 November 2004	Lexington, Kentucky Regional Conference	Asbury Theological Seminary 204 N Lexington Avenue Wilmore, Kentucky	Richard Foster George Skramstad James Bryan Smith	Wayne Burt 859-858-2047 wayne_burt@asburyseminary.edu
5-6 November 2004	Orlando, Florida Satellite Up-link Regional Conference	Asbury Theological Seminary Orlando, Florida & Gulf Breeze UMC, Gulf Breeze, Florida	Richard Foster George Skramstad James Bryan Smith	Wayne Burt 859-858-2047 wayne_burt@asburyseminary.edu
21-22 January 2005	DATES AVAILABLE for Regional Conference		Richard Foster George Skramstad RENOVARÉ Team Member	Terry Smith 303-792-0152 terry@renovare.org
4-5 February 2005	Austin, Texas Regional Conference	Site To Be Announced	Richard Foster George Skramstad RENOVARÉ Team Member	Phillip Gunter 512-218-1011 pwgunter@swbell.net
18-19 February 2005	Jacksonville, Florida Regional Conference	Mandarin Presbyterian Church 12001 Mandarin Road Jacksonville, Florida	Richard Foster George Skramstad James Bryan Smith	Pearl Boles 904-264-2241, ext 209 pboles@opumc.net
4-5 March 2005	Houston Metro Regional Conference	Trinity Episcopal Church 3901 S Panther Creek Road The Woodlands, Texas	Richard Foster George Skramstad Dallas Willard	Janice Jones 936-271-0958 renovaretrinity@aol.com

For more information or to help organize a conference, call or e-mail the contact person.



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