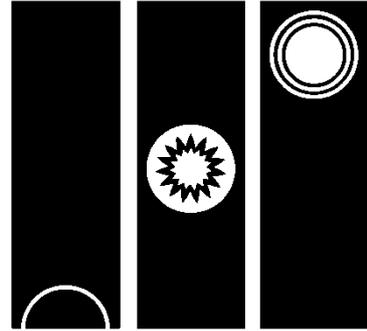


**3RDPLACE**   
love Jesus. love others



## Threefold way

The threefold way leads us to full **awareness** of our **union** with GOD.

It is how **we grow** in Jesus. When we become **aware** of the different places we find ourselves in, the more we can benefit from them. This isn't a journey that you can choose to go on; it's one you are already on.

There are burning bushes everywhere.

There are some keys to spiritual growth particularly an experience of love (the love of God or others), contemplation or reflection and pain or suffering. These will catapult you into the threefold way, stimulating spiritual formation and character growth.



# 1. Via purgativa (Catharsis)

romans 6, 12:2, zechariah 3:3-6

It's time to **clean house**.

Loving Jesus and seeking God also **includes removing things** in your life that's **causing you harm** like sin, addictions and other bad practices that are not a part of who you were created to be; an image bearer of God. Maybe you need to **rethink** some choices, maybe even **rethink** your career, certain relationships and habits, **get** professional **help** if need be.

Three sins, temptations or challenges that face us:

**Pride, Lust, Greed**

Part of the way we can deal with the three temptations is to purposefully deny the needs of the false self, filling your life with only God. A time of fasting creating a liminal space, crazy time in your life where God can move..

**The ancients used three reactions to deal with Temptations:**

1. Ignore it.
2. Counter.
3. Split.

## **Suggestions**

When you come together in your group, **confess** your faults and sins to one another.

Keep each other **accountable**.

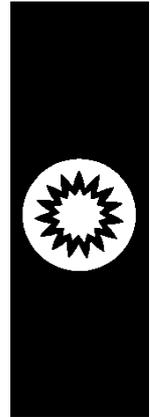
Always be **vulnerable**.

**Practice spiritual disciplines** that will focus you on God's love.

**Get help.**

## **Suffering**

View all Suffering as an **opportunity to grow** spiritually and stop complaining. Stop asking why and rather ask how can I grow? What are you teaching me God?



## 2. Via Illuminativa (Fotosis)

**john 8:12, isaiah 30:26**

After you have cleaned the house, it is time to let God's light in. When you are in a time of Fotosis, you experience God and his revelation everywhere, you are almost constantly aware of his presence.

His **uncreated** Light.

The flipside of Fotosis, is called a dark night of the soul. There is little you can do to make it light again (as opposed to Katharsis, when you may need to make some life changes), but when the sun comes out, the light is brighter than it ever was before and God feels closer than ever before. During a dark night, we chose to worship God in spite of the darkness yet still in reaction to his great work in us and in all creation. We sit alone in silence and trust that God is continuing his great work in us. We do not kick and scream like a child not wanting medicine, we take it. We wait.

Some Practices that allow you to become more aware of God's light in your life:

Study  
Christian Gatherings  
Eucharist  
Meditation  
Living missionally.  
Contemplation  
Fellowship



### 3. Via unitiva (Theosis) Unity

john 17, ephesians 1, galatians 5

When we spend so much time in God's light it is like a poker left in the fire. At the beginning it is easy to distinguish the poker from the coals, yet after a while it's the same fiery red as the coals.

Joining God.  
Catching his glow.  
**Seeing** from his eyes.

The secret of life is Jesus **in** you. We cannot imitate Jesus, we merely allow him to live in and through us. This is what the Eucharist is. This is where life in abundance lies.

God **in** us.

That's the beginning and the end of everything.

#### **Summary of the threefold way.**

The threefold way is a path of **growth**, but it is also a **cycle**. As more light comes in, the more we see what we need to clean. The closer we come to awareness of unity with God the more light comes in and so on.

These three **happen when** we **seek Jesus**, when we **love one another** and when we are in the world **loving others**. Each of these three brings out new things that need to be cleaned, let's in light in a different way and allows us to experience God in us in **three almost separate** ways.