

## What Is The Spiritual Formation: Soul Restoration Class All About?



I write these words sitting on an old, restored hard-wood chair. My lap-top rests on a matching table and King David's familiar phrase comes to mind, "He restores my soul." The table and chairs were a furniture restoration project but they remind me of something more mysterious: the on-going restoration of my soul.

Found at a garage sale, the table was badly marred and scarred but otherwise sturdy. The chair legs were rickety and the upholstery was worn and torn. I disassembled the legs, sanded their ends, poured in lots of wood glue and clamped it all together. 24 hours later the chairs were strong and stable. My wife worked her magic by re-upholstering the seats. Now the table and chairs are a functional part of our sunroom.

No, don't bring your broken-down furniture to Genesis Institute's Thursday night **Spiritual Formation Workshop!** Just bring your weary soul and a desire to follow Apostle Paul's exhortation, "Aim for restoration" (2 Cor. 13:11 ESV).

God's process of soul restoration is not as simple as fixing furniture. Soul restoration is a journey into God's slow, steady, meticulous and surprising interventions to save us from ourselves and transform us in ways which glorify His name and not our own. God sees the great potential in us and wants to cultivate it, multiply and divide it, transform it and delight in it. He is passionate about renewing us from the inside out, restoring us to His intended design, making us sturdy and steadfast, loveable and passionate, capable characters in His epic drama of redemption. He desires us to be the best version of you and me.

Last fall the Spiritual Formation Workshop was an amazing small group of 10 people. While we came from diverse backgrounds and represented widely varying life and church experiences, we all had one deep desire in common – we desired to be more Christ-like. Together we laughed and cried and, at times, sat in stunned amazement as we explored God's restorative processes – He has many ways to grow and transform us. One woman reported, "After so many years I am finally beginning to sense His presence." Several others grappled with the abundant goodness of God's 'rest,' one saying, "I don't remember 'grace' this way - I've been striving when I could have been resting and receiving from Him!"

Come join us and explore God's life-giving restoration processes. He accepts our souls – worn and torn, marred and scarred, weak and rickety – and sees our potential. He will do the restoration but He requires our cooperation and participation. He wants you to sincerely proclaim, along with King David, "He restores my soul."

**Terry Andres, author and instructor**

**Spiritual Formation Workshop II: Soul Restoration**