

*A Handbook for Spiritual Growth:  
Unleashing God's Power*

*Introduction*

Over the next 2 weeks I will share material from a workshop held by Pr. Fred Castor in 2013 at Our Saviour's Lutheran Church in Fort Collins, CO. The topic was Unleashing God's Power: Within our Lives, Within the Church, Into the World.



This material will have the most impact if you do the following:

- Set an intentional time to read and reflect on each section
- Take notes or journal about what you notice
- Share your thoughts with someone else (feel free to forward the email or talk with someone else who is reading it. Please also share your thoughts on Facebook or as a response to the Flocknote.
- If you are interested in discussing this in a group, please let Deacon Linda know.

From Fred's introduction:

*God's power is the only hope for the survival of our self-destructing human race. This power is offered freely. Our challenge is to find ways to unleash it and appropriate it. Please read deliberately and prayerfully.*