



**The Toolbox: A consideration of  
the many spiritual disciplines and  
their proper usage**

# **Jesus: an example of the disciplined life**

- **Too many want to try to be like Jesus without training to be like Jesus.**
- **We are saved by grace through faith, but we make ourselves available to God's work through intentionality**
- **Paul used the example of athletes in training – I Corinthians 9:24 ff**
- **Are we willing to train in our kingdom life as we would for an athletic pursuit?**

# To What End?

- **Key to successful coaching is appropriate motivation.**
- **What is our goal, our objective?**
  - **To be more spiritual?**
  - **To be more highly valued?**
  - **To pursue the image of Jesus Christ so that we might live to God's glory?**
- **Luke 16:40 – Rule of life. Are you in training?**

# Context Will Determine Outcome

- **Who is narrating your life.**
- **Spiritual disciplines can be as much about you as any activity.**
- **Signposts of authentic spiritual training:**
  - **You are more loving to all around you**
  - **You are more available to the needs of others**
  - **You reflect in ever increasing ways the image of Jesus**
  - **You have an increased awareness of your mission in God's purposes**

# The “Tools”

- Participatory reading
- Listening prayer
- God-centered meditation and reflection
- Self-examination
- Seasons of prayer
- Appropriate “fasting”
- Awareness of God’s activity
- **INTENTIONALITY – RULE OF LIFE**

# Tools, con't

- **Worship, assembly and individual**
- **Engagement, joining in the activity of God**
- **Training in the teachings of Jesus**
- **Evaluating failures, intentionally working on weaknesses**
- **Missional living**
- **No words, no actions if not from God**