

Spiritual Disciplines Coach

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Spiritual Disciplines: These Holy Spirit experiments can be interesting, adventurous and help you encounter God in new ways.

Spiritual Discipline (definition): activity within our power that enables us to accomplish what we otherwise are unable to accomplish

Anything that helps you practice how to become attentive to that small voice and willing to respond when we hear it.

Goal is *transformation into Christlikeness*: “Christ in you, the hope of glory” (Col 1:27).
You do the connecting, God does the perfecting.

- Connecting Is the Focus: Oneness with God

The apostle Paul used phrases such as being “in Christ” and “with Christ” more than two hundred times to describe this union. It’s a beautiful union.

Focus of Attention: Not disciplines themselves, but oneness with God.

ENGAGEMENT (activities you do)	ABSTINENCE (refraining from activities)
study	silence
Scripture meditation	frugality
prayer	secrecy
service	solitude
submission	sacrifice
confession	chastity
worship	fasting (e.g. from eating food, spending money, or watching TV)
celebration	
fellowship or community	

Spiritual Disciplines are only the tail end of the process:

VIM: VISION, INTENTION, MEANS

1. *Vision*: Life in the Kingdom of God (Luke 17:21)

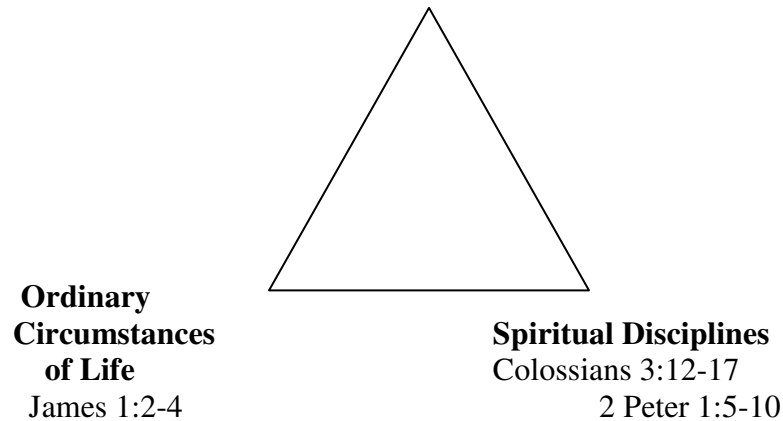
Transformation is possible: Colossians 1:27; 2 Peter 1:4; 2 Peter 3:18

2. *Intention*: Staying focused. Have I decided I would like to be transformed into Christlikeness? Am I willing to respond to God’s invitation?

Parable of man finding buried treasure (Matthew 13:44-45)

3. *Means*: Golden Triangle

Action of Holy Spirit
John 3:5; Romans 8:10-13; Galatians 5:22-26



Sp changes in our character. Paul said: “but if *by the Spirit* you put to death the misdeeds of the body, you will live” (Rom 8:13).

Coaching Tips

- View spiritual disciplines as experiments. Guideline: *Do it as you can, not as you can't.*
- Start small.
- Tweak them as needed.
- Change involves the *heart exam*. (Jeremiah 17:10)
- Keep the focus on connecting with God (oneness, union), not on the disciplines.

Ideas for spiritual disciplines need to come from invitations from God, not guilt.

Questions For Discussion, Prayer Or Journaling

1. What would union with God be like?
2. How do you think God wants to transform you?
3. What MEANS would build your union with God?
4. What MEANS might build a character trait you believe God is inviting you into?