

## How to Put on Christ:

### Doing Spiritual Disciplines from the *Heart* in the *Spirit*

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1. Ask the Lord how it is that you hear the Word or respond to the commands of God in recent times. Are you excited, bored, frustrated, despairing with the Word or wonder why you are not further along in your spiritual life? Open your heart to the truth of this.

10 minutes

2. Read prayerfully I Tim. 4:7. Discuss with the Lord the degree to which you have in the past and are now disciplining yourself for the purpose of Godliness.

10 minutes

3. Take counsel with your soul and the Lord the degree to which you are tempted to use spiritual disciplines and obedience to create a Christian character by our effort and fortitude rather than open to the Spirit to do this. Just be open to the truth of this with the Lord.

5 minutes

4. Discuss with the Lord the degree to which the disciplines of “spiritual intentions” of honesty, presenting, recollection and discernment are at work in your life. Briefly prayer the following prayers of intention and open to God:

**Presenting:** “God, Here I am. I am open to you and your will.”

**Recollection:** “God, what ever I am to become or do, I want to do this in Christ and I don’t want to do this alone but abiding in You.”

**Honesty or Truth-telling:** “God, what is going on in my heart regarding the truth of myself in relation to You and others.

**Discernment :** “God, What are you doing in my life and what are you asking me to do?”

20 minutes

5. Ask the Lord whether there are any particular areas of your life that He might like you to establish a short-term *regimen* for the purpose of transformation.

a. Discuss with the Lord whether there is any temptation towards magical thinking that this area could be resolved by mere self-effort and natural fortitude.

b. Ask the Lord, “What kind of person must I become to live out this command or put off this sin from the heart by the Spirit as a habit?”

c. Ask the Lord for wisdom regarding establishing a short-term plan to begin to try to practice something that will assist you in becoming that kind of person in the Spirit. This should be a short-term project appropriate to the issue (possibly 2 hours over a week’s time).

20 minutes