

Developing Discipline: WC10 Follow Up  
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**Greetings:**

You are now home - Back to Life; Back to Reality. What are you going to do to sustain what you started at camp? I will follow up from this perspective: If I was asked to speak to you again next year, what would I say.

**The Roadmap:**

Here's the basic Roadmap:

1. Review Romans 12:1-2
2. Spiritual Disciplines - What it is?
3. Personal Plan for Spiritual Disciplines
4. Spiritual Gifts and Service

(This is how I would probably follow up with everyone. The goal would be to develop a personal plan or a spiritual workout plan for growth and development. There are so many tools and instruments that we could use to help everyone learn more about themselves and then develop a plan for growth and service.)

2 Reminders from the sessions:

1. No one can make you. You decide what the next steps are. Only you can.
2. There is not a one size fits all program - everyone's plan is different

**The Key:** You lead/live out of WHO YOU ARE.

When we were there, we talked about who Jesus says you are. Now, the work is to develop a discipleship plan for yourself based off of who you are.

- personality
- family systems theory; family sculpture
- life map
- spiritual disciplines
- spiritual gifts
- counseling or CR
- accountability
- solitude and community (intentionally)
- spiritual pathways/sacred pathways

(I can explain further if you're interested in using these tools)

Out of the abundance of your heart - your mouth speaks. (Luke 6:45)

The plan is to now develop a discipleship/discipline plan.

Discipline = Training

**The Training:**

How are you training yourself? How are you training your mind? How are you training yourself to listen to the right inner voice? How are you going to take charge of yourself?

But you build your training plan completely based off of who you are.

### **The Starting Point:**

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. Romans 12:3

It's a great place to start with a follow up - verse 3. The idea is to identify ways that you do "think of yourself more highly than you ought." The way to do so is to stop thinking about yourself in that way. You can start with your 5 word story of your negative thought patterns.

The way to transform your mind is to get into God's Word. 3 ways to do that (and there are many more ways than these 3, but we can start here).

1. Read God's Word - spend time in it; by yourself (if you're an introvert) or with someone (if you're an extrovert). I have the New Testament on my iPod. I listen to huge chunks of it as I drive. Get into God's Word. Read it.
2. Memorize it - I am not sure if you remember but I love quoting Scripture; I love hiding God's Word in my heart (that I might not sin against Him - Psalm 119:11). Pick a passage - memorize it - it will change your thought patterns.
3. Meditate on it - and it will make your way prosperous and you shall have good success (Joshua 1:8). This is the idea that we talked about at camp - where you let God's Word read you. Lectio Divina - that exercise that I took the leaders through on the first day of devotionals. How do you let God's Word read you?

So here are the first set of follow up questions for you:

How are you training yourself? How are you training your mind? How are you training yourself to listen to the right inner voice? How are you going to take charge of yourself? (Repeated from earlier)

Are you reading God's Word? Do you read it by yourself or do you need someone to read with and dialogue with? Are you reading the right version? (is it boring? read a version that's exciting and fun) Do you have a set time? If you're not a reader, put it on your ipod. There are free versions to download for your ipod. Study the Word - in a Bible Study or by yourself.

Do you have any passages of Scripture memorized? Do you need help picking a passage? You will learn how to listen to the Holy Spirit when he brings back to memory these passages of Scripture. Discipline yourself to memorize Scripture.

How do you meditate on Scripture? Figure out a way - through a journal? through music? through your beats (that one was for Andro)? through poetry? through video? through images? through nature? through listening? through stillness? through creating (dasha)? Meditate - think - ponder - consider. The goal is to that in everything that we do, that we do it all to the glory of God (1 Corinthians 10:31).

### **The Goal:**

The goal is to develop YOU - because you are BLESSED and on you HIS Favor rests. Start Here. If you have any questions, please do not hesitate to email me or message me on Facebook. I would love to help you get to know yourself more. I said in my intro letter that I wanted to introduce you to a side of you that you've never experienced before. There's so much more to know about you because you are just that amazing and that complex. Let me help you with that.

**The Tools:**

Here are some tools for helping you develop a plan for growth and spiritual discipline.

These are just tools. They help you see a glimpse, but they're good tools. You are not stuck in a specific type or category, but it gives you a starting point.

For personality - [http://similarminds.com/personality\\_tests.html](http://similarminds.com/personality_tests.html). I would take the Big 45.

For spiritual gifts - <http://www.kodachrome.org/spiritgift/>. It's a cheesy website and layout, but the test is good. Here's another one: <http://www.churchgrowth.org/cgi-cg/gifts.cgi?intro=1>. Do your own search for a spiritual gifts inventory. <http://www.d-m-m.org/support-files/giftstest.pdf>. If you look at the rest of Romans 12 - the focus is Spiritual Gifts. Figure out yours.

For spiritual pathways/sacred pathways: Here is an overview of spiritual pathways/sacred pathways: <http://parents.ncbcsrhigh.org/wp-content/uploads/2007/03/sacred-pathways-quiz.pdf>; Here are some tools and tests: <http://common.northpoint.org/sacredpathway.html>; <http://www.westbridgechurch.com/mediafiles/style-test.pdf>;

For spiritual formation: Here is a pretty good bibliography for spiritual formation - if you need more information email or message me: [http://www.watersedge.tv/disciplines\\_bibliography.htm](http://www.watersedge.tv/disciplines_bibliography.htm)