

28 DAYS OF SPIRITUAL CHANGE

PRACTICING SPIRITUAL
DISCIPLINES

Genesis Church Orlando

GET
YOKED

SPIRITUAL DISCIPLINES

- WEEK 2

SOLITUDE & MEDITATION

As we seek to yoke ourselves to Jesus we will dedicate ourselves to the practice of spiritual disciplines. Spiritual disciplines are activities. They are things you do and practice. By engaging in them you are setting a goal not just to do them but to become people of them. Like working out physically, overtime the work you discipline yourself to do begins to show. The same things happened spiritually. Eventually the spiritual activities you practice become a part of who you are. They are not forced. However, you must understand like everything else you work at it takes time.

Each week you will take part and engage in two spiritual disciplines. We will not forget the old as we move forward each week but build on them and engage with them TOGETHER.

There will be two categories of spiritual disciplines to focus on.

1. The discipline of abstinence. Practicing self-denial in a certain area.
2. The discipline of engagement. Practicing the discipline of seeking Christ in a certain way or area of life.

Week 2 Spiritual Disciplines

Discipline of Abstinence

Solitude: Refraining for a time of interacting with others in person or digitally in order to be alone with God. Find a place free of distractions, alerts, and anything that would grab your focus away hearing from God.

Remember that this weeks disciplines are not to simply replace last weeks, they are to build upon. Continue practicing the disciplines of fasting and prayer while adding solitude and meditation into your time with God throughout your day.

Discipline of Engagement

Meditation: Taking focused time to ponder the goodness of Gods Word in our hearts. To allow it to preach to us so that we can personally apply it to our lives throughout our day. You can choose a certain portion, a certain instruction, an attribute of God, or a verse to think upon all day, asking in God in prayer how you can use that portion in your life.

We encourage you to set specific markers throughout your day to stop and pray. Make prayer lists and journal your prayers as God moves and works recording what God is doing during this time.

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Spiritual Workout - Day 8

Prayer of Pause and Approach *(adapted from Lectio 365)*

As I enter now, I pause to be still; to breathe slowly; to re-center my scattered senses upon the presence of God.

Lord, in this unknown season of life please help me to be still. I am opening my ears to hear you, and preparing my heart to see your desire for my life. Speak and reveal to me what you desire as I discipline myself and yoke myself to you during this time.

**Take a moment to be still, breathe slowly, and let yourself focus on what God is about to do.*

Scripture Reading Psalm 119:1-16

- [1] Blessed are those whose way is blameless,
who walk in the law of the LORD!
- [2] Blessed are those who keep his testimonies,
who seek him with their whole heart,
- [3] who also do no wrong,
but walk in his ways!
- [4] You have commanded your precepts
to be kept diligently.
- [5] Oh that my ways may be steadfast
in keeping your statutes!
- [6] Then I shall not be put to shame,
having my eyes fixed on all your commandments.
- [7] I will praise you with an upright heart,
when I learn your righteous rules.
- [8] I will keep your statutes;
do not utterly forsake me!
- [9] How can a young man keep his way pure?
By guarding it according to your word.
- [10] With my whole heart I seek you;
let me not wander from your commandments!

- [11] I have stored up your word in my heart,
that I might not sin against you.
- [12] Blessed are you, O LORD;
teach me your statutes!
- [13] With my lips I declare
all the rules of your mouth.
- [14] In the way of your testimonies I delight
as much as in all riches.
- [15] I will meditate on your precepts
and fix my eyes on your ways.
- [16] I will delight in your statutes;
I will not forget your word. (ESV)

**Pause for a moment and read the passage again, slowly this time, and ask the Spirit of God to open your eyes to what he wants you to see. Meditate on certain parts and portions.*

Journal Moment

What does God want me to understand today about Him and my faith?

When I read the portion for a second time what sticks out to me most?

What are 2-3 things the Holy Spirit has revealed to me that I want to remember and meditate upon all day from what I have read?

Closing Prayer

God today I need wisdom, discernment, and grace. I want to be changed and can not do that on my own. I need power, conviction, and guidance that only comes from you. Open my ears and eyes to moments to apply change and allow me to see even when I fail the areas I can work on. May I be quick to acknowledge, repent, and seek forgiveness and not allow pride or stubbornness to be my stronghold.

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GET YOKED

Spiritual Workout - Day 9

Prayer of Pause and Approach *(adapted from Lectio 365)*

As I enter now, I pause to be still; to breathe slowly; to re-center my scattered senses upon the presence of God.

Lord, in this unknown season of life please help me to be still. I am opening my ears to hear you, and preparing my heart to see your desire for my life. Speak and reveal to me what you desire as I discipline myself and yoke myself to you during this time.

**Take a moment to be still, breathe slowly, and let yourself focus on what God is about to do.*

Scripture Reading Psalm 91:9–16

[9] *Because you have made the LORD your dwelling place—
the Most High, who is my refuge—*

[10] *no evil shall be allowed to befall you,
no plague come near your tent.*

[11] *For he will command his angels concerning you
to guard you in all your ways.*

[12] *On their hands they will bear you up,
lest you strike your foot against a stone.*

[13] *You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.*

[14] *“Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.*

[15] *When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.*

[16] *With long life I will satisfy him
and show him my salvation.” (ESV)*

**Pause for a moment and read the passage again, slowly this time, and ask the Spirit of God to open your eyes to what he wants you to see. Meditate on certain parts and portions.*

Journal Moment

What does God want me to understand today about Him and my faith?

When I read the portion for a second time what sticks out to me most?

What are 2-3 things the Holy Spirit has revealed to me that I want to remember and meditate upon all day from what I have read?

Closing Prayer

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GET YOKED

Spiritual Workout - Day 10

Prayer of Pause and Approach *(adapted from Lectio 365)*

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Lord, in this unknown season of life please help me to be still. I am opening my ears to hear you, and preparing my heart to see your desire for my life. Speak and reveal to me what you desire as I discipline myself and yoke myself to you during this time.

**Take a moment to be still, breathe slowly, and let yourself focus on what God is about to do.*

Scripture Reading Psalm 139:1–18

- [1] O LORD, you have searched me and known me!
[2] You know when I sit down and when I rise up;
you discern my thoughts from afar.
[3] You search out my path and my lying down
and are acquainted with all my ways.
[4] Even before a word is on my tongue,
behold, O LORD, you know it altogether.
[5] You hem me in, behind and before,
and lay your hand upon me.
[6] Such knowledge is too wonderful for me;
it is high; I cannot attain it.
[7] Where shall I go from your Spirit?
Or where shall I flee from your presence?
[8] If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!
[9] If I take the wings of the morning
and dwell in the uttermost parts of the sea,
[10] even there your hand shall lead me,
and your right hand shall hold me.
[11] If I say, "Surely the darkness shall cover me,
and the light about me be night,"
[12] even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.
[13] For you formed my inward parts;
you knitted me together in my mother's womb.
[14] I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; my soul knows it very well.

[15] My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.

[16] Your eyes saw my unformed substance;
in your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.

[17] How precious to me are your thoughts, O God!
How vast is the sum of them!

[18] If I would count them, they are more than the sand.
I awake, and I am still with you.

**Pause for a moment and read the passage again, slowly this time, and ask the Spirit of God to open your eyes to what he wants you to see.*

Journal Moment

What does God want me to understand today about Him and my faith?

When I read the portion for a second time what sticks out to me most?

What are 2-3 things the Holy Spirit has revealed to me that I want to remember and meditate upon all day from what I have read?

Closing Prayer

God today I need wisdom, discernment, and grace. I want to be changed and can not do that on my own. I need power, conviction, and guidance that only comes from you. Open my ears and eyes to moments to apply change and allow me to see even when I fail the areas I can work on. May I be quick to acknowledge, repent, and seek forgiveness and not allow pride or stubbornness to be my stronghold.

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Spiritual Workout - Day 11

Prayer of Pause and Approach *(adapted from Lectio 365)*

As I enter now, I pause to be still; to breathe slowly; to re-center my scattered senses upon the presence of God.

Lord, in this unknown season of life please help me to be still. I am opening my ears to hear you, and preparing my heart to see your desire for my life. Speak and reveal to me what you desire as I discipline myself and yoke myself to you during this time.

**Take a moment to be still, breathe slowly, and let yourself focus on what God is about to do.*

Scripture Reading Psalm 9:1–14

- [1] *I will give thanks to the LORD with my whole heart;
I will recount all of your wonderful deeds.*
- [2] *I will be glad and exult in you;
I will sing praise to your name, O Most High.*
- [3] *When my enemies turn back,
they stumble and perish before your presence.*
- [4] *For you have maintained my just cause;
you have sat on the throne, giving righteous judgment.*
- [5] *You have rebuked the nations; you have made the wicked perish;
you have blotted out their name forever and ever.*
- [6] *The enemy came to an end in everlasting ruins;
their cities you rooted out;
the very memory of them has perished.*
- [7] *But the LORD sits enthroned forever;
he has established his throne for justice,*
- [8] *and he judges the world with righteousness;
he judges the peoples with uprightness.*
- [9] *The LORD is a stronghold for the oppressed,
a stronghold in times of trouble.*
- [10] *And those who know your name put their trust in you,
for you, O LORD, have not forsaken those who seek you.*

- [11] *Sing praises to the LORD, who sits enthroned in Zion!
Tell among the peoples his deeds!*
- [12] *For he who avenges blood is mindful of them;
he does not forget the cry of the afflicted.*
- [13] *Be gracious to me, O LORD!
See my affliction from those who hate me,
O you who lift me up from the gates of death,*
- [14] *that I may recount all your praises,
that in the gates of the daughter of Zion
I may rejoice in your salvation.*

**Pause for a moment and read the passage again, slowly this time, and ask the Spirit of God to open your eyes to what he wants you to see. Meditate on certain parts and portions.*

Journal Moment

What does God want me to understand today about Him and my faith?

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Spiritual Workout - Day 12

Prayer of Pause and Approach *(adapted from Lectio 365)*

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Lord, in this unknown season of life please help me to be still. I am opening my ears to hear you, and preparing my heart to see your desire for my life. Speak and reveal to me what you desire as I discipline myself and yoke myself to you during this time.

**Take a moment to be still, breathe slowly, and let yourself focus on what God is about to do.*

Scripture Reading Psalm 23

[1] *The LORD is my shepherd; I shall not want.
[2] He makes me lie down in green pastures.
He leads me beside still waters.
[3] He restores my soul.
He leads me in paths of righteousness
for his name's sake.*

[4] *Even though I walk through the valley of the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.*

[5] *You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
[6] Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
forever. (ESV)*

**Pause for a moment and read the passage again, slowly this time, and ask the Spirit of God to open your eyes to what he wants you to see. Meditate on certain parts and portions.*

Journal Moment

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Spiritual Workout - Day 13

Prayer of Pause and Approach *(adapted from Lectio 365)*

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**Take a moment to be still, breathe slowly, and let yourself focus on what God is about to do.*

Scripture Reading Psalm 1

[1] *Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
[2] but his delight is in the law of the LORD,
and on his law he meditates day and night.*

[3] *He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.*

[4] *The wicked are not so,
but are like chaff that the wind drives away.*

[5] *Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;*

[6] *for the LORD knows the way of the righteous,
but the way of the wicked will perish. (ESV)*

**Pause for a moment and read the passage again, slowly this time, and ask the Spirit of God to open your eyes to what he wants you to see. Meditate on certain parts and portions.*

Journal Moment

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Spiritual Workout - Day 14

Prayer of Pause and Approach *(adapted from Lectio 365)*

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**Take a moment to be still, breathe slowly, and let yourself focus on what God is about to do.*

Scripture Reading Psalm 27:1-14

[1] *The LORD is my light and my salvation;
whom shall I fear?*

*The LORD is the stronghold of my life;
of whom shall I be afraid?*

[2] *When evildoers assail me
to eat up my flesh,
my adversaries and foes,
it is they who stumble and fall.*

[3] *Though an army encamp against me,
my heart shall not fear;
though war arise against me,
yet I will be confident.*

[4] *One thing have I asked of the LORD,
that will I seek after:
that I may dwell in the house of the LORD
all the days of my life,
to gaze upon the beauty of the LORD
and to inquire in his temple.*

[5] *For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will lift me high upon a rock.*

[6] *And now my head shall be lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the LORD.*

[7] *Hear, O LORD, when I cry aloud;
be gracious to me and answer me!*

[8] *You have said, "Seek my face."
My heart says to you,
"Your face, LORD, do I seek."*

[9] *Hide not your face from me.
Turn not your servant away in anger,
O you who have been my help.*

*Cast me not off; forsake me not,
O God of my salvation!*

[10] *For my father and my mother have forsaken me,
but the LORD will take me in.*

[11] *Teach me your way, O LORD,
and lead me on a level path
because of my enemies.*

[12] *Give me not up to the will of my adversaries;
for false witnesses have risen against me,
and they breathe out violence.*

[13] *I believe that I shall look upon the goodness of the LORD
in the land of the living!*

[14] *Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD! (ESV)*

**Pause for a moment and read the passage again, slowly this time, and ask the Spirit of God to open your eyes to what he wants you to see. Meditate on certain parts and portions.*

Journal Moment

What does God want me to understand today about Him and my faith?

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