

# 28 DAYS OF SPIRITUAL CHANGE

PRACTICING SPIRITUAL  
DISCIPLINES

*Genesis Church Orlando*

GET  
YOKED

# SPIRITUAL DISCIPLINES

- WEEK 1

# FASTING & PRAYER

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 1 Spiritual Disciplines

### *Discipline of Abstinence*

**Fasting:** Going without food (or something like technology or social media) for a period of time each day, for a certain amount of days, for a set period of weeks for a disciplined time of prayer, study, and focus.

*Name and identify something specific that you will fast from for the next 4 weeks. Each time you are drawn to that specific thing, use it as an immediate reminder to seek God in its place with God's Word and prayer.*

### *Discipline of Engagement*

**Prayer:** Drawing close to God to converse and to hear from God in various ways and moments throughout your day. Prayer is not simply sharing our heart with God so that He will change things. Prayer is God sharing His heart with us so that He can change us.

*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.*

# GET YOKED

## Spiritual Workout - Day 1

### 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 and let yourself focus on what God is about to do.*

### Scripture Reading Proverbs 1:1–7

*The Beginning of Knowledge*

[1] *The proverbs of Solomon, son of David, king of Israel:*

[2] *To know wisdom and instruction,*

*to understand words of insight,*

[3] *to receive instruction in wise dealing,*

*in righteousness, justice, and equity;*

[4] *to give prudence to the simple,*

*knowledge and discretion to the youth—*

[5] *Let the wise hear and increase in learning,*

*and the one who understands obtain guidance,*

[6] *to understand a proverb and a saying,*

*the words of the wise and their riddles.*

[7] *The fear of the LORD is the beginning of knowledge;*

*fools despise wisdom and instruction. (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.*

### Journal Moment

What does God want me to understand today?

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

*(After answering the questions above Pray and ask God to speak to you, be still and listen to Him.)*

What does God want to change in me because of what He revealed to me today?

*\*Take a moment to write down what the Spirit of God is telling you.*

### 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.

*\*Use our Genesis Church Orlando Spotify Playlist (search: Genesis Church Sunday Playlist) to listen to worship songs throughout your day or you can use the YouVersion Bible app to listen to scripture audibly as you drive, work, run, or workout, replacing your normal music routine, talk radio, or other options.*

# GET YOKED

## Spiritual Workout - Day 2

### 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 and let yourself focus on what God is about to do.*

### Scripture Reading Proverbs 1:8–19

*The Enticement of Sinners*

- [8] Hear, my son, your father's instruction,  
and forsake not your mother's teaching,  
[9] for they are a graceful garland for your head  
and pendants for your neck.  
[10] My son, if sinners entice you,  
do not consent.  
[11] If they say, "Come with us, let us lie in wait for blood;  
let us ambush the innocent without reason;  
[12] like Sheol let us swallow them alive,  
and whole, like those who go down to the pit;  
[13] we shall find all precious goods,  
we shall fill our houses with plunder;  
[14] throw in your lot among us;  
we will all have one purse"—  
[15] my son, do not walk in the way with them;  
hold back your foot from their paths,  
[16] for their feet run to evil,  
and they make haste to shed blood.  
[17] For in vain is a net spread  
in the sight of any bird,  
[18] but these men lie in wait for their own blood;  
they set an ambush for their own lives.  
[19] Such are the ways of everyone who is greedy for unjust gain;  
it takes away the life of its possessors. (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.*

### Journal Moment

What does God want me to understand today?

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

*(After answering the questions above Pray and ask God to speak to you, be still and listen to Him.)*

What does God want to change in me because of what He revealed to me today?

*\*Take a moment to write down what the Spirit of God is telling you.*

### 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.

*\*Use our Genesis Church Orlando Spotify Playlist (search: Genesis Church Sunday Playlist) to listen to worship songs throughout your day or you can use the YouVersion Bible app to listen to scripture audibly as you drive, work, run, or workout, replacing your normal music routine, talk radio, or other options.*

# GET YOKED

## Spiritual Workout - Day 3

### 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 and let yourself focus on what God is about to do.*

## Scripture Reading Proverbs 1:20–33

[20] Wisdom cries aloud in the street,  
in the markets she raises her voice;

[21] at the head of the noisy streets she cries out;  
at the entrance of the city gates she speaks:

[22] “How long, O simple ones, will you love being simple?  
How long will scoffers delight in their scoffing  
and fools hate knowledge?”

[23] If you turn at my reproof,  
behold, I will pour out my spirit to you;  
I will make my words known to you.

[24] Because I have called and you refused to listen,  
have stretched out my hand and no one has heeded,

[25] because you have ignored all my counsel  
and would have none of my reproof,

[26] I also will laugh at your calamity;  
I will mock when terror strikes you,

[27] when terror strikes you like a storm  
and your calamity comes like a whirlwind,  
when distress and anguish come upon you.

[28] Then they will call upon me, but I will not answer;  
they will seek me diligently but will not find me.

[29] Because they hated knowledge  
and did not choose the fear of the LORD,

[30] would have none of my counsel  
and despised all my reproof,

[31] therefore they shall eat the fruit of their way,  
and have their fill of their own devices.

[32] For the simple are killed by their turning away,  
and the complacency of fools destroys them;

[33] but whoever listens to me will dwell secure  
and will be at ease, without dread of disaster.” (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.*

### Journal Moment

What does God want me to understand today?

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

*(After answering the questions above Pray and ask God to speak to you, be still and listen to Him.)*

What does God want to change in me because of what He revealed to me today?

*\*Take a moment to write down what the Spirit of God is telling you.*

### 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.

*\*Use our Genesis Church Orlando Spotify Playlist (search: Genesis Church Sunday Playlist) to listen to worship songs throughout your day or you can use the YouVersion Bible app to listen to scripture audibly as you drive, work, run, or workout, replacing your normal music routine, talk radio, or other options.*

# GET YOKED

## Spiritual Workout - Day 4

### 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 and let yourself focus on what God is about to do*

## Scripture Reading Proverbs 2:1–5

*The Value of Wisdom*

- [1] My son, if you receive my words  
and treasure up my commandments with you,
- [2] making your ear attentive to wisdom  
and inclining your heart to understanding;
- [3] yes, if you call out for insight  
and raise your voice for understanding,
- [4] if you seek it like silver  
and search for it as for hidden treasures,
- [5] then you will understand the fear of the LORD  
and find the knowledge of God. (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.*

### Journal Moment

What does God want me to understand today?

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

*(After answering the questions above Pray and ask God to speak to you, be still and listen to Him.)*

What does God want to change in me because of what He revealed to me today?

*\*Take a moment to write down what the Spirit of God is telling you.*

### 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.

*\*Use our Genesis Church Orlando Spotify Playlist (search: Genesis Church Sunday Playlist) to listen to worship songs throughout your day or you can use the YouVersion Bible app to listen to scripture audibly as you drive, work, run, or workout, replacing your normal music routine, talk radio, or other options.*

# GET YOKED

## Spiritual Workout - Day 5

### 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 and let yourself focus on what God is about to do.*

## Scripture Reading Proverbs 2:6–22

- [6] For the LORD gives wisdom;  
from his mouth come knowledge and understanding;  
[7] he stores up sound wisdom for the upright;  
he is a shield to those who walk in integrity,  
[8] guarding the paths of justice  
and watching over the way of his saints.  
[9] Then you will understand righteousness and justice  
and equity, every good path;  
[10] for wisdom will come into your heart,  
and knowledge will be pleasant to your soul;  
[11] discretion will watch over you,  
understanding will guard you,  
[12] delivering you from the way of evil,  
from men of perverted speech,  
[13] who forsake the paths of uprightness  
to walk in the ways of darkness,  
[14] who rejoice in doing evil  
and delight in the perverseness of evil,  
[15] men whose paths are crooked,  
and who are devious in their ways.  
[16] So you will be delivered from the forbidden woman,  
from the adulteress with her smooth words,  
[17] who forsakes the companion of her youth  
and forgets the covenant of her God;

- [18] for her house sinks down to death,  
and her paths to the departed;  
[19] none who go to her come back,  
nor do they regain the paths of life.  
[20] So you will walk in the way of the good  
and keep to the paths of the righteous.  
[21] For the upright will inhabit the land,  
and those with integrity will remain in it,  
[22] but the wicked will be cut off from the land,  
and the treacherous will be rooted out of it. (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.*

### Journal Moment

What does God want me to understand today?

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

*(After answering the questions above Pray and ask God to speak to you, be still and listen to Him.)*

What does God want to change in me because of what He revealed to me today?

*\*Take a moment to write down what the Spirit of God is telling you.*

### 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.

*\*Use our Genesis Church Orlando Spotify Playlist (search: Genesis Church Sunday Playlist) to listen to worship songs throughout your day or you can use the YouVersion Bible app to listen to scripture audibly as you drive, work, run, or workout, replacing your normal music routine, talk radio, or other options.*

# GET YOKED

## Spiritual Workout - Day 6

### 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 and let yourself focus on what God is about to do.*

## Scripture Reading Proverbs 3:1-20

[1] My son, do not forget my teaching,  
but let your heart keep my commandments,

[2] for length of days and years of life  
and peace they will add to you.

[3] Let not steadfast love and faithfulness forsake you;  
bind them around your neck;  
write them on the tablet of your heart.

[4] So you will find favor and good success  
in the sight of God and man.

[5] Trust in the LORD with all your heart,  
and do not lean on your own understanding.

[6] In all your ways acknowledge him,  
and he will make straight your paths.

[7] Be not wise in your own eyes;  
fear the LORD, and turn away from evil.

[8] It will be healing to your flesh  
and refreshment to your bones

[9] Honor the LORD with your wealth  
and with the firstfruits of all your produce;

[10] then your barns will be filled with plenty,  
and your vats will be bursting with wine.

[11] My son, do not despise the LORD's discipline  
or be weary of his reproof,

[12] for the LORD reproves him whom he loves,  
as a father the son in whom he delights.

[13] Blessed is the one who finds wisdom,  
and the one who gets understanding,  
[14] for the gain from her is better than gain from silver  
and her profit better than gold.  
[15] She is more precious than jewels,  
and nothing you desire can compare with her.  
[16] Long life is in her right hand;  
in her left hand are riches and honor.  
[17] Her ways are ways of pleasantness,  
and all her paths are peace.  
[18] She is a tree of life to those who lay hold of her;  
those who hold her fast are called blessed.  
[19] The LORD by wisdom founded the earth;  
by understanding he established the heavens;  
[20] by his knowledge the deeps broke open,  
and the clouds drop down the dew. (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.*

### Journal Moment

What does God want me to understand today?

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

*(After answering the questions above Pray and ask God to speak to you, be still and listen to Him.)*

What does God want to change in me because of what He revealed to me today?

*\*Take a moment to write down what the Spirit of God is telling you.*

### 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.

*\*Use our Genesis Church Orlando Spotify Playlist (search: Genesis Church Sunday Playlist) to listen to worship songs throughout your day or you can use the YouVersion Bible app to listen to scripture audibly as you drive, work, run, or workout, replacing your normal music routine, talk radio, or other options.*



# GET YOKED

## Spiritual Workout - Day 7

### 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 and let yourself focus on what God is about to do.*

## Scripture Reading Proverbs 3:21-35

[21] My son, do not lose sight of these—  
keep sound wisdom and discretion,

[22] and they will be life for your soul  
and adornment for your neck.

[23] Then you will walk on your way securely,  
and your foot will not stumble.

[24] If you lie down, you will not be afraid;  
when you lie down, your sleep will be sweet.

[25] Do not be afraid of sudden terror  
or of the ruin of the wicked, when it comes,

[26] for the LORD will be your confidence  
and will keep your foot from being caught.

[27] Do not withhold good from those to whom it is due,  
when it is in your power to do it.

[28] Do not say to your neighbor, "Go, and come again,  
tomorrow I will give it"—when you have it with you.

[29] Do not plan evil against your neighbor,  
who dwells trustingly beside you.

[30] Do not contend with a man for no reason,  
when he has done you no harm.

[31] Do not envy a man of violence  
and do not choose any of his ways,

[32] for the devious person is an abomination to the LORD,  
but the upright are in his confidence.

[33] The LORD's curse is on the house of the wicked,  
but he blesses the dwelling of the righteous.

[34] Toward the scorers he is scornful,  
but to the humble he gives favor.

[35] The wise will inherit honor,  
but fools get disgrace. (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.*

### Journal Moment

What does God want me to understand today?

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

*(After answering the questions above Pray and ask God to speak to you, be still and listen to Him.)*

What does God want to change in me because of what He revealed to me today?

*\*Take a moment to write down what the Spirit of God is telling you.*

### 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.

*\*Use our Genesis Church Orlando Spotify Playlist (search: Genesis Church Sunday Playlist) to listen to worship songs throughout your day or you can use the YouVersion Bible app to listen to scripture audibly as you drive, work, run, or workout, replacing your normal music routine, talk radio, or other options.*