

28 DAYS OF SPIRITUAL CHANGE

PRACTICING SPIRITUAL
DISCIPLINES

Genesis Church Orlando

GET
YOKED

SPIRITUAL DISCIPLINES

- WEEK 3

SILENCE & CONFESSION

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.

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

Week 3 Spiritual Disciplines

Discipline of Abstinence

Silence: *Different from a place of solitude. Silence is about remaining still to hear from God and to listen to others throughout your day. It is easy to always speak, but there is beauty in learning to listen and be silent.*

Discipline of Engagement

Confession: *Taking time to let God open your eyes to things that need to change and be turned from. Seeking forgiveness and allowing the Spirit of God to purge from you the things that need to be removed. This may be one of the hardest disciplines to practice but by doing so you are working through your stuff and allowing God to show you forgiveness and grace through them.*

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.

GET YOKED

Spiritual Workout - Day 15

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.*

SILENCE & CONFESSION

Scripture Reading James 4:3–10

[3] You ask and do not receive, because you ask wrongly, to spend it on your passions.

[4] You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. [5] Or do you suppose it is to no purpose that the Scripture says, "He yearns jealously over the spirit that he has made to dwell in us"? [6] But he gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble." [7] Submit yourselves therefore to God. Resist the devil, and he will flee from you. [8] Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. [9] Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. [10] Humble yourselves before the Lord, and he will exalt you. (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 this passage?

There are two biblical understandings of how we sin.

1. **The sin of omission** (the failure to do something we ought to do but often or even ignorantly overlook)
2. **The sin of commission** (things we know we shouldn't do but we do them anyway)

Use the space below to write out the things in either area the Spirit of God is convicting you of that need to be addressed, changed, and forgiveness sought for.

3. In this passage today what do you find that stands out about God and his love when we truly seek to confess things and bring them to him?

4. Is there anyone you need to seek forgiveness from or confess a wrong to today as you do this first with God?

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 16

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SILENCE & CONFESSION

Scripture Reading 1 Corinthians 6:12–20

[12] “All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything. [13] “Food is meant for the stomach and the stomach for food”—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. [14] And God raised the Lord and will also raise us up by his power. [15] Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! [16] Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, “The two will become one flesh.” [17] But he who is joined to the Lord becomes one spirit with him. [18] Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. [19] Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, [20] for you were bought with a price. So glorify God in your body. (ESV)

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SILENCE & CONFESSION

Scripture Reading 1 John 1:5–10

[5] This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. [6] If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. [7] But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. [8] If we say we have no sin, we deceive ourselves, and the truth is not in us. [9] If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. [10] If we say we have not sinned, we make him a liar, and his word is not in us. (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.*

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Spiritual Workout - Day 18

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SILENCE & CONFESSION

Scripture Reading Romans 5:12–21 - 6:1-2

[12] Therefore, just as sin came into the world through one man (Adam), and death through sin, and so death spread to all men because all sinned—[13] for sin indeed was in the world before the law was given, but sin is not counted where there is no law...

[17] For if, because of one man's sin (Adam's), death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. [18] Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. [19] For as by the one man's disobedience (Adam) the many were made sinners, so by the one man's obedience (Jesus) the many will be made righteous. [20] Now the law came in to increase the trespass, but where sin increased, grace abounded all the more, [21] so that, as sin reigned in death, grace also might reign through righteousness leading to eternal life through Jesus Christ our Lord. (ESV)

Romans 6:1–2

[1] What shall we say then? Are we to continue in sin that grace may abound? [2] By no means! How can we who died to sin still live in it? (ESV)

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SILENCE & CONFESSION

Scripture Reading 1 Timothy 6:6–15

[6] But godliness with contentment is great gain, [7] for we brought nothing into the world, and we cannot take anything out of the world. [8] But if we have food and clothing, with these we will be content. [9] But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. [10] For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs.

[11] But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. [12] Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses. [13] I charge you in the presence of God, who gives life to all things, and of Christ Jesus, who in his testimony before Pontius Pilate made the good confession, [14] to keep the commandment unstained and free from reproach until the appearing of our Lord Jesus Christ,

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SILENCE & CONFESSION

Scripture Reading Romans 6:12–18

[12] Let not sin therefore reign in your mortal body, to make you obey its passions. [13] Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. [14] For sin will have no dominion over you, since you are not under law but under grace.

[15] What then? Are we to sin because we are not under law but under grace? By no means!

[16] Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? [17] But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, [18] and, having been set free from sin, have become slaves of righteousness. (ESV)

[21] But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it—[22] the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: [23] for all have sinned and fall short of the glory of God, [24] and are justified by his grace as a gift, through the redemption that is in Christ Jesus, (ESV)

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Spiritual Workout - Day 21

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SILENCE & CONFESSION

Scripture Reading Proverbs 28:5–14

- [5] *Evil men do not understand justice,
but those who seek the LORD understand it completely.*
- [6] *Better is a poor man who walks in his integrity
than a rich man who is crooked in his ways.*
- [7] *The one who keeps the law is a son with understanding,
but a companion of gluttons shames his father.*
- [8] *Whoever multiplies his wealth by interest and profit
gathers it for him who is generous to the poor.*
- [9] *If one turns away his ear from hearing the law,
even his prayer is an abomination.*
- [10] *Whoever misleads the upright into an evil way
will fall into his own pit,
but the blameless will have a goodly inheritance.*
- [11] *A rich man is wise in his own eyes,
but a poor man who has understanding will find him out.*
- [12] *When the righteous triumph, there is great glory,
but when the wicked rise, people hide themselves.*
- [13] *Whoever conceals his transgressions will not prosper,
but he who confesses and forsakes them will obtain mercy.*
- [14] *Blessed is the one who fears the LORD always,
but whoever hardens his heart will fall into calamity. (ESV)*

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