

# 28 DAYS OF SPIRITUAL CHANGE

PRACTICING SPIRITUAL  
DISCIPLINES

*Genesis Church Orlando*

GET  
YOKED

## SPIRITUAL DISCIPLINES

### • WEEK 4

# GENEROSITY & CELEBRATION

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*You are seven days away from completion! To be honest this isn't about change, it's really about being **transformed**. Day after day the more you draw close to God he promises to draw close to you. This has been about disciplining yourself so that you can continue growing and spending time daily in the presence of God. We encourage you to keep going! Use this week to prepare for the patterns and changes needed ahead as you continue to yoke yourself to the ways of Jesus.*

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.

**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 4 Spiritual Disciplines**

#### *Discipline of Abstinence*

**Generosity:** It is more blessed to give than to receive (**Acts 20:35**). Generosity is about more than just giving. It's changing the way you think about and manage your resources. Everything we have belongs to God (Ps 24:1). We are just managing God's resources. How do we practice this as a discipline of abstinence? We choose to pass on something we desire and use that time, resource, or money to give and bless someone else.

#### *Discipline of Engagement*

**Celebration:** Rejoice in the Lord always; again I will say, rejoice (**Philippians 4:4**). In celebration, we rejoice in God's many blessings and remember his faithfulness. This is a time to thank God for who He is, what He has been doing, and all He is teaching you.

*We encourage you to set specific markers throughout your day to stop and pray or celebrate! 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 22

### 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.*

## GENEROSITY & CELEBRATION

### Scripture Reading

#### Psalm 145:1–4

[1] I will extol you, my God and King,  
and bless your name forever and ever.

[2] Every day I will bless you  
and praise your name forever and ever.

[3] Great is the LORD, and greatly to be praised,  
and his greatness is unsearchable.

[4] One generation shall commend your works to another,  
and shall declare your mighty acts. (ESV)

#### Deuteronomy 15:7–8

[7] “If among you, one of your brothers should become poor, in any of your towns within your land that the LORD your God is giving you, you shall not harden your heart or shut your hand against your poor brother, [8] but you shall open your hand to him and lend him sufficient for his need, whatever it may be. (ESV)

### Journal Moment

This final week we will use two separate passages of scripture engaging us in both spiritual disciplines of Generosity & Celebration. .

1. In the passage from Psalms what do you need to celebrate about the goodness of God today? Take time to write down specific things you need to celebrate that God has done in your life or is doing in your life that you have overlooked or not allowed yourself to truly be thankful for.

2. In the passage of Deuteronomy what do you learn about a heart of generosity? Write down things you need to apply to your life to engage in generosity today with others.

3. When you read both passages what does it teach you about God himself and how He wants to work through you to show himself to others?

### 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 23

### 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.*

## GENEROSITY & CELEBRATION

### Scripture Reading

#### Psalm 86:2–8

[2] *Preserve my life, for I am godly; save your servant, who trusts in you—you are my God.*

[3] *Be gracious to me, O Lord, for to you do I cry all the day.*

[4] *Gladden the soul of your servant, for to you, O Lord, do I lift up my soul.*

[5] *For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you.*

[6] *Give ear, O LORD, to my prayer; listen to my plea for grace.*

[7] *In the day of my trouble I call upon you, for you answer me.*

[8] *There is none like you among the gods, O Lord, nor are there any works like yours. (ESV)*

#### Matthew 6:19–24

[19] *“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, [20] but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. [21] For where your treasure is, there your heart will be also.*

[22] *“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, [23] but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!*

[24] *“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. (ESV)*

### Journal Moment

This final week we will use two separate passages of scripture engaging us in both spiritual disciplines of Generosity & Celebration. .

1. In the passage from Psalms what do you need to celebrate about the goodness of God today? Take time to write down specific things you need to celebrate that God has done in your life or is doing in your life that you have overlooked or not allowed yourself to truly be thankful for.

2. In the passage of Matthew what do you learn about a heart of generosity? Write down things you need to apply to your life to engage in generosity today with others.

3. When you read both passages what does it teach you about God himself and how He wants to work through you to show himself to others?

### 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 24

### 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.*

## GENEROSITY & CELEBRATION

### Scripture Reading

#### Romans 8:35–39

*[35] Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? [36] As it is written,*

*“For your sake we are being killed all the day long;  
we are regarded as sheep to be slaughtered.”*

*[37] No, in all these things we are more than conquerors through him who loved us. [38] For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, [39] nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (ESV)*

#### Luke 6:37–38

*[37] “Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; [38] give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.” (ESV)*

### Journal Moment

This final week we will use two separate passages of scripture engaging us in both spiritual disciplines of Generosity & Celebration. .

1. In the passage from Romans what do you need to celebrate about the goodness of God today? Take time to write down specific things you need to celebrate that God has done in your life or is doing in your life that you have overlooked or not allowed yourself to truly be thankful for.

2. In the passage of Luke what do you learn about a heart of generosity that goes beyond money? Write down things you need to apply to your life to engage in generosity today with others.

3. When you read both passages what does it teach you about God himself and how He wants to work through you to show himself to others?

### 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 25

### 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.*

## GENEROSITY & CELEBRATION

### Scripture Reading

#### 1 Chronicles 16:29–34

[29] *Ascribe to the LORD the glory due his name;  
bring an offering and come before him!*  
*Worship the LORD in the splendor of holiness;*  
[30] *tremble before him, all the earth;  
yes, the world is established; it shall never be moved.*  
[31] *Let the heavens be glad, and let the earth rejoice,  
and let them say among the nations, "The LORD reigns!"*  
[32] *Let the sea roar, and all that fills it;  
let the field exult, and everything in it!*  
[33] *Then shall the trees of the forest sing for joy  
before the LORD, for he comes to judge the earth.*  
[34] *Oh give thanks to the LORD, for he is good;  
for his steadfast love endures forever!*

#### Proverbs 11:24–25

[24] *One gives freely, yet grows all the richer;  
another withholds what he should give, and only suffers want.*  
[25] *Whoever brings blessing will be enriched,  
and one who waters will himself be watered.*

### Journal Moment

This final week we will use two separate passages of scripture engaging us in both spiritual disciplines of Generosity & Celebration. .

1. In the passage from 1 Chronicles what do you need to celebrate about the goodness of God today? Take time to write down specific things you need to celebrate that God has done in your life or is doing in your life that you have overlooked or not allowed yourself to truly be thankful for.

2. In the passage of Proverbs what do you learn about a heart of generosity? Write down things you need to apply to your life to engage in generosity today with others.

3. When you read both passages what does it teach you about God himself and how He wants to work through you to show himself to others?

### 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 26

### 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.*

## GENEROSITY & CELEBRATION

### Scripture Reading

#### Luke 11:9–13

*[9] And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. [10] For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. [11] What father among you, if his son asks for a fish, will instead of a fish give him a serpent; [12] or if he asks for an egg, will give him a scorpion? [13] If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!" (ESV)*

#### 2 Corinthians 9:6–7

*[6] The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. [7] Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. (ESV)*

### Journal Moment

This final week we will use two separate passages of scripture engaging us in both spiritual disciplines of Generosity & Celebration. .

1. In the passage from Luke what do you need to celebrate about the goodness of God today? Take time to write down specific things you need to celebrate that God has done in your life or is doing in your life that you have overlooked or not allowed yourself to truly be thankful for.

2. In the passage of 2 Corinthians what do you learn about a heart of generosity? Write down things you need to apply to your life to engage in generosity today with others.

3. When you read both passages what does it teach you about God himself and how He wants to work through you to show himself to others?

### 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 27

### 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.*

## GENEROSITY & CELEBRATION

### Scripture Reading

#### John 3:16–18

*[16] “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. [17] For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. [18] Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God. (ESV)*

#### Matthew 5:44

*[43] “You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ [44] But I say to you, Love your enemies and pray for those who persecute you, [45] so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. [46] For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? [47] And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same? (ESV)*

### Journal Moment

This final week we will use two separate passages of scripture engaging us in both spiritual disciplines of Generosity & Celebration. .

1. In the passage from Luke what do you need to celebrate about the goodness of God today? Take time to write down specific things you need to celebrate that God has done in your life or is doing in your life that you have overlooked or not allowed yourself to truly be thankful for.

2. In the passage of Matthew 5 what do you learn about a heart of generosity that goes beyond money? Write down things you need to apply to your life to engage in generosity today with others.

3. When you read both passages what does it teach you about God himself and how He wants to work through you to show himself to others?

### 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 28

### 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.*

## GENEROSITY & CELEBRATION

### Scripture Reading

#### Psalm 40:1–5

[1] *I waited patiently for the LORD;  
he inclined to me and heard my cry.*  
[2] *He drew me up from the pit of destruction,  
out of the miry bog,  
and set my feet upon a rock,  
making my steps secure.*  
[3] *He put a new song in my mouth,  
a song of praise to our God.*  
*Many will see and fear,  
and put their trust in the LORD.*

[4] *Blessed is the man who makes  
the LORD his trust,  
who does not turn to the proud,  
to those who go astray after a lie!*  
[5] *You have multiplied, O LORD my God,  
your wondrous deeds and your thoughts toward us;  
none can compare with you!*  
*I will proclaim and tell of them,  
yet they are more than can be told. (ESV)*

### Journal Moment

This final week we will use two separate passages of scripture engaging us in both spiritual disciplines of Generosity & Celebration. .

### TODAY TAKE TIME TO TRULY CELEBRATE!

1. Reflect and write down 3 of the greatest things you have learned in these 28 days of being yoked to Jesus.

2. Write down and record 2 disciplines that you struggled with that you need to return to soon so that you can continue to train yourself spiritually.

3. Write down what this time has meant for your spiritual growth and for the building of your faith.

### 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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