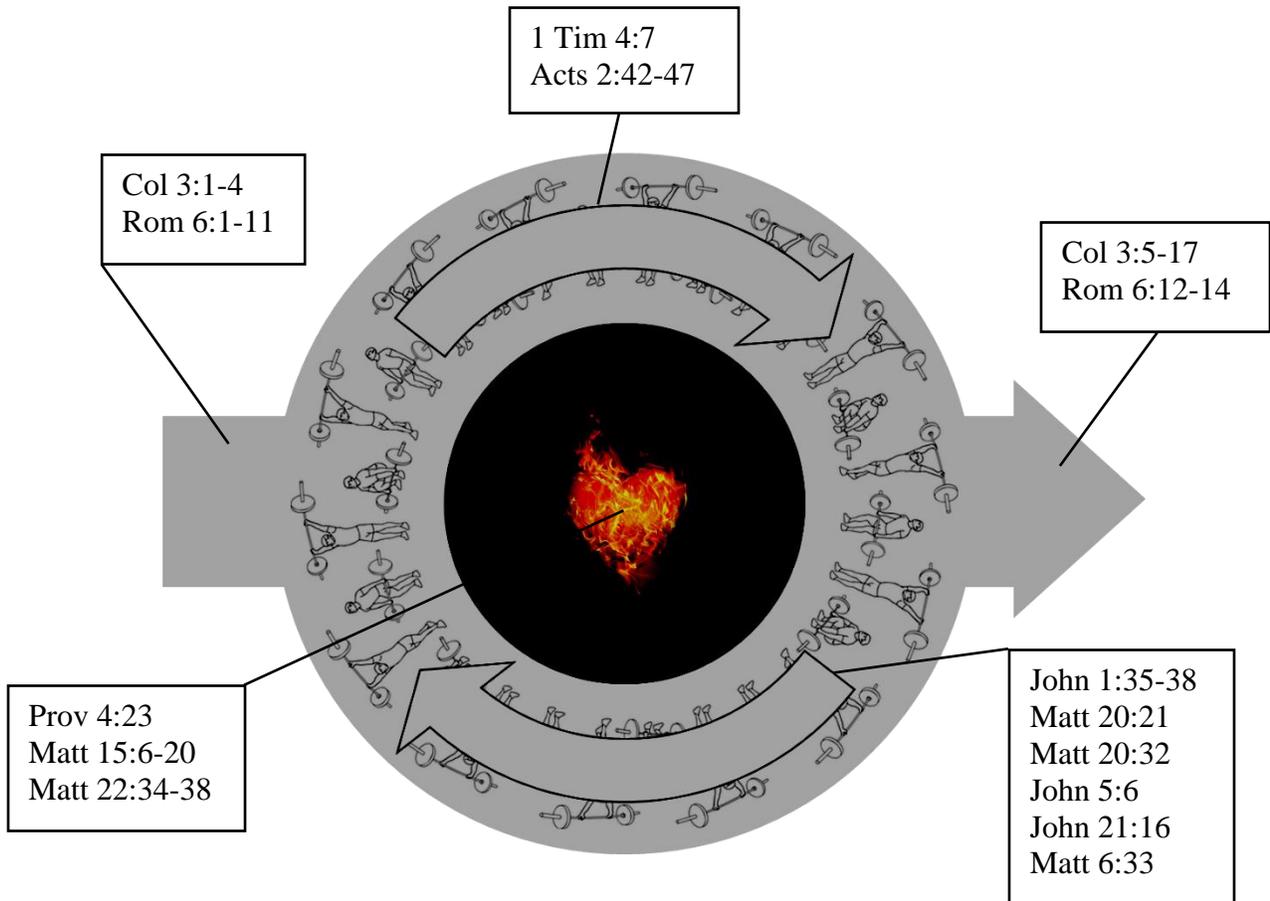


BE (ALL YOU CAN BE) DISCIPLINE EQUALS FREEDOM, WEEK 1

I. OUR _____ TO _____

1 Tim 4:7; 2 Pet 2:14

II. OUR _____ FOR _____



III. _____ (_____ YOU CAN _____)

Rom 8:28-30

If you could travel to _____ and see _____ in action as a _____, how would that change your approach to _____ and _____?

Similarly, our certain _____ of _____ with _____ should empower our current _____.

Recommended Reading for This Series

- Celebration of Discipline*, by Richard J. Foster.
- The Spirit of the Disciplines*, by Dallas Willard.
- You Are What You Love*, by James K. A. Smith.
- Spiritual Disciplines Handbook*, by Adele Ahlberg Calhoun.
- The Life You've Always Wanted*, by John Ortberg.
- Spiritual Disciplines for the Christian Life*, by Donald S. Whitney.
- Discipline Equals Freedom*, by Jocko Willink.

TRAINING PLAN

“People look for the shortcut. The hack. And if you came here looking for that: you won’t find it. The shortcut is a lie. The hack doesn’t get you there. And if you want to take the easy road, it won’t take you to where you want to be: Stronger. Smarter. Faster. Healthier. Better. FREE.”

–Jocko Willink, *Discipline Equals Freedom*, 2.

Circle the level of engagement you are committing to this week. All four are good choices!

First Steps:

- For 2 days this week, get alone somewhere for 10 minutes and review this handout and our model for the spiritual life. To help shape your desires and to remind you of who you are in Christ (the “Be” part of our model), read out loud the “My Identity in Christ” sheet included with this handout. Thank God for the gift of this union with Jesus and ask God to help these truths shape your thinking this week.

Hit Harder:

- Do all the above
- Instead of getting alone for 2 days this week, do it 5 days this week.
- During this series we will process our experiences in discussion with another person or a small group of people. This week reach out to at least one person about meeting weekly this fall to discuss your experiences and encourage one another. Consider including people who are not part of our church as well. Discussion handouts will be provided starting next week. Make a plan this week to get it lined up!

Hard Core:

- Do all the above.
- Instead of 5 days this week, do it *every single day*. Instead of 10 minutes every day, devote *20 minutes a day*, and get up earlier in the morning to make it happen. During this time, after reading out loud the “My Identity in Christ” sheet, choose three of the statements that impact you the most and look up the associated Scripture verses.
- On Wednesday morning, choose one of the Scripture verses you have looked up that impacts you the most. Memorize it. Review it for the rest of the week.

Beast Mode:

- Do all the above.
- We are wholistic beings, with a body as well as a soul, mind, etc. Spiritual disciplines are ways we use *our bodies* to honor God (see Rom 12:1-2). As such, our discipline (or lack of it) in the areas of health and fitness also impact our spiritual well-being and service to the Kingdom. Paul writes that physical training is “of some value” (1 Tim 4:8). As physical exercise, health, and nutrition can be arenas to battle our flesh’s selfish desires and an opportunity to honor God, these areas can also function as spiritual disciplines. So:
- Set aside 30 minutes early in the week to prayerfully consider your current level of exercise, nutrition, and rest. Ask yourself:
 - In what ways am I failing to honor God in these three areas?
 - How might any deficiencies be hurting my spiritual life or service to God?
 - How might God want me to enact discipline as a fruit of the Spirit in these areas?
 - What excuses are currently holding me back in these areas? How could they function as lies?
- Make a plan to enact change this week. Approach these changes as acts of service to God (1 Cor 10:31) and as opportunities to battle your flesh (Gal 5:16-17). As such, your struggles with nutrition, rest, and exercise are now *spiritual struggles*. Rely on prayer for the Spirit’s help.
- If you commit to Beast Mode, please email, text, or call me so I know about it and can be praying for you. As time allows I will try to reach out to see how it is going. grhodea@grandgrace.org; 469-250-0825.

My Identity in Christ¹

In Christ I Am Accepted

I am complete in Christ (Col 2:10)
I am a saint, a holy one (Eph 1:11)
I am God's child (John 1:12)
I am Christ's friend (John 15:15)
I am a member of Christ's body (1 Cor 12:27)
I have been adopted as God's child (Eph 1:5)
I have been justified, declared righteous (Rom 5:1)
I have been clothed with Christ in baptism (Gal 3:27)
I have been redeemed and forgiven of all my sins (Col 1:14)
I have direct access to God through the Holy Spirit (Eph 2:18)
I have been bought with a price; I belong to God (1 Cor 6:19-20)
I am united with the Lord and am one spirit with him (1 Cor 6:17)
I am a participant in the new creation of the age to come (2 Cor 5:17)
I have been united with Christ in his death and burial through baptism (Rom 6:1)

In Christ I Am Secure

I am a citizen of heaven (Phil 3:20)
I am hidden with Christ in God (Col 3:3)
I am free from condemnation (Rom 8:1-2)
I cannot be separated from the love of God (Rom 8:35-39)
I have been rescued from the kingdom of darkness (Col 1:13)
I can find grace and mercy to help in time of need (Heb 4:16)
I am born of God and the evil one cannot touch me (1 John 5:18)
I am free from any condemning charges against me (Rom 8:31-34)
I have been established, anointed, and sealed by God (2 Cor 1:21-22)
I am assured that all things work together for my good (Rom 8:28)
I have been given the Holy Spirit as a pledge of my future inheritance (Eph 1:13)
I have been given spiritual authority over all the power of the enemy (Luke 10:19)
I am confident that the good work God has begun in me will be completed (Phil 1:6)
I have not been given a spirit of fear of but of power, love, and self-control (2 Tim 1:7)

In Christ I Am Significant

I am the temple of God (1 Cor 3:16)
I will participate in the judgment of angels (1 Cor 6:3)
I am a minister of reconciliation for God (2 Cor 5:17-21)
I am seated with Christ in the heavenly realm (Eph 2:6)
I am God's workmanship, created for good works (Eph 2:10)
I may approach God with freedom and confidence (Eph 3:12)
I am a personal, Spirit-empowered witness of Christ (Acts 1:8)
I am the salt of the earth and the light of the world (Matt 5:13-14)
I have been chosen and appointed by God to bear fruit (John 15:16)
I can endure all things through Christ who strengthens me (Phil 4:13)
I am a branch of the true vine, Jesus, a channel of his life (John 15:1, 5)

¹ Adapted from Neil T. Anderson, *The Steps to Freedom in Christ*, 23