

EPISODE: 350

TITLE: Experiencing Spiritual Disciplines In Everyday Life

Making mature disciples of Jesus includes passing on healthy spiritual disciplines... life-giving, gospel-reminding practices and rhythms. Is that how you feel about your current practices?

Here are three things to believe and consider about your spiritual disciplines...

1. **Spiritual disciplines are a means, not an end.** The disciplines themselves are never the goal. Think “discipleship” when you think “disciplines”; our spiritual disciplines should be focused on helping us move from unbelief to belief, in light of the gospel, in more and more areas of our life. And that’s going to change throughout your life, so your spiritual disciplines will too.
2. **Rightly practiced, the spiritual disciplines take us deeper** into the glories of the gospel of Jesus Christ, not away from it as though we have moved on to some advanced level of Christianity. And certainly never to earn God’s love or prove ourselves to him. And remember, healthy spiritual disciplines are life-giving and will be something you look forward to as you are refreshed by the Gospel.
3. **Look at your current spiritual disciplines and rhythms...** are you pleased with the fruit they are producing in your heart and life? Could these rhythms be shared with others as a way of discipling them? What new perspective or new practices can you bring to all of this so that your spiritual disciplines are much more woven into normal life and with others?

Also: If you’re interested in learning a full framework for discipleship and mission, I’d like to invite you to join Tina and I in an upcoming coaching cohort. Let’s set up a short Zoom call to get to know each other better and I’ll tell you all about it and answer any questions you have.

~Caesar

Check out: everydaydisciple.com/coaching

Thanks for listening... I’ll see you in the next episode!

Caesar

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