

The disciple or apprentice of Jesus, as recognized by the New Testament, is one who has firmly decided to learn from Him how to lead his or her life, whatever that may be, as Jesus himself would do it. And, as best they know how, they are making plans---taking the necessary steps, progressively arranging and rearranging their affairs---to do this. Dallas Willard

***The Spiritual Disciplines - Door to Liberation***

(from Richard Foster's Celebration of Discipline)

A. The Inward Disciplines

1. Meditation - Psalm 119:78
2. Prayer - Mark 1:35
3. Fasting - Matthew 9:15
4. Study - Deuteronomy 11:18

B. The Outward Disciplines

1. Simplicity - Luke 12:15
2. Solitude - Mark 6:31
3. Submission - Philippians 2:8
4. Service - John 13:14-15

C. The Corporate Disciplines

1. Confession - James 5:16
2. Worship - John 4:23
3. Guidance - Acts 13:1-3
4. Celebration - John 15:11

**The Two Primary Objectives of Discipleship Training** (Dallas Willard)

1. To bring apprentices to the point where they dearly love and constantly delight in their "heavenly Father" who was made real to earth in Jesus and are quite certain that there is no "catch," no limit, to the goodness of His intentions or to His power to carry them out.
2. To remove our automatic responses against the Kingdom of God, to free the apprentices of domination, of "enslavement" (John 8:34; Rom 6:6) to their old habitual patterns of thought, feeling, and action.

*Ps 139:23-24 Search me, O God, and know my heart; test me and know my thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. NLT*

## **Stages of Emotional Development**

(from Peter Scazzero's Emotionally Healthy Spirituality)

### **Emotional Adults:**

- ✓ Are able to ask for what they need, want, or prefer – clearly, directly, honestly --- *honesty*
- ✓ Recognize, manage, and take responsibility for their own thoughts and feelings --- *self-control*
- ✓ Can, when under stress, state their own beliefs and values without becoming adversarial --- *courage*
- ✓ Respect others without having to change them --- *patience*
- ✓ Give people room to make mistakes and not be perfect --- *grace*
- ✓ Appreciate people for who they are – the good, bad, and ugly – not for what they give back --- *kindness*
- ✓ Accurately assess their own limits, strengths, and weaknesses and are able to freely discuss them with others --- *humility*
- ✓ Are deeply in tune with their own emotional world and able to enter into the feelings, needs, and concerns of others without losing themselves --- *mercy*
- ✓ Have the capacity to resolve conflict maturely and negotiate solutions that consider the perspectives of others --- *wisdom*