

My Personal Strategic Plan

Step 5 -- Knowing Jesus Better Through the Spiritual Disciplines

"Without goals, and plans to reach them, you are like a ship that has set sail with no destination."

Fitzhugh Dodson, author and clinical psychologist

Up to this point, we have discussed how to develop your Vision, Mission, Core Values, and Goals as a way to build your legacy intentionally. If you are a Jesus follower, growing closer to Jesus is essential to discover who he wants you to become. Episode 5 discussed the Spiritual Disciplines – essential practices to know Jesus better and his plans for your life.

By practicing the spiritual disciplines, you can make small improvements that lead to a more fulfilling, God-focused life and help you know who God wants you to become and the legacy you will leave.

The Spiritual Disciplines

The two classic books on The Spiritual Disciplines are [The Spirit of the Disciplines](#) by Dallas Willard and [The Celebration of the Disciplines: The Path to Spiritual Growth](#) by Richard Foster. Consider reading one or both books to become better acquainted with the Spiritual Disciplines.

Foster conveniently divides the disciplines or practices into three categories: inward, outward, and corporate.

The inward spiritual disciplines are:

- Prayer – both talking and listening to God
- Fasting – abstaining from food, drink, or something else focus on God
- Meditation – deeply contemplating biblical truths and how they might affect you.
- Study – Studying God's Word individually or in a group.

The outward disciplines are:

- Simplicity – intentionally ridding ourselves of things that distract us from God
- Solitude – temporarily being silent and withdrawing from the distractions of life to practice the Spiritual Disciplines.
- Submission – submitting to God's authority and not insisting on our way
- Service – doing something for others without expecting anything in return

The corporate disciplines are:

- Confession – owning up when we have wronged someone or God

- Worship – giving ourselves entirely to God
- Guidance – hearing God and obeying him
- Celebration – expressing joy for what God has done for us or others

Do not feel burdened about practicing all the disciplines. Practice those that work for you in growing closer to Jesus and becoming the person you want and God desires you to become.