

## Ash Wednesday

### The Discipleship Journey: Training vs. Trying

Lent is an opportunity for us to take time to examine our relationship with God. It's a time to re-focus; re-turn our lives towards following Jesus.

Where are you at in your spiritual journey?

*Searching:* We all seek to make sense of our lives, asking questions like "What gives my life purpose, joy and fulfillment? We may seek to fill this fundamental need many different ways. (See Acts 17:22)

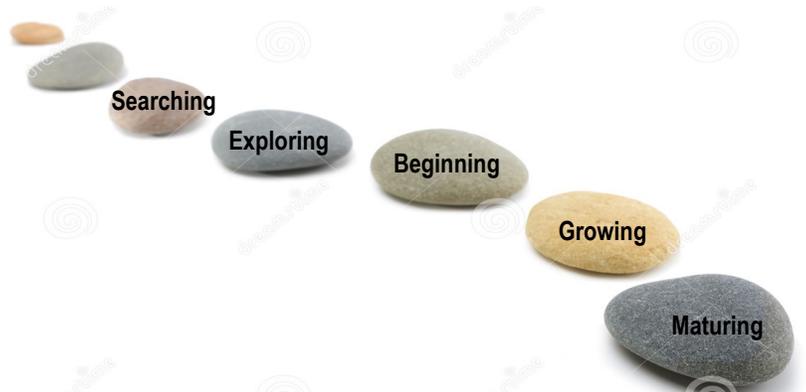
*Exploring:* We may attend church and want to belong, but have not yet committed to following Jesus. (See John 1:45)

*Beginning:* We are beginning to understand and put into practice our faith. Growth can be awkward. We are often vulnerable to insecurity and doubt. (See Matthew 7: 22-24)

*Growing:* We are eager to be identified as Christians and are going public with our faith. We are increasingly willing to take personal responsibility for our growing relationship with Jesus. We seek to integrate our faith into life into a holistic way and look to Jesus to help us live our life. (See Ephesians 4:14)

*Maturing:* We are moving toward complete surrender of our lives to Jesus. We exist to know, love, obey, serve, and be with Jesus. We also realize that the role of a disciple is to help make other disciples, and we live with that focus. (See Galatians 2:20)

From Maynard, Phil. *Membership to Discipleship; Growing Mature Disciples who Make Disciples. Excellence in Ministry Coaching*, © 2015, pg. 44



#### Real Faith for Real Life: Living Spiritual Disciplines

Set aside time each day for prayer

Commit to worship weekly

Start a daily Bible reading plan

Try a new area of serving at St. John's

Find a way to serve others in the community

Invite a friend to worship with you

Join or create a small group

Give of our financial resources understanding that a tithe (10%) is our biblical guideline

Looking at the list above, what is one spiritual discipline you will focus on this Lenten season?

Someone who could support me in developing this is:

Resources that might be helpful:

**1** Action Step:

When:

**2** Action Step:

When:

#### Resources

Youversion Bible App– has a number of daily Bible reading plans.

[worldinprayer.org](http://worldinprayer.org)

RightNow Media

[livinglutheran.org](http://livinglutheran.org) (Spiritual practices & resources)

Church Library