

THE INSIDE RUNNING

There is a school of thought currently that you don't make any effort to follow God in any way that could look like work. You live in faith, sit back and enjoy Jesus.

To me the thing is, even with that laid back approach to faith, one still needs to focus on the relationship or the fire goes out. What we focus on, we get excited (passionate) about.

The only way I have ever been able to be consistent in time with God is in the mornings. That takes effort, to create the time and ignore the distractions. Recently men told me they didn't like doing devotional programs online because they got distracted by incoming emails.

Meeting weekly with other men also helps sharpen us and keep us focused. It helps us meet wave after wave of challenges that we face.

For me and others I know, the pace of change is faster than ever. We need to be able to draw from our well of faith to sustain us through the crises. Then we come out stronger.

With gratitude

John Subritzky



by Justin St Vincent

Spiritual disciplines are the daily good habits that develop us spiritually. They help strengthen our faith like sharpened tools to serve our spiritual walk with Jesus.

"Discipline" is a word that connects us to instruction, teaching, and guidance from God. Discipline can even remind us of authority, rules and strictness, offering images of people involved in education, the military or even sport.

The difference with spiritual disciplines is that they serve us by giving the gift of clarity and correction to grow strong in our faith. In our Christian walk, it can sometimes become too easy for life to simply take over, and we forget the spiritual disciplines that provide stability and structure to our Christian faith. Developing daily disciplines can be one of the most rewarding aspects of our Christian walk.

Psalm 32 is a Psalm of David, providing contemplation that connects our mind and spirit with five powerful spiritual disciplines: forgiveness, prayer, guidance, trust, and worship. Each of these spiritual disciplines helps to exercise our faith through practical actions we can do daily.

■ Forgiveness

"Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no deceit." (v 1-2)

Forgiveness is for giving. We give to ourselves and others through forgiveness

- an intentional and voluntary process that helps us change our attitudes and feelings toward an offence in our personal life. I've personally found this to be one of the most powerful spiritual disciplines, as forgiveness allows me to live light by not carrying baggage, and it also keeps me humble to forgive others as well.

"I will instruct you and teach you in the way you should go; I will guide you with My eye."

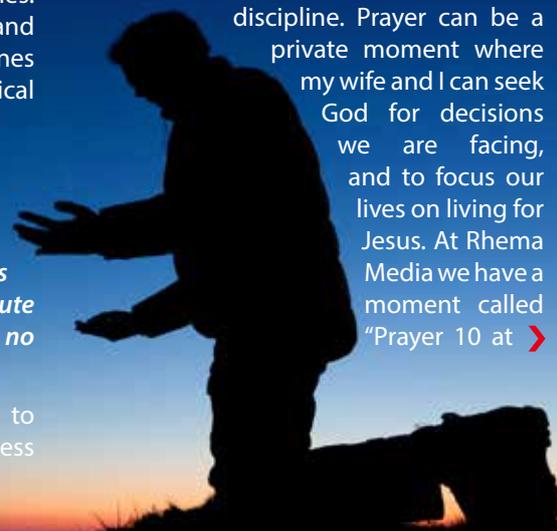
Psalm 32:8

■ Prayer

"Everyone who is godly shall pray to You." (v 6)

Prayer is the digestive system of the soul. It connects us to God and is a two-way communication for uploads and downloads. We can share our concerns, needs, and problems with God to seek Him for clarity, direction and solutions in our daily time with Him. Prayer works.

For me, prayer is both a public and private discipline. Prayer can be a private moment where my wife and I can seek God for decisions we are facing, and to focus our lives on living for Jesus. At Rhema Media we have a moment called "Prayer 10 at >



➤ 10", where people from all departments can come together and pray for 10 minutes at 10am. We share various prayer requests that have been received over the last 24 hours and actively pray together for those needs. This helps us to foster a greater sense of unity and becomes a blessing to those involved.

■ Guidance

"I will instruct you and teach you in the way you should go; I will guide you with My eye." (v 8)

By seeking God through His Word, we open ourselves to His instruction and teaching to guide us in the way we should go. Daily Bible reading is an ideal way to connect with the character, heart and nature of God, maturing our understanding of Him.

■ Trust

"Many sorrows shall be to the wicked; but he who trusts in the Lord, mercy shall surround him." (v 10)

Trusting God gives us permission to let go and let God. One of the most liberating things to know is that God has a plan, purpose and future for each one of us. When we trust in God, we give up the right to the driving seat in our life and let God take the wheel.

■ Worship

"Be glad in the Lord and rejoice, you righteous; and shout for joy, all you upright in heart!" (v 11)

Worship is about declaring praise to God and allowing His Holy Spirit to be a catalyst for revelation and transformation in our lives. The aspect of worshipping corporately as a church family is significant because when we worship together there is

a spirit of solidarity and unity before God. Living a holy and pleasing life to God is our spiritual act of worship.

Over the last 10 years, I have been exploring the spiritual significance of music. Essentially, discovering and experiencing how heartfelt worship creates a deeper desire to know God, and make God known. At Promise Keepers Men's Events I'm always amazed at how our worship can be an extravagant expression of praise, or an intimately personal declaration to God where He speaks directly to us.

Additional spiritual disciplines can include: celebration, chastity, confession, fasting, evangelism, service, stewardship, submission, and tithing, among others. For me, spiritual discipline and diligence go hand-in-hand. We are reminded in Psalm 119:4, that *"You have commanded us to keep Your precepts diligently."*

In addition, Proverbs reminds us of how discipline is associated with our diligent attitude towards our faith.

Proverbs 4:23 *"Keep your heart with all diligence, for out of it spring the issues of life."*

Proverbs 8:17 *"I love those who love me, and those who seek me diligently will find me."*

With these scriptures in mind, I believe spiritual disciplines offer principles that guide us in all things, giving stability and structure to our inner world, supporting us in our journey with Jesus.

Author, entrepreneur, and motivational speaker Jim Rohn wrote, *"Success is nothing more than a few simple disciplines, practised every day"*, and

that *"Discipline is the bridge between goals and accomplishment"*.

This resonates with author and motivational speaker Zig Ziglar who concluded, *"It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through"*.

Additional inspirational quotes to consider are:

"Discipline is doing what needs to be done, when it needs to be done, even though you don't feel like it."

"The distance between dreams and reality is called discipline."

"Your level of success is determined by your level of discipline and perseverance."

When we persevere and pursue the powerful spiritual disciplines of forgiveness, prayer, guidance, trust and worship we get the daily opportunity to focus ourselves on God. I believe that no one has ever grown spiritually without applying themselves to spiritual disciplines. Discipline: the one thing necessary to achieve goals worth having, and you can't achieve your goals without discipline.



Tell someone you know!

mana silisili

Talia soo se alii

Fallauga: Ps Viliamu Mafoe, Michael Jones, Nick Tuitasi, Ps Kuki Aloalii, Eroni Clarke

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