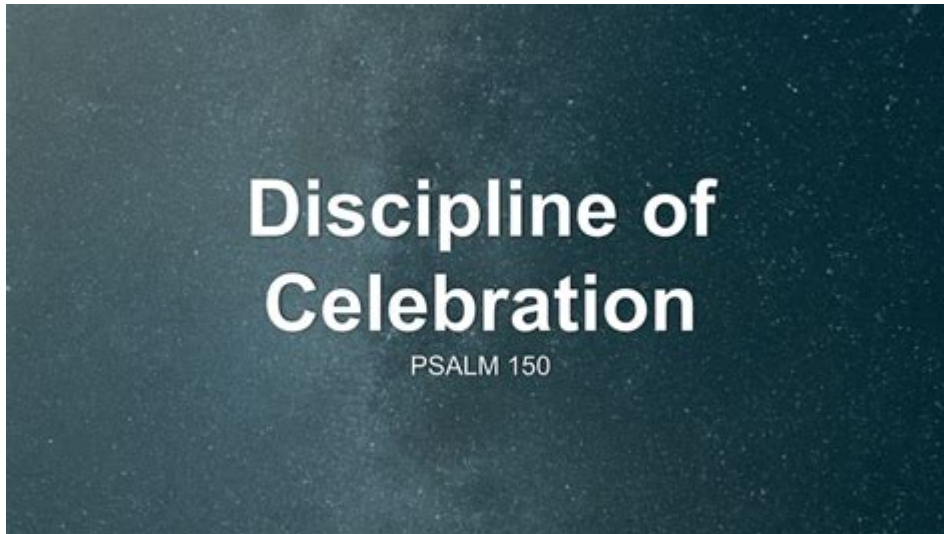


Celebration Of Discipline



A Celebration of Discipline: Unlocking Your Potential Through Self-Mastery

Introduction:

Are you tired of feeling overwhelmed, unproductive, and stuck in a cycle of procrastination? Do you dream of achieving ambitious goals but struggle to maintain the momentum? Then you're in the right place. This post isn't about harsh self-criticism or rigid adherence to rules. Instead, it's a celebration of discipline, an exploration of how embracing self-mastery can unlock your true potential and lead to a more fulfilling life. We'll delve into the benefits of discipline, debunk common myths, and provide practical strategies to cultivate a disciplined mindset – fostering a journey of self-improvement, not self-flagellation.

H2: Understanding the True Meaning of Discipline

The word "discipline" often evokes images of strict routines and unwavering adherence to rigid rules. However, a more accurate and empowering perspective views discipline as self-directed action aligned with your values and goals. It's not about suppressing your desires; it's about consciously choosing actions that bring you closer to your vision of a successful and fulfilling life. It's about cultivating self-awareness and developing the willpower to consistently pursue your objectives, even when faced with challenges and distractions.

H2: The Unexpected Rewards of a Disciplined Life

The benefits of cultivating discipline extend far beyond achieving specific goals. A disciplined approach fosters a sense of accomplishment, boosts self-esteem, and promotes overall well-being. Let's explore some key advantages:

H3: Increased Productivity and Efficiency:

Discipline allows you to focus your energy on high-impact tasks, eliminating wasted time and effort. By prioritizing and scheduling effectively, you accomplish more in less time, leaving you with more free time to pursue your passions.

H3: Enhanced Self-Esteem and Confidence:

Consistently achieving your goals, no matter how small, builds self-confidence and reinforces a belief in your abilities. This positive reinforcement cycle motivates you to tackle even greater challenges.

H3: Improved Mental and Physical Health:

Discipline extends to all areas of life. Regular exercise, healthy eating, and mindful practices become achievable through disciplined habits, contributing to improved physical and mental well-being. This holistic approach cultivates resilience and reduces stress.

H3: Greater Resilience and Stress Management:

Disciplined individuals are better equipped to handle setbacks and unexpected challenges. The ability to consistently prioritize tasks and maintain focus helps them navigate stressful situations more effectively.

H2: Debunking Common Myths About Discipline

Many people shy away from developing discipline because of misconceptions. Let's address some common myths:

H3: Discipline is Rigid and Unflexible:

False. True discipline is adaptable. Life throws curveballs; a disciplined person adjusts their approach without abandoning their commitment to their goals. Flexibility and self-compassion are key components of sustainable discipline.

H3: Discipline Requires Extreme Self-Deprivation:

False. Discipline isn't about constant sacrifice; it's about making conscious choices that align with your long-term goals. Allowing for occasional indulgences prevents burnout and fosters a sustainable approach to self-improvement.

H3: Discipline is Only for Certain People:

False. Discipline is a skill, not a personality trait. Anyone can cultivate discipline with conscious effort, patience, and the right strategies.

H2: Practical Strategies for Cultivating Discipline

Building discipline is a journey, not a destination. Here are some practical strategies to help you on your path:

H3: Set SMART Goals:

Ensure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound. Clear goals provide direction and motivation.

H3: Break Down Large Goals into Smaller Steps:

Overwhelm is the enemy of discipline. Break down large tasks into manageable steps, making progress feel less daunting and more achievable.

H3: Create a Routine and Stick to It:

Consistency is key. Establish a daily or weekly routine that incorporates your goals. Consistency builds habits and reinforces discipline.

H3: Track Your Progress and Celebrate Milestones:

Regularly monitor your progress. Acknowledging achievements, no matter how small, reinforces positive behavior and keeps you motivated.

H3: Practice Self-Compassion:

Be kind to yourself. Setbacks are inevitable; learn from them, adjust your approach, and keep moving forward.

Conclusion:

The celebration of discipline is not about rigid adherence to rules but about consciously choosing actions that align with your values and aspirations. It's about unlocking your potential and creating a life of purpose and fulfillment. By understanding the true meaning of discipline, embracing its rewards, dispelling common myths, and implementing practical strategies, you can cultivate a disciplined mindset that empowers you to achieve your dreams and live a more fulfilling life. Embrace the journey, celebrate your progress, and enjoy the remarkable transformation that awaits you.

FAQs:

1. How can I stay motivated when I face setbacks? Remember your "why." Reconnect with your initial motivation for pursuing your goals. Analyze the setback, learn from it, and adjust your strategy. Self-compassion is crucial.
2. Is it okay to deviate from my routine occasionally? Absolutely! Flexibility is key. Occasional deviations won't derail your progress as long as you return to your routine. Balance is important.
3. How long does it take to build a disciplined mindset? It varies from person to person. Consistency is more important than speed. Focus on making small, sustainable changes rather than aiming for drastic overnight transformations.
4. What if I struggle with procrastination? Identify your procrastination triggers. Break down tasks into smaller, less daunting steps. Use time management techniques like the Pomodoro Technique. Seek support if needed.
5. How can I celebrate my accomplishments without undermining my discipline? Acknowledge your achievements with healthy rewards that align with your goals. This could be anything from a relaxing evening to a small treat, as long as it doesn't detract from your overall progress.

celebration of discipline: Celebration of Discipline Richard J. Foster, 2009-03-17 Richard J. Foster's *Celebration of Discipline: The Path to Spiritual Growth* is hailed by many as the best modern book on Christian spirituality with millions of copies sold since its original publication in 1978. In *Celebration of Discipline*, Foster explores the classic Disciplines, or central spiritual practices, of the Christian faith to show how each of these areas contribute to a balanced spiritual life. Foster, the bestselling author of several books (*Prayer and Streams of Living Water*) and intrachurch movement founder of Renovaré, helps motivate Christians everywhere to embark on a journey of prayer and spiritual growth.

celebration of discipline: Meditative Prayer Richard J. Foster, 1983-09-01 Richard J. Foster teaches readers how to use the classical Christian techniques of meditation to enhance times of prayer.

celebration of discipline: Spiritual Disciplines for the Christian Life Donald S. Whitney (Professor), 2014 Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines. By illustrating why the disciplines are important, showing how each one will help you grow in godliness, and offering practical suggestions for cultivating them, *Spiritual Disciplines for the Christian Life* will provide you with a refreshing opportunity to become more like Christ and grow in character and maturity. Now updated and revised to equip a new generation of readers, this anniversary edition features in-depth discussions on each of the key disciplines.

celebration of discipline: Freedom of Simplicity: Revised Edition Richard J. Foster, 2010-07-20 A revised and updated edition of the manifesto that shows how simplicity is not merely having less stress and more leisure but an essential spiritual discipline for the health of our soul.

celebration of discipline: Celebrating the Disciplines Richard Foster, Katherine Yanni, 2013-04-11 'We need not be well advanced in matters of theology to practise the disciplines,' writes Richard Foster. 'The primary requirement is a longing after God.' *CELEBRATION OF DISCIPLINE*, Richard Foster's guide to the classical spiritual disciplines, has enriched the prayer and spiritual growth of thousands. This carefully designed and practical workbook puts the bestselling book into practice, offering new ways to experience the spiritual disciplines and integrate them into daily life.

celebration of discipline: The Spirit of the Disciplines Dallas Willard, 2009-10-06 How to Live

as Jesus Lived Dallas Willard, one of today's most brilliant Christian thinkers and author of *The Divine Conspiracy* (Christianity Today's 1999 Book of the Year), presents a way of living that enables ordinary men and women to enjoy the fruit of the Christian life. He reveals how the key to self-transformation resides in the practice of the spiritual disciplines, and how their practice affirms human life to the fullest. *The Spirit of the Disciplines* is for everyone who strives to be a disciple of Jesus in thought and action as well as intention.

celebration of discipline: Habits of a Child's Heart Valerie Hess, Marti Watson Garlett, 2014-02-27 Teach your children the basics of the spiritual disciplines. Broken down into bite-sized, age-specific exercises, the foundations of the Christian life will become lifetime habits. Practice the spiritual disciplines as a family by: Serving others in a practical way Simplifying schedules and possessions Developing new habits of worship Meditating on specific Bible passages

celebration of discipline: The Making of an Ordinary Saint Richard Foster, 2014-10-17 Nathan Foster has lived with the spiritual disciplines all his life, but has had to find his own unique path. As he sought - sometimes rebelliously - to develop habits that would enable him to live more like Jesus, he encountered problems both personal and universal. Gradually he discovered creative new ways to practice disciplines such as fasting, meditation and simplicity, to live as Jesus lived. With a foreword from Nathan's father Richard, who provides a fresh introduction to each of the disciplines, *The Making of an Ordinary Saint* invites us to be formed into the likeness of Christ's character.

celebration of discipline: Celebration of Discipline, Special Anniversary Edition Richard J. Foster, 2018-02-13 A newly repackaged and updated 40th anniversary edition of the timeless guide that has helped numerous seekers discover a richer spiritual life infused with joy, peace, and a deeper understanding of God, updated with a new introduction by the author and a new section: *Entering the Great Conversation about the Growth of the Soul*. Hailed by many as the best modern book on Christian spirituality, *Celebration of Discipline* explores the classic Disciplines, or central spiritual practices, of the Christian faith. Along the way, Foster shows that it is only by and through these practices that the true path to spiritual growth can be found. Dividing the Disciplines into three movements of the Spirit, Foster shows how each of these areas contribute to a balanced spiritual life. The inward Disciplines of meditation, prayer, fasting, and study offer avenues of personal examination and change. The outward Disciplines of simplicity, solitude, submission, and service help prepare us to make the world a better place. The corporate Disciplines of confession, worship, guidance, and celebration bring us nearer to one another and to God. Foster provides a wealth of examples demonstrating how these Disciplines can become part of our daily activities—and how they can help us shed our superficial habits and bring the abundance of God into our lives. He offers crucial new insights on simplicity, demonstrating how the biblical view of simplicity, properly understood and applied, brings joy and balance to our inward and outward lives and sets us free to enjoy the provision of God as a gift that can be shared with others. The discussion of celebration, often the most neglected of the Disciplines, shows its critical importance, for it stands at the heart of the way to Christ. *Celebration of Discipline* will help Christians everywhere to embark on a journey of prayer and spiritual growth.

celebration of discipline: In the Face of God Michael Horton, 1996-09-23 Have modern believers grown too comfortable with God? In response to the unbiblical, mystical spirituality of our day, Michael Horton calls for a return to the teaching of the Apostle Paul and the early church. The result is a compelling picture of true spiritual intimacy with God.

celebration of discipline: *Putting a Face on Grace* Richard Blackaby, 2006-04-04 Complete the Cycle of Grace How sweet the sound—it saved a wretch like you. It's amazing. But has God's grace changed you? Is it changing others through you? Richard Blackaby explores what may be causing you to miss out on an abundant life of grace, and how simply knowing about it is a far cry from embracing a grace-filled lifestyle. Once you fully experience and grasp its essence, you can't help but "practice" God's undeserved favor by passing it on to everyone around you. Grace shares a close relationship with love, is never static, and is always searching for those willing to receive it. This

book focuses on pointed and practical life application so that you can attain the power of gracious living today! Let God's Grace Flow Through You God's grace is so boundless, so contrary to human nature, and so unconditionally given that you will never understand it... ..until you give it away. Get ready to be washed in pure joy, renewed by a fresh sense of gratitude for the rich, undeserved favor God continually bestows upon you. Dr. Richard Blackaby explores what it means to make God's grace a lifestyle and how it will become personal, practical, and recognizable in your life. You'll discover: What genuine grace is and what it is not The power of life words and the devastation of death words The secret to establishing a grace-filled home How to recognize grace-giving opportunities Ways to extend grace when you don't think you can Unable to deny His unconditional love, or even to keep it to yourself, soon grace will have a face. And the reflection in your mirror will tell its story. Amazing Grace, How Sweet the Sound It's a living, breathing testament to the depth of God's love. You don't deserve it, but you've got it. So, what are you doing with God's amazing grace? Many Christians sing of its sweet sound, but fail to extend it to others-missing the point entirely. Putting a Face on Grace provides practical ways you can become a conduit of God's grace to those around you. Dr. Richard Blackaby's personal stories will have you nodding in agreement, laughing with empathetic understanding, and eagerly embracing a new life worth passing on. You will become the essential element that keeps God's life-giving grace flowing. And if you think you're unworthy of such an honor, that's good. That's grace... Story Behind the Book Much has been said about God's grace. Observing it, defining it, soaking it in. But little has been said about bringing it full circle, to the point where we freely receive and give it on a daily basis. This is what lifestyle grace is all about. Richard Blackaby's book hits a market in need, and "reinvents" grace for us all-exploding our understanding of this tremendous gift and bringing it into a new, tangible dimension.

celebration of discipline: Streams of Living Water Richard J. Foster, 2010-10-12 The author of the bestselling celebration of discipline explores the great traditions of Christian spirituality and their role in spiritual renewal today. In this landmark work, Foster examines the streams of living water -- the six dimensions of faith and practice that define Christian tradition. He lifts up the enduring character of each tradition and shows how a variety of practices, from individual study and retreat to disciplines of service and community, are all essential elements of growth and maturity. Foster examines the unique contributions of each of these traditions and offers as examples the inspiring stories of faithful people whose lives defined each of these streams.

celebration of discipline: Life with God Richard J. Foster, 2009-10-13 "If you want to discover new ways of entering the Bible, and letting it enter you, you will find no better guide than Richard Foster." — Lauren F. Winner, Duke Divinity School, author of *Girl Meets God* "Foster's work is not for those readers who are seeking quick answers or a behavioral checklist of what the Bible says they should do. Rather, it is a deep reflective guide to spiritual rumination and growth." — Publishers Weekly Richard Foster, the beloved, bestselling author of *Celebration of Discipline*, *Streams of Living Water*, and *Prayer*, shows the intimate connection between Scripture and spirituality, revealing the secrets to living the "with-God life."

celebration of discipline: Life in the Spirit Jeffrey P. Greenman, George Kalantzis, 2015-07-10 Including essays from 2009 Wheaton Theology Conference keynote speakers Dallas Willard and Gordon Fee as well as contributing essays by noted presenters such as Chris Hall, David Gushee, Linda Cannell, Cherith Fee Nordling and Lawrece Cunningham, this book offers a stimulating exploration of the historical, biblical and theological dimensions of spiritual formation.

celebration of discipline: Spiritual Disciplines Handbook Adele Ahlberg Calhoun, 2015-11-19 Adele Calhoun's *Spiritual Disciplines Handbook* has become a standard for those who want to expand their knowledge of spiritual practices. Now this beloved resource has been revised throughout and expanded to include thirteen new disciplines along with a new preface by the author, giving us practical guidance in our continuing journey toward intimacy with Christ.

celebration of discipline: The Only Necessary Thing Henri Josef Machiel Nouwen, 1999 Throughout the forty-some books that Henri Nouwen wrote and the hundreds of talks that he gave, the subject of Prayer runs through them all and unites them. For him a life of faith is a life of prayer.

Drawn from many decades of his life, the compilation of Henri's thoughts, feelings, and the struggle with prayer, reveal the core of the man and his belief that prayer is the only necessary thing.

celebration of discipline: *Spiritual Classics* Richard J. Foster, Emilie Griffin, Renovare, 2000-01-05 The Brightest Lights of the Christian Tradition St. Augustine, Thomas Merton, Fredrick Buechner, Evelyn Underhill, A.W. Tozer, G.K. Chesterton, Thomas More, Martin Luther King, Jr., Amy Carmichael, Simone Weil, Pierre Teilhard de Chardin, Hildegard of Bingen, John Milton, Dorothy Day, Leo Tolstoy, Gerard Manley Hopkins, and more. . . From nearly two thousand years of Christian writing comes Spiritual Classics, fifty-two selections complete with a profile of each author, guided meditations for group and individual use, and reflections containing questions and exercises. Editors Richard Foster and Emilie Griffith offer their expertise by selecting inspirational writings and including their own commentary and recommendations for further guided reading and exploration.

celebration of discipline: *Revolution of Character* Dallas Willard, 2014-02-27 This book will help you reflect on the spiritual significance of each element of the human person—heart, mind, body, social life, and soul—so that God can transform you. Includes discussion questions.

celebration of discipline: *A Year with God* Richard J. Foster, 2009-12-29 Many people are longing to find the footprint of God in their daily lives. This beautiful daily companion is comprised of 365 selections of scripture, commentary, meditations, and daily exercises to help readers see how they can bring their entire life into a life with Immanuel - a God who is with his people. In Richard Foster's best-selling book, *Celebration of Discipline*, he explored the classic disciplines, or central spiritual practices of the Christian faith. Foster showed that it is only by and through these practices that the true path to spiritual growth can be found. In *A Year with God*, the spiritual disciplines are presented in such a way that does not destroy the soul but enables the reader to enter into a transforming life with God. Through daily spiritual exercises and meditations, *A Year with God* explores eighteen spiritual disciplines. The inward disciplines of meditation, prayer, fasting, and study offer avenues of personal examination and change. The outward disciplines of simplicity, solitude, submission, and service help prepare one to make the world a better place. The corporate disciplines of confession, worship, guidance, and celebration bring one nearer to others and to God. Each discipline will be given twenty days of readings, beginning with scripture and followed by commentary, a meditation, and a spiritual exercise. Practicing these spiritual disciplines will help readers live intentionally, contributing to a more balanced spiritual life and a reformation of the inner self.

celebration of discipline: *Celebration of Discipline Leader's Guide* Richard J. Foster, 2005-01-01

celebration of discipline: *Prayer - 10th Anniversary Edition* Richard J. Foster, 2009-10-13 Best-selling author Richard J. Foster offers a warm, compelling, and sensitive primer on prayer, helping us to understand, experience, and practice it in its many forms—from the simple prayer of beginning again to unceasing prayer. He clarifies the prayer process, answers common misconceptions, and shows the way into prayers of contemplation, healing, blessing, forgiveness, and rest. Coming to prayer is like coming home, Foster says. Nothing feels more right, more like what we are created to be and to do. Yet at the same time we are confronted with great mysteries. Who hasn't struggled with the puzzle of unanswered prayer? Who hasn't wondered how a finite person can commune with the infinite Creator of the universe? Who hasn't questioned whether prayer isn't merely psychological manipulation after all? We do our best, of course, to answer these knotty questions but when all is said and done, there is a sense in which these mysteries remain unanswered and unanswerable . . . At such times we must learn to become comfortable with the mystery. Foster shows how prayer can move us inward into personal transformation, upward toward intimacy with God, and outward to minister to others. He leads us beyond questions to a deeper understanding and practice of prayer, bringing us closer to God, to ourselves, and to our community.

celebration of discipline: *Habits of Grace* David Mathis, 2016-02-12 The Christian life is built on three seemingly unremarkable practices: reading the Bible, prayer, and fellowship with other

believers. However, according to David Mathis, such “habits of grace” are the God-designed channels through which his glorious grace flows—making them life-giving practices for all Christians. Whether it’s hearing God’s voice (the Word), having his ear (prayer), or participating in his body (fellowship), such spiritual rhythms of the Christian life have the power to awaken our souls to God’s glory and stir our hearts for lifelong service in his name. What’s more, these seemingly simple practices grant us access to a host of spiritual blessings that we can only begin to imagine this side of eternity—and the incredible joy that such blessings bring to God’s children today.

celebration of discipline: The Heavenly Party Michele Guinness, 2018-10-19 Drawing upon her rich Jewish heritage, Michele integrates sacred and secular using pilgrim festivals and symbol, ritual and liturgy. She explains what true celebration is, with ideas and resources for celebration at home or in the wider community. Christians should have the best parties! Part One: Explores what true celebration is and looks at how Jesus loved to party. Part Two: Festival parties, including anniversaries, a weekly Sabbath, events in the church calendar. Includes suggestions for rituals, prayers, liturgies. Part Three: General ideas for celebration. Includes suggestions on how to organise the celebration event. Part Four: 50 best celebration recipes. Adapted from author's monthly cookery column in *Woman Alive*.

celebration of discipline: Fair Play Eve Rodsky, 2019-10-01 A REESE'S BOOK CLUB PICK A hands-on, real talk guide for navigating the hot-button issues that so many families struggle with.--Reese Witherspoon Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the shefault parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family -- and then sent that list to her husband, asking for things to change. His response was... underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up chores and responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With four easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore from laundry to homework to dinner. Winning this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space -- as in, the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

celebration of discipline: The Christology of the Fourth Gospel Paul N. Anderson, 1996

celebration of discipline: Casting a Vision Richard J. Foster, 2019-07-23 In 1978, Richard Foster's classic *Celebration of Discipline* sparked the Christian spiritual formation movement. Forty years later, at a church leadership conference, Foster delivered his final public talk which addressed new challenges Christians face on the road of becoming more like Jesus. That talk is now available in this brief booklet. All proceeds from this booklet support Renovaré, a nonprofit that helps people in becoming more like Jesus. Richard J. Foster is founder, past president, and current team member of Renovaré. He studied at George Fox College and received a Doctor of Pastoral Theology (D.Th.P.) from Fuller Theological Seminary. He has served as a pastor, taught at universities and seminaries, and spoken worldwide on spiritual formation. Author of over 60 articles and six books, including *Celebration of Discipline*, hailed by many as the best modern book on Christian spirituality, Richard continues to write on the spiritual life. Renovaré is a Christian nonprofit that models, resources, and advocates fullness of life with God experienced, by grace, through the spiritual practices of Jesus and of the historical Church. Christian in commitment, ecumenical in breadth, and international in scope, Renovaré helps people in becoming more like Jesus through print and online resources, gatherings and retreats, and educational initiatives like the Renovaré Institute. Learn more at

renovare.org.

celebration of discipline: If Only Jennie Pollock, 2020-11-01 Life doesn't always go the way we hope it will. Whether it's singleness, childlessness or some other big disappointment, it's hard to be content when life lets us down. Author Jennie Pollock knows what it's like to feel discontent. With warmth and honesty, she answers common doubts that arise when life doesn't go the way we had hoped: Is God good? Is he enough? Is he worth it? She walks readers through the process of taking our eyes off the things we wish we had and instead enjoying the character of the God we do have—a God who is good, who meets all our needs, and whose promises are worth the wait. Drawing on encouragements from the Bible and the stories of others, this book helps readers to trust in God's plan for their lives and enjoy true contentment through a genuine conviction that Jesus is better than even our most keenly-felt hopes and longings for this life.

celebration of discipline: *Sex and the Single Girl* Helen Gurley Brown, 2012-07-10 The 1962 blockbuster that took on “one of the most absurd (if universal) myths of our time: that every girl must be married” (The New York Times). Helen Gurley Brown, the iconic editor in chief of Cosmopolitan for thirty-two years, is considered one of the most influential figures of Second Wave feminism. Her first book sold millions of copies, became a cultural phenomenon, and ushered in a whole new way of thinking about work, men, and life. Feisty, fun, and totally frank, *Sex and the Single Girl* offers advice to unmarried women that is as relevant today as it was when it burst onto the scene in the 1960s. This spirited manifesto puts women—and what they want—first. It captures the exuberance, optimism, and independence that have influenced the lives of so many contemporary American women.

celebration of discipline: *The Life You've Always Wanted* John Ortberg, 2009-05-18 Ignite a deeper, more vibrant relationship with God that impacts not just your spiritual life but every aspect of your daily life. John Ortberg calls readers back to the dynamic heartbeat of Christianity--God's power to bring change and growth--and reveals how and why transformation takes place. *The Life You've Always Wanted* offers modern perspectives on the ancient path of the spiritual disciplines. But it is more than just a book about things to do to be a good Christian. It's a road map toward true transformation that starts not with the individual but with the person at the journey's end--Jesus Christ. As with a marathon runner, the secret to finishing a race lies not in trying harder, but in training consistently--training with the spiritual disciplines. The disciplines are neither taskmasters nor ends in themselves. Rather they are exercises that build strength and endurance for the road of growth. The fruit of the Spirit--joy, peace, kindness, etc.--are the signposts along the way. Paved with humor and sparkling anecdotes, *The Life You've Always Wanted* is an encouraging and challenging approach to a Christian life that's worth living--a life on the edge that fills an ordinary world with new meaning, hope, change, and joy.

celebration of discipline: Talk Yourself Happy Kristi Watts, 2017-01-03 Former cohost of The 700 Club Kristi Watts reveals the pitfalls that keep Christians from true joy and demonstrates the transformational power of speaking the words and promises of God. How does a person bounce back after being beaten down personally, professionally, and emotionally? What impact do words, thoughts, and beliefs have in determining one's level of happiness? Kristi Watts asked herself these questions after her marriage dissolved and she left a high-profile position as a cohost of The 700 Club. Initially excited to walk into a new season of life that she thought held the key to happiness, she soon stumbled into emotional pitfalls that left her discouraged, disappointed, and distant from God. Known as the upbeat host who was always filled with joy and laughter, she was anything but—yet she was determined to get her happy back! But how? By learning, as Kristi did, that true happiness is not simply acquired but rather cultivated. When one's words focus on faulty perspectives, faith is quickly derailed, but by remembering God's blessings and verbally claiming His promises, hearts change. Using biblical principles, *Talk Yourself Happy* illustrates the importance of relying on God to tame our tongues and train our minds, and it exposes the hidden traps that keep Christians from living lives of happiness, empowering readers with the ultimate transformation of their hearts.

celebration of discipline: Survival Guide for the Soul Ken Shigematsu, 2018-08-07 WINNER OF THE WORD GUILD 2019 CHRISTIAN LIVING BOOK OF THE YEAR AWARD The pages you are about to read may feel like a literal rescue. —Ann Voskamp, New York Times Bestselling author *Survival Guide for the Soul* is a profound spiritual exploration of God's love—a love that many of us understand intellectually without fully grasping or relying on in our day-to-day experiences—a love that fills our sails with joy and frees us to truly flourish. Many of us are driven by an ambition to accomplish something big outside ourselves. On all sides, we're pressured to achieve—professionally, socially, financially. Even when we're aware of this pressure, it can be hard to escape the vicious circles of accomplishment, frustration, and spiritual burn-out. Drawing on a wide range of sources from Scripture to church history to psychology and modern neuroscience—as well as deeply personal stories from his own life—Ken Shigematsu, recipient of the Queen Elizabeth Diamond Jubilee Medal and pastor of Tenth Church in Vancouver, BC, vividly demonstrates how the gospel redeems our desires and reorders our lives. Pastor Shigematsu offers fresh perspective on how certain spiritual practices help orient our lives so that our souls can flourish in the midst of a demanding, competitive society. And he concludes with a liberating and counter-cultural definition of true greatness. If you long to experience a deeper relationship with Christ within the daily pressures to succeed, *Survival Guide for the Soul* is packed with biblical wisdom and a godly approach to transcend the human tendency to define ourselves by our productivity and success. Loaded with practical insights and encouraging thoughts, every reader will benefit from Ken's work. —Max Lucado, New York Times Bestselling author

celebration of discipline: Sanctuary of the Soul Richard J. Foster, 2011-07-11 Richard Foster weaves together stories from the mothers and fathers of the faith plus powerful encounters with God from his own life to describes the riches of meditative prayer. Here's the biblical teaching and step-by-step help you need to begin this time-honored prayer practice. A Renovaré Resource.

celebration of discipline: The Seasons of God Richard Blackaby, 2012-08-21 What season of life are you in? Each of us goes through periods of life that have a certain character—a few months or a few years, good times or difficult circumstances, times of brilliant joy or periods of dark clouds. Often we say, “It’s just the season of life I’m in.” But did you know that just as God has purposes for the seasons of nature, he also uses seasons in your life to grow you, work with you, and talk to you? Richard Blackaby explains in *The Seasons of God* how understanding the principles of the seasons can offer us hope, direction, insight, and intimacy with God himself. It’s a thoughtful exploration of God’s patterns at work in our lives—how His will is being carried out in the best way...at the best time. Your plans, your relationships, your career, your ministry—all have their unique God-intended moment. God’s Word expresses it this way: “For everything there is a season, and a time for every matter under heaven.” So what’s your season of life? And what is God telling you through the season you’re in?

celebration of discipline: Conformed to His Image, Revised Edition Kenneth D. Boa, 2020-10-06 What does a real relationship with God look like? What is the biblical vision of true spiritual life? How do we grow in spiritual maturity? How we answer these questions influences the health, potency, and witness of Christians in an increasingly complex and hostile world. *Conformed to His Image, Revised Edition* answers these questions with clarity and insight, offering a comprehensive, balanced, and applicable guide to spiritual growth. Designed for use in college and seminary courses but also highly appropriate for any serious Christian wanting to grow, this revised edition helps readers build their lives on a fully biblical foundation. It offers a corrective to our tendency to narrow and compartmentalize spiritual growth by exploring twelve facets of authentic Christian spirituality, which include: Relational Spirituality: Loving God Completely, Ourselves Correctly, and Others Compassionately Paradigm Spirituality: Cultivating an Eternal versus a Temporal Perspective Disciplined Spirituality: Engaging in the Historical Disciplines Exchanged Life Spirituality: Grasping Our True Identity in Christ Motivated Spirituality: A Set of Biblical Incentives Devotional Spirituality: Growing in Relationship with God Holistic Spirituality: Every Component of Life under the Lordship of Christ Process Spirituality: Process versus Product, Being versus Doing

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