

Session 21: The Joy of Discipline

Weekly Planning Compass

Use this planning tool to think through each area of your life and how you feel led by God to be investing your time in each area this week. Once you have written down the key disciplines, tasks, or meetings that pertain to each role of your life, use your calendar to plan when you will engage this week in the disciplines, tasks, or meetings you have chosen. For more detailed definitions of each Spiritual Discipline in the Omega Course, see Appendix I.

Connecting to God in Your Being

Role	Key Disciplines	Tasks/Appointments
Heart		
Soul		
Mind		
Strength		

Contagious Community

Role	Key Disciplines	Tasks/Appointments
Inner Circle		
Relative/Parent		
Church Member		
Mentee/Mentor		
Ambassador/Friend		

Calling

Role	Key Disciplines	Tasks/Appointments
Minister of Compassion		
Steward of Resources		
Empowered Servant		
Calling Mentee/Mentor		
Professional ()		
Professional ()		
Professional ()		
Professional ()		
Professional ()		

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Disciplines for Being Human:

Role	Discipline
Heart	Pray (Prayer, Solitude and Silence) & Petition (Intercession and Watching)
Soul	Reflect (Journaling, Singing and Meditation) & Relate (Confession, Counseling, Retreats)
Mind	Ponder (Study of Scripture, Journaling) & Plan (Planning your life, Life Coaching)
Strength	Eat (Surrender, Temperance, Fasting) & Exercise (Exercise, Sabbath)

Disciplines for Contagious Community:

Role	Discipline
Inner Circle	Fellowship, Chastity, Celebration, Hospitality and Confession while consistently praying for and building relationship with our spouses and/or great friends
Relative/Parent	Fellowship, Sacrifice, Celebration, Hospitality and Submission while consistently praying for and connecting with our parents, relatives and children if appropriate
Church Member	Worship, Fellowship, Confession, Assembling, Celebration, Singing, Hospitality and Communion while consistently praying for and relating to our church family and engaging in small group and local fellowship gatherings
Mentee/Mentor	Guidance, Study, Pilgrimage, Sabbatical and Submission while meeting regularly with mentors, counselors, and covenant community members; studying books, tapes, videos and through classes which help us grow; learning how to love and implement what we are learning into our lives; meeting regularly with others who seek us out for mentoring
Ambassador/Friend	Friendship Evangelism and Hospitality through regular prayer for and connection with friends God brings our way and sharing the gospel with them in word and deed

Disciplines for Calling of Servanthood:

Role	Discipline
Minister of Compassion	Secrecy, Service and Sacrifice while serving the “poor in our world” and compassionately loving them as led by God. This includes but is not limited to visiting the sick and prisoners, and clothing and feeding those in need
Steward of Resources	Simplicity, Frugality, Saving, Sacrifice and Giving/Tithing while stewarding God’s resources
Empowered Servant	Teaching, Service, Sacrifice and Fellowship through the regular exercising of your spiritual gifts while serving on ministry teams
Calling Mentee/Mentor	Guidance, Study and Submission while meeting regularly with mentors; studying books, tapes, videos and classes which help us grow in our task and relationship excellence. Also to meet regularly with others who seek us out for mentoring
Professional	Diligent Earner through faithful accomplishment of tasks; Friendship Evangelism through relationship excellence while serving as unto the Lord