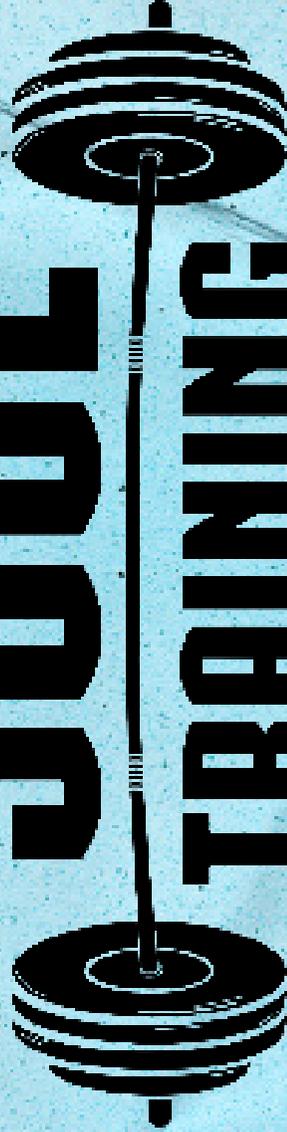


# **SOUL TRAINING**



**2.0**



# SOUL TRAINING 2.0

A Word from Your Pastor:

*"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.*

*You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*  
(Matthew 5:13-16)

These are the words of Jesus at the beginning of the Sermon on the Mount. Bible scholars tell us that the Sermon on the Mount is set up as the new law. In the Old Testament, God gave the Law of Moses to the people of Israel to show them how to be God's people in the world. They were to be distinct--to live differently than the nations around them--to carry God's blessing to the nations. In the New

Testament, Jesus formed the Church as the new Israel and the Sermon on the Mount is the new law.

When Jesus tells his followers “you are the salt of the earth...you are a city on a hill,” he is telling his Church that we should be different from the world around us. In fact, it is not our relevance, but our distinctiveness that causes people to glorify God.

Unfortunately, we are not always different. Christians are often just as greedy, just as lustful, just as power-hungry, selfish, and ruthless as the world around us. This is true of individuals and it is true of the Church.

What we need is not just to act differently, we need to be a different kind of people. We need to change at the level of our deepest desires and cravings.

The purpose of this book (and the Soul Training exercises in it) is not to get better at the practices. It's that these practices train our soul to become the kind of people and the kind of Church that becomes a “city on a hill” that causes the people around us to glorify our Father in heaven--people who refuse to hold on to anger, who respect others rather than use them for our sexual gratification, who are always true to our word, who not only refuse to take revenge but love and do good even to our enemies.

## Not Just About You!

But this Focus Season is not just about you! It is not just about becoming a different kind of person, it's about the church becoming a different kind of community. We are not just individuals acting alone. We are part of a body, the body of Christ. So, there are both individual Soul Training exercises, but also corporate Soul Training exercises to enable us to be a different kind of community.

Each week will highlight a community character trait we would like to develop along with some corresponding Soul Training exercises.

1. A God-Centered Community (Worship and Celebration)
2. A Community Shaped by Scripture (Engaging Scripture)
3. A Spirit-Led Community (Prayer)
4. A Trusting Community (Sabbath)
5. A Generous Community (Biblical Hospitality)

Focus Seasons are critical seasons in the life of Waite Park Church. So, we ask that you be fully-engaged over the next six weeks.

- Make plans to be in worship service (either in person or online).

- Get into a Community or Connect Group.
- Do the personal Soul Training exercises with your family. (Even the kids and youth will be participating in Soul Training!)

We hope you find this season to be life-changing and life-giving. We are excited you're joining us!

*-Pastor Kory*

# HOW TO USE THIS BOOK

This Focus Season Book will guide you through the entire Focus Season. Please set aside time Monday - Saturday during this focus season for the exercises for assessment, practice and reflection. There is Scripture to read and memorize and practices we hope will become habits. Each week will contain an introduction, reflection and discussion questions, breath prayers, and instructions for personal and corporate Soul Training. Use the blank pages to journal your thoughts and responses so when we arrive at the end of the season, you will have some clear takeaways.

We would like to help you find ways to try these soul training exercises. Feel free to try ones that are uncomfortable or challenging. Identify aspects that worked and aspects that did not work. A key part of letting this season transform us individually as well as corporately is building a manageable rhythm.

**COACHING:** Sunday is for coaching. Watch the sermon and make sure you understand the Scripture passage, concepts and ideas presented because they will be the foundation for the rest of the week. If you need more, see the resources page on our website for coaching videos, podcasts and other links.

**ASSESSMENT:** Monday is a day for assessment. The questions are designed to help you think through each topic and assess your life and habits. The Small Group discussions will build off these reflection questions so come prepared by having the questions answered. This is not a “holy contest.” It’s the time for honestly assessing your current habits and desires to grow in your love for God and neighbor.

**EXERCISES:** Tuesday - Friday select one Soul Training Corporate and one Personal Exercise to practice. When possible, work on your soul training at the same time each day. The goal is not to do these exercises perfectly. The goal is to encounter God through life-giving rhythms that form us to be the people God created us to be.

**REFLECT:** Saturday is a day to reflect on the practices. Take the opportunity to look back on what you learned about God and

yourself through these practices and how you will integrate this aspect of our community into your life. At the end of the Focus Season, you will look through all your Saturday reflections and choose one habit to focus on going forward.

*Families, we want to equip you to flex your "faith muscles" with your kids during this Focus Season. Keep an eye out for the "»" symbol throughout this booklet for tips and ideas on how to engage your kids in soul training alongside you. God is still in the business of raising up those whose faith "the world was not worthy of" (Hebrews 11:38). He can do it in you and He can do it in your kids too.*

#### **ADDITIONAL RESOURCES:**

A Sunday morning sermon can only be an overview of these practices. Our staff has created short videos on different methods for these practices. Let these be ways to encourage and guide you to take a deeper step in your practice.

In addition to the sermon and book, each week we will have additional resources-  
-videos, podcasts and books for you to dive deeper. One word of caution,

however. The point of this series is not simply to fill yourself with more content, but to put yourself in a position where God can do his work in your life. So, use the content as a resource, but do not do it at the expense of practicing the habits. For this Soul Training focus season, we have a resource page on our website. Use the QR code below for quick access to <https://www.waiteparkchurch.org/soul-training-resources>



Each week, we will have our staff podcast conversation around the practice to give some further insights around this practice. Embracing these rhythms looks different for each person in each season. This conversation is to help get a better perspective on what this could look like in your life.

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# INTRO // BECOMING A DIFFERENT KIND OF COMMUNITY

## HABITS AND "TELOS"

When the Bible talks about maturity, it uses the Greek word "telos." It's sometimes translated as "mature," "complete," or even "perfect." Essentially, to reach your "telos" is to fulfill the purpose for which you were created. According to Jesus, spiritual maturity, your ultimate purpose, is to "love God with every part of your being and to love your neighbor as yourself." (Matthew 22:34-40) The Apostle Paul also wrote in Galatians 5:6, that our religious practices are not what matter. "But," he says, "the only thing that counts is faith expressing itself through love."

Doing Soul Training is not the end-goal of the spiritual life. We will not stand before God someday and hear him say, "You were really good at Bible study! I'm impressed."

No, Soul Training is a means of shaping our lives--our minds, our bodies, our emotions, our habits--to enable us to fulfill the "telos" for which we were created, to love God with all our being and our neighbor as ourselves.

The purpose is also not to make us people who "try really hard" to live that way. Anything where we have to always "try really hard," won't last. It has to become a habit. A habit is something that happens automatically. In essence, it becomes a part of who you are. You don't have to try hard to do a habit. In fact, what is hard is trying to break a habit that is deeply ingrained. Charles Duhigg tells us about something called the habit loop. It has three components.

**CUE:** A trigger that tells your brain to go into automatic mode. Cues can be a time of day (e.g. 3 in the afternoon), location (e.g. by the refrigerator), event (e.g. phone buzzes), emotional state, (e.g. boredom), or other people (e.g. drinking buddies).

**ROUTINE:** What your body typically does in response to the cue. (i.e. when you're near the refrigerator, you open the door and see what's inside, when your phone buzzes, you look at it, when

you're bored, you open Facebook or Instagram)

**REWARD:** The pleasurable feeling that tells your brain this activity is worth repeating

When the habit is forming, the cue eventually forms a craving, which leads us to desire the routine. Duhigg tells us that the best way to change a habit is not necessarily to change the cue, but to change the routine. The reason for this is that we cannot always control the cue. Every day, we'll most likely walk past the refrigerator. We will experience 3 in the afternoon every day. We might be able to avoid our old drinking buddies most of the time, but what happens when they show up by surprise?

Why is this important? It's important because it's not our willpower, but our habits that move us toward or away from our telos. When we understand how God created us, we are better able to change our habits or develop new habits that move us toward our telos. For most of us, our habits do not lead us toward our telos.

Soul Training, or what have traditionally been called "spiritual disciplines" are simply intentional practices intended to form habits that lead us toward our telos of

loving God with all our being and loving our neighbor as ourselves. Since our habits make us who we are, it's critical that we foster habits that lead us toward this telos.

### **WHY PRACTICE TOGETHER?**

Finally, if our habits are what make us who we are, why are we so concerned about doing them together? The answer is that we are unavoidably shaped by our environment and the people around us. The truth is, forming habits is much easier when we do it with others. Don't underestimate the impact your community has on your habits.

Have you ever tried to eat healthy when you're at a restaurant with friends who are all ordering double cheeseburgers? Exercising is much easier when you have a running partner or are part of a team. Our environment matters. So, one of the goals of this Focus Season is to create a supportive church culture that encourages and challenges each of us to develop the habits that lead us toward a deeper relationship with God and Christ-like character. The reward is that we get to experience more of God.

## A GRACIOUS RESPONSE

Before we get on with it, one more critical item for you to remember. Everything we do through this Focus Season should be done in a spirit of thanksgiving rather than striving. We do not do Soul Training to win God's approval or love. We do it because he has already given it to us. God, in his grace and mercy, sent Jesus to live among us, teach us who God is, how to be human and ultimately to die for us so we can be free. So, avoid the trap of thinking you can earn something God has already given for free.

Soul Training is simply our response to God's gracious gift. It makes us more capable of knowing God's love and acceptance and letting that love flow through us to our neighbor. As we practice, the goal is that we begin to desire God more. The practices are there simply to help us recognize and remove the cravings that take the place of God.

While weeks 2-6 will help you to form new habits, the purpose of week one is simply to evaluate your current habits to determine areas for growth. Be sure to set aside an ample amount of time each day to prayerfully complete the exercises. On Saturday, we'll ask you to reflect on what the Holy Spirit might be saying to you throughout the week.

## TIPS FOR DEVELOPING AND CHANGING HABITS

- Start small and simple. Don't try to make wholesale changes. Though we will talk about five habits during the Focus Season, going forward, choose one key habit and work on that. When starting out, find ways to reduce the friction for the habit. As the habit becomes more comfortable or natural, this is the time to add friction to stretch you towards this habit.
- When you recognize the cue, have a specific plan for the new routine. Know exactly how you will respond to the cue.
- "Stacking" habits is helpful. Find a habit you already have and make it a cue for a habit you want to begin. For instance, if you make coffee in the morning, make that the cue for prayer or Scripture reading. Not only is the coffee a cue, it's also a reward because sitting down and reading Scripture with a cup of coffee and a comfortable chair is amazing!
- Understand the purpose of the habit. Don't just focus on the habit. What is the desire you're trying to change? Take some time to get clear on how this habit will help you and our church to become the people God has called us

to be. When we have weak moments in building these habits, we can lean on who we are called to be as well as those around us in community to gain strength in these moments.

### **BREATH PRAYER**

Each week will have it's own "breath prayer." These prayers are based on Scripture and intended to regularly bring us back to the purpose of the week. Memorize it and pray it five times daily, taking time to reflect each time. You can set a notification or do it do it:

- First thing when you wake up
- Breakfast
- Lunch
- Dinner
- Last thing before bed

### **WEEKLY BREATH PRAYER (5X DAILY):**

God, let our faith be expressed through love // Galatians 5:6

*God, let our faith be  
expressed through  
love.*

*(Galatians 5:6)*

09/20/20

## SUNDAY // COACHING

1. Look over the intro and your sermon notes. What stood out to you from what you heard or read?

2. What was new and exciting to learn?

Is there anything from the sermon you did not understand? See the Additional Resources page at [waiteparkchurch.org](http://waiteparkchurch.org) for more coaching.

*» Parents, don't forget to visit [waiteparkchurch.org/kidsonline](http://waiteparkchurch.org/kidsonline) with your kids to check out this week's KidsPark Online experience. It will help them connect with Sunday's message.*

9/21/20

## MONDAY // ASSESSMENT

1. List the things throughout your day that you do habitually (e.g. read the Bible, pray, eat junk food, check social media or mindlessly scroll newsfeed, look at pornography, etc.) Does each habit lead you toward your telos (loving God and loving neighbor) or away from it?

*» Habits are often intangible and difficult for some kids to grasp, but you can help them recognize their habits too. Think about things like your morning routine - brushing teeth, having breakfast, etc. - or how you pray before dinner every night.*

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2. Choose three of the habits you listed. Be sure to include at least one good habit and one bad habit. What is the cue for each habit? To determine this, over multiple days, observe:

- Where are you? (e.g. home, office, kitchen, etc.)
- What time is it? (e.g. 3 in the afternoon, late at night, etc.)
- What's your emotional state? (e.g. bored, worried, guilty, etc.)
- Who else is around? (i.e. no one, spouse, a certain co-worker, etc.)
- What action preceded the urge? (i.e. argument, phone notification, advertisement on web page, picture of an attractive woman, etc.)

**HABIT #1:**

Cue: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Routine:

\_\_\_\_\_  
 \_\_\_\_\_

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Reward:

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**HABIT #2:**

Cue: \_\_\_\_\_

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Routine:

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Reward:

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**HABIT #3:**

Cue: \_\_\_\_\_

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Routine:

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Reward:

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Do you see any patterns emerging in your habits?

Habit loops create a craving. For each habit, what is it you really crave?

9/22/20

## TUESDAY //CORPORATE EVALUATION

1. What characteristics draw you to the Waite Park Church community?

2. How can a church community be “salt and light” in the world around them? [Matt. 5:13-16]

» *This is a great question to talk about with your kids. Ask them about the things they think a church could do to show Jesus to the neighborhood around them. What are the kinds of things that Jesus did when He was here on earth?*

3. How strong is our church culture in each of the five areas? Why do you answer the way you did?

- Worship
- Prayer
- Shaped by Scripture
- Biblical Hospitality
- Sabbath

4. What are some areas you would like Waite Park Church to grow through this Focus Season?

9/23/20

## WEDNESDAY // PERSONAL EVALUATION

1. In what ways, if at all, does your relationship with Jesus impact your day-to-day decisions?

2. What is your soul-level motivation for spiritual activities? (e.g. fear of punishment, duty, routine, gratitude to God, deepening relationship with God, etc.)

3. When was the last time you felt awe in the presence of God? (e.g. in a worship service, personal time with God, in nature, looking at the stars, etc.)

4. How often would you say you do something because the Holy Spirit led you to do it?

5. When is the last time you experienced conviction from Scripture and changed an attitude, belief or action as a result?

6. How often do you open your home or your dinner table to those who are not a part of your family or friend-group? What is your attitude toward those who are not like you?

7. What percentage of your income do you give away? (to people in need, the church, charitable organizations, etc.) What motivates you to give or not give?

8. What are some areas you would like to grow through this Focus Season?

9/24-25

## THURSDAY-FRIDAY // HABIT TRACKING

Many of our schedules and daily tasks are routine and unconscious. Take some time to write out your daily schedule. Take time to reflect on what you are doing today and tomorrow. Let this be a time to slow down to see how our routines are impacting us and our relationship with God.

As you think through your schedule, take time to consider:

- What are activities that you do every day without fail?
- What gets you out of bed in the morning?
- What is the first thing you do when you wake up?
- What are tasks and parts of your day that you do without even thinking about it?
- What gives you joy during the day?
- What frustrates you?
- What new habits might you “stack” onto habits you already have?

THURSDAY:

FRIDAY:

9/26/20

## SATURDAY // REFLECTION

*Start with Prayer. Sit in silence and deep breathing for a couple of minutes. Say the breath prayer. Ask God to search your heart and help you answer the following:*

1. What has been the most challenging part of this week? How can this help guide your next steps?

2. What was the best part of this week? How can you use this to build a stronger practice?

3. What part of God did you experience this week?

4. How could you incorporate this practice into the rhythm of your life?

*\*Remember, the focus of soul training is to create healthy rhythms for your life. Be mindful of selecting a manageable cadence around your practices. Every area does not need to become a daily or even weekly practice in your life. Invite God into helping determine how to implement these practices into your life in a meaningful way.*



09/27/20

## HABIT 1 // A GOD-CENTERED COMMUNITY

### INTRO:

Humans are naturally self-centered creatures. From the time we are babies, we learn to expect others to meet our needs--and they do! And while this dependence is enough to develop an attachment to our parents, it's also effective in teaching us to act as though the world revolves around us. The practice of worship wars against that notion and teaches us to put God in his proper place in our heart. When God is in his proper place, it starts a worship cycle. When we find that God is good, our response is worship. And when we worship, we experience more of the goodness of God. In this way, worship is not just a routine, a discipline or something we do leading up to the sermon, it's the natural response--a celebration--of God's presence.

This week we'll practice worship that puts God in his rightful place in our lives.

### WEEKLY BREATH PRAYER (5X DAILY):

- Psalm 37:4

*Lord, help us to  
delight ourselves  
in you. Align the  
desires of our heart  
with your heart.  
(Psalm 37:4)*

9/27/20

## SUNDAY // COACHING

1. Read Psalm 106.
2. Look over the intro and sermon notes. What stood out to you from the sermon? What do you think the Holy Spirit might have been bringing to mind for you? Discuss this with your family.
3. What was new and exciting to learn?

Is there something from the sermon you did not understand? See the Additional Resources page at [waiteparkchurch.org](http://waiteparkchurch.org) for more coaching.

*» Parents, don't forget to visit [waiteparkchurch.org/kidsonline](http://waiteparkchurch.org/kidsonline) with your kids to check out this week's KidsPark Online experience. It will help them connect with Sunday's message.*



4. What is your routine on Sunday morning? Do you come prepared to worship? Why or why not? What might you do differently?

5. How often do you take time to celebrate what God has done in your life?

09/29-10/2

## TUESDAY-FRIDAY // EXERCISE

**CORPORATE WORSHIP: SELECT ONE OF THESE PRACTICES FOR THE WEEK.**

- Celebrate with the church community: Karaoke Party Friday, Oct 2nd in the Commons
- Be thoughtful about how you come to worship. Prepare yourself and family for worship. Come early. Enter the sanctuary in expectant prayer.
- Sing or listen to a worship song with your family or read a Psalm or other Scripture. Reflect together on what it says about God.
- Make an acrostic completing the sentence, "I praise you God because you are..."
- In small group or family, read Psalm 136 together. Have a reader and the group responds with "His love endures forever." Talk about it afterward.

I will practice corporate worship this week by:

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## PERSONAL WORSHIP: SELECT ONE OF THESE PRACTICES FOR THE WEEK.

- Read and enjoy a daily Scripture passage that leads us into worship of who God is. Journal or reflect on the questions below.
  - How does this passage describe God?
  - What do I appreciate most about this description of God?
  - How does this aspect/description of God impact how we live for Him?
    - Tues: Psalm 95:1-6
    - Wed: 1 Chron. 16:23-31
    - Thurs: Psalm 100
    - Fri: Rev. 4:1-11
- Find a person to encourage each day. Oftentimes, we see good in others, but we do not affirm the good that we see. Use this week to be intentional about affirming the good we see in others or the good we see others doing.

*» If you have kids or teens, get them in on this with you! Could you make cards for someone? A funny video to send them? A special snack you can leave on their doorstep? The possibilities are endless!*

- Increase your gratitude by committing to not complaining this week. Negative attitudes grow by rehearsing them. Take this week to choose not to discuss it with anyone but God. Tell those closest to you to help remind you. Feel free to use a trick to help remind you about this commitment.

I will practice corporate worship this week by:

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10/03/20

## SATURDAY // REFLECTION

*Start with Prayer. Sit in silence and deep breathing for a couple of minutes. Say the breath prayer. Ask God to search your heart and help you answer the following:*

1. What has been the most challenging part of this week? How can this help guide your next steps?
2. What was the best part of this week? How can you use this to build a stronger practice?
3. What part of God did you experience this week?
4. How could you incorporate this practice into the rhythm of your life?

10/4/20

## HABIT 2 // COMMUNITY SHAPED BY SCRIPTURE

### INTRO:

We are all shaped by a story. For some it's the "American dream." For others it's our family story, our ethnic identity or even our story of trauma or brokenness. These stories shape how we view the world.

When we come to Christ, the Biblical story becomes our story. We claim the God of Abraham, Isaac and Jacob as our own. We claim Abraham, Moses, Esther, Rahab, Paul, and Lydia as our ancestors. The story of Scripture is the story of God's interaction with his creation and our history. It tells us who God is and who he created us to be. The story of Scripture is there to shape us. Rather than reading it as "God's love letter to me," we learn to read it as God's Word to his people, to reveal who he is and what kind of people he calls us to be.

This week we'll learn the habit of being shaped by Scripture. Being shaped by Scripture is more than just reading it, but it's allowing it to become our story and to form our very identity, cravings, and the kind of world in which we want to live.

### WEEKLY BREATH PRAYER (5X DAILY):

- Psalm 119:33, 105

*Teach me, Lord,  
the way of your  
decrees, that I  
may follow it to  
the end. May your  
word be a lamp to  
my feet and a light  
to my path.*

*(Psalm 119:33,  
105)*

10/4/20

## SUNDAY // COACHING

1. Read Psalm 119.
2. Look over the intro and sermon notes. What stood out to you from the sermon? What do you think the Holy Spirit might have been bringing to mind for you? Discuss this with your family.
3. What was new and exciting to learn?

Is there something from the sermon you did not understand? See the Additional Resources page at [waiteparkchurch.org](http://waiteparkchurch.org) for more coaching.

*» Parents, don't forget to visit [waiteparkchurch.org/kidsonline](http://waiteparkchurch.org/kidsonline) with your kids to check out this week's KidsPark Online experience. It will help them connect with Sunday's message.*

10/5/20

## MONDAY // ASSESSMENT

1. On a scale of 1-10 (with one being “not at all” and ten being “completely”), how much is your attitude like the Psalmist in Psalm 119?
2. What are your current habits when it comes to Scripture? How often do you read? When do you read? How do you decide what to read?
3. In what ways is your daily life shaped by Scripture? When is the last time you experienced conviction from Scripture and changed an attitude, belief or action as a result?

4. In what ways do you think our church community (or your small group) is shaped by Scripture? How might we improve?

10/6-10/9

## TUESDAY-FRIDAY // PRACTICE

**CORPORATE PRACTICE: SELECT ONE OF THESE PRACTICES FOR THE WEEK.**

- Select a Scripture passage to memorize over the week. Here are a few options as a guide.
  - Psalm 19:4
  - Phil 4:4-9
  - 1 John 4:7-12
- Have your small group or family read through Psalm 119 in one sitting. Reflect on it afterward. To join a Small Group - text 'group' to 612-712-9727 for more details.
- » *Re-create Bible stories using items around your house like blocks, canned goods, or play-doh.*

I will practice corporate habits of being Shaped by Scripture this week by: \_\_\_\_\_

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## PERSONAL EXERCISES: SELECT ONE OF THESE PRACTICES FOR THE WEEK.

Read the Good Samaritan parable in Luke 10:25-37. Each day, read the Good Samaritan parable from the perspectives listed below answering the questions as a guide.

*»Families, you can invite your kids into this exercise with you. Make it fun by acting the story out together, maybe even with costumes or props, then asking some of the questions below.*

- o The man who fell into the hands of robbers
  1. What would be going through your mind after getting robbed?
  2. How would you respond to the pain you feel?
  3. What would you say to the Samaritan who helps you?
  4. How would this experience change you?
- o The Priest & Levite
  1. How would you feel seeing the man half dead?
  2. What would you be saying as you walk by?
  3. Where were you going or what were you doing that seemed so important?
- o The Samaritan

1. What motivates you to stop to help?
  2. How do you decide what is the appropriate way to help?
  3. What are you willing to sacrifice to help pay the extra expenses to help this man?
- o The Audience of the parable
    1. The initial question is how do we inherit eternal life. What is Jesus' answer to this question?
    2. What question does this story answer?
    3. Who is your neighbor?
    4. What are some ways that you could help someone who has a need?
    5. Being able to help often takes preparation. How can you be prepared to help someone's needs?
  - Read a passage each day asking the following questions. Here are some suggested passages:

Tues: Philippians 2:1-11

Wed: Psalm 139

Thurs: 1 Peter 2:4-12

Fri: Genesis 9.

» Consider reading a passage of Scripture in the ICB (International Children's Bible) translation together. It's written at a 2nd-3rd grade reading level, so can be easier for kids to read aloud.

- o What can we learn about God?
- o What can we learn about ourselves?
- o What does God want us to do?

I will practice the personal exercises of being Shaped by Scripture this week by: \_\_\_\_\_

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10/10/20

## SATURDAY // REFLECTION

*Start with Prayer. Sit in silence and deep breathing for a couple of minutes. Say the breath prayer. Ask God to search your heart and help you answer the following:*

1. What has been the most challenging part of this week? How can this help guide your next steps?
2. What was the best part of this week? How can you use this to build a stronger practice?
3. What part of God did you experience this week?

4. How could you incorporate this practice into the rhythm of your life? How could engaging Scripture become a habit? What habits could you “stack” it on?

\*Remember, the focus of soul training is to create healthy rhythms for your life. Be mindful of selecting a manageable cadence around your practices. Every area does not need to become a daily or even weekly practice in your life. Invite God into helping determine how to implement these practices into your life in a meaningful way.

10/11/20

## HABIT 3 // A SPIRIT-EMPOWERED COMMUNITY

The Bible tells us that the Church started when a group of Jesus' disciples were sitting in an upper-room in Jerusalem just days after Jesus ascended to the Father. Before he left, he told them two things. The first was that their mission from that point on would be to make disciples of all nations (Mt 28:1-20) but, second, that they were not to try to do anything until they received the "gift" his Father had promised them (Acts 1:4-5). The gift came when the Holy Spirit moved through the room and came upon his followers and empowered them to do what he said.

Christians (or the Church) cannot be fully mature without the work of the Holy Spirit. If this is true, it's critical that believers learn to hear from the Holy Spirit. The way we tap into the Holy Spirit is through prayer. We must form a church culture that consistently turns to spirit-led prayer for wisdom, guidance, healing, strength, encouragement and conviction.

This week, we'll learn practices of prayer that teach us to rely on the Holy Spirit in our daily lives.

### WEEKLY BREATH PRAYER (5X DAILY):

- Galatians 5:25

*Lord, teach me  
how to live by  
Your Spirit and  
keep in step  
with Your Spirit.  
(Galatians 5:25)*

10/11/20

## SUNDAY // COACHING

1. Read Exodus 33:9-13 and 2 Corinthians 3:16-18

2. Look over the intro and sermon notes.  
What stood out to you from Scripture and the sermon? What do you think the Holy Spirit might have been bringing to mind for you? Discuss this with your family.

3. What was new and exciting to learn?

Is there something from the sermon you did not understand? See the Additional Resources page at [waiteparkchurch.org](http://waiteparkchurch.org) for more coaching.

» *Parents, don't forget to visit [waiteparkchurch.org/kidsonline](http://waiteparkchurch.org/kidsonline) with your kids to check out this week's KidsPark Online experience. It will help them connect with Sunday's message.*



4. In what ways have you seen our church being led by the Spirit? How could we increase our church's dependence on the Holy Spirit?

10/13-10/16

## TUESDAY-FRIDAY // PRACTICE

**CORPORATE PRACTICES: SELECT ONE OF THESE PRACTICES FOR THE WEEK.**

- Attend Praise & Worship Night - Friday, Oct 16th at 7pm in Sanctuary
- Join Weekly Prayer Meeting - every Wednesday at 7pm - Fireside & Zoom
- Select a daily prayer time - use text to share requests and accountability
- Spend time in small group praying and listening to God. Have each person share what entered his or her mind. Is there a common theme in what you heard?

*» Be on the lookout for hands-on ways to engage your kids in prayer. Use play dough to sculpt things you're thankful for, write the names of people who need healing onto bandaids and stick them to a piece of paper you hang on the fridge, or collect fall leaves and ask God to help you trust Him during the changes of life.*

I will practice being Spirit-Empowered Community this week by: \_\_\_\_\_

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**PERSONAL EXERCISES: SELECT ONE  
OPENING PRAYER AND ONE CLOSING  
PRAYER METHOD TO PRACTICE THIS WEEK.**

- Prayer Opener:
  - Prayerfully read a different passage each day.
    1. Tues: Psalm 103
    2. Wed: Ephesians 3:14-21
    3. Thurs: Psalm 139
    4. Fri: Colossians 1:9-12
  - Re-write Scripture passage into a prayer
    1. Tues: Ephesians 6:10-18
    2. Wed: Romans 12:1-8
    3. Thurs: James 1:2-8
    4. Fri: Psalm 23:1-2
  - » *Google Bible verse coloring pages to print and color with your kids. While you color, talk about the verse printed on the page and how it connects to your lives. Try praying sentence prayers that relate to the*

verse (e.g. "God, help us to trust you with all of our hearts" or "God, help us not to be anxious about anything.")

- Prayer closing:
  - Close asking God if there is anyone they should pray over throughout the day. Ask God to remind you to pray for this person throughout the day. Use habit stacking like praying for this person every time you eat food.
  - Pray for God to move within our church community to move us towards living in response to his spirit
  - Pray for our city/neighbors

I will practice personal prayer this week by: \_\_\_\_\_

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10/17/20

## SATURDAY // REFLECTION

*Start with Prayer. Sit in silence and deep breathing for a couple of minutes. Say the breath prayer. Ask God to search your heart and help you answer the following:*

1. What has been the most challenging part of this week? How can this help guide your next steps?
  
  
  
  
  
  
  
  
  
  
2. What was the best part of this week? How can you use this to build a stronger practice?

3. What part of God did you experience this week?

4. How could you incorporate this practice into the rhythm of your life?

\*Remember, the focus of soul training is to create healthy rhythms for your life. Be mindful of selecting a manageable cadence around your practices. Every area does not need to become a daily or even weekly practice in your life. Invite God into helping determine how to implement these practices into your life in a meaningful way.



10/18/20

## HABIT 4 // A TRUSTING COMMUNITY

People have varying ideas when they hear the word “sabbath.” Many simply see it as an opportunity to “head north” for the weekend for some rest and relaxation. Others think of Sabbath as an outdated, antiquated law that applied to the Jews, but isn’t necessary for us today. They might even believe those who practice sabbath are stuck in a strict legalism.

But Scripture tells a different story. The foundation of Sabbath is not the Jewish Law, it’s in the creation story— meaning it’s for everyone. Jesus tells us that the sabbath is for our good. In practice, sabbath is a weekly opportunity to be reminded of some valuable truths about God, ourselves, and our purpose in life.

In our hurried, frantic society, there may be no more peculiar or subversive Christian practice than Sabbath. In Sabbath we can “be still and know that God is God.” In Sabbath, we say an emphatic NO to our society’s belief that a busy life is a better life. In Sabbath, we learn to trust that God knows what he’s doing.

This week, we’ll explore the practice of sabbath and recover its physically, emotional, and spiritual benefits.

### WEEKLY BREATH PRAYER (5X DAILY):

- Matthew 11:28

*Jesus, as I come  
to you, help me to  
trust in you enough  
to rest from my  
striving.*

*(Matthew 11:28)*

10/18/20

## SUNDAY // COACHING

1. Read Exodus 20:8-11, Matthew 6:25-34.
2. Look over the intro and sermon notes. What stood out to you? What do you think the Holy Spirit might have been bringing to mind for you? Discuss this with your family.
3. What was new and exciting to learn?

Is there something from the sermon you did not understand? See the Additional Resources page at [waiteparkchurch.org](http://waiteparkchurch.org) for more coaching.

*» Parents, don't forget to visit [waiteparkchurch.org/kidsonline](http://waiteparkchurch.org/kidsonline) with your kids to check out this week's KidsPark Online experience. It will help them connect with Sunday's message.*



4. In what ways is our church's practice of Sabbath refreshing for you? How could it be more refreshing?

10/20-10/23

## TUESDAY-FRIDAY // PRACTICE

### CORPORATE PRACTICES: SELECT ONE OF THESE PRACTICES FOR THE WEEK.

- Attend Worship Service on Sunday. Let it be a day of rest and renewal.
- Schedule time with people - Being with people can be a good way to spend parts of our sabbath time. Make time to do fun and refreshing activities with people.

### PERSONAL EXERCISES: SELECT ONE OF THESE PRACTICES FOR THE WEEK.

Sabbath is a time where we rest and remember what God has done for us. Throughout, this focus season we have stretched ourselves in our pursuit of God. This week, take the time to rest in God's love by setting aside one evening to rest. Let the focus be on doing things that bring you joy.

- Make a bonfire.
- Take a nap.
- Eat a meal outside.

- Go to an apple orchard.
- Bake a favorite treat.
- Dive into a pile of leaves.

10/24/20

## SATURDAY // REFLECTION

*Start with Prayer. Sit in silence and deep breathing for a couple of minutes. Say the breath prayer. Ask God to search your heart and help you answer the following:*

1. What did you learn about God through rest?

2. How could a regular practice of rest impact your life?

3. How could you incorporate this practice into the rhythm of your life?

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10/25/20

## HABIT 5 // A GENEROUS COMMUNITY

When we hear the word, hospitality, we tend to think about Martha Stewart, HGTV, dinner parties, and fancy hotels. Not many people know the deep biblical and historically Christian roots of the word. The late Henri Nouwen once said, "If there is any concept worth restoring to its original depth and evocative potential, it is the concept of hospitality."

In the Bible, the Greek word for hospitality is *philoxenos*, which literally means "love for the stranger." It's natural for people to take care of "our own," but Jesus calls us to go further. Jesus tells us we are to love not just our friends, but to do good to those who hate us. He tells us we will be judged at least partly on how we treat those in need. The simple truth is that Christians are called to be different in the way we treat the poor and those on the margins. This week we'll learn the practices of biblical hospitality that allow God's love to flow freely to those around us.

At the heart of biblical hospitality is "making room" for others. Of course, this can include friends and family, but the real value of biblical hospitality is when we make room for people who tend to be left out. The practices in this will center on "making room" for others, especially the "stranger." We can develop practices that center on making room in our 1) heart, 2) schedule, 3) home, 4) budget.

### WEEKLY BREATH PRAYER (5X DAILY):

- 1John 4:19

*God help me to love  
others the way you  
love me.  
(1John 4:19)*

10/25/20

## SUNDAY // COACHING

1. Read Luke 10:25-37 and Luke 14:7-14 .
2. Look over the intro and sermon notes. What stood out to you? What do you think the Holy Spirit might have been bringing to mind for you? Discuss this with your family.
3. What was new and exciting to learn?

Is there something from the sermon you did not understand? See the Additional Resources page at [waiteparkchurch.org](http://waiteparkchurch.org) for more coaching.

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10/26/20

## MONDAY // ASSESSMENT

1. Why do you think hospitality (love for the stranger) is such a high priority in Scripture?
2. On a scale of 1 to 10, how much of a priority have you made biblical hospitality? Why?
3. How often do you open your home or your dinner table to those who are not a part of your family or friend-group? What is your attitude toward those who are not like you? (Invitation? Fear? Anger? Indifference?)

4. What percentage of your income do you give away? (to people in need, the church, charitable organizations, etc.) [do the math]  
What motivates you to give or not give?

5. How can we as a church practice biblical hospitality more effectively?

10/27-10/30

## TUESDAY-FRIDAY // PRACTICE

**CORPORATE PRACTICES: SELECT ONE OF THESE PRACTICES FOR THE WEEK.**

- Provide care for vulnerable parents through Together for Good - relational support, respite care and support (<https://tfgood.org/get-involved/>)
- Work w/ and help immigrants through Arrive Ministries - (<https://arriveministries.org/volunteer/>)

I will practice Biblical hospitality this week by:

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## PERSONAL EXERCISES:

- Tues: Make room in your heart by...
  - Prayerfully approach God in prayer asking Him to guide you as you answer these questions. Pray each day for God to bring a person to mind to extend hospitality to this week.
  - What holds you back from reaching out to help someone with dire needs?
  - What 1-2 things do you spend most of your time meditating on? Is this useful to build towards the community that honors God?
  - Is there a group of people that you are drawn towards or enjoy working with? If so, what group of people is this?
  - What are ways that you enjoy serving others?
    - » *Families, ask your kids how they like to help others. You may find that you have complimentary gifts within your family - like one child who likes to bake, another who likes to craft and make cards, and another who likes to sit and chat, making the perfect team to create a special gift for a lonely neighbor.*

- Wed: Make room in your schedule by going over your calendar and intentionally ridding yourself of hurry and cutting out excess activities that prevent cultivation relationships.
  - Prayerfully approach God in prayer asking Him to guide you as you answer these questions. Pray each day for God to bring a person to mind to extend hospitality to this week.
  - Reflect on what you can stop/change.
- Make categories labeled: Stop and Change. Write down everything that pops in your mind. This is just a brainstorm, so no ideas are bad ideas!
- Activities to Stop should be unnecessary or not very valuable activities.
- Activities to Change should be ways to improve or become more efficient.
  - Write a plan to implement one of your stop or change ideas.
- Take time to write out what and how you are going to make changes.
- Use this plan to create space in your schedule to be open and available to help and serve others.
  - What is one change that you can start today?

- Thurs: Make room in your home by...
  - Prayerfully approach God in prayer asking Him to guide you as you answer these questions. Pray each day for God to bring a person to mind to extend hospitality to this week.
  - Are there rooms or areas that are not being used in your home?
    - » *If you have a room that could be used differently but is too full of junk, get the family in on cleaning out some of the excess stuff and turning it into a space you could use to serve others.*
  - What is one change that you can start today?

- Fri: Make room in your budget by...
  - Prayerfully approach God in prayer asking Him to guide you as you answer these questions. Pray each day for God to bring a person to mind to extend hospitality to this week.
  - What is a small way you can save money each week?
    - » *Pray together as a family to see what God might be asking you to change or do differently to save a little extra or perhaps even give sacrificially.*
  - How about one less coffee purchase?
  - How about one less take out meal?
    - Calculate how much making that one small change would add up to be over the course of a year.
  - As a reference at Feed My Starving Children, three kids are fed for a month on \$25 even a little change can go a long way.
    - What is one change that you can start today?

10/31/20

## SATURDAY // REFLECTION

*Start with Prayer. Sit in silence and deep breathing for a couple of minutes. Say the breath prayer. Ask God to search your heart and help you answer the following:*

1. Now that you have made room, what will you do for the person God brought into mind to extend hospitality? How will you be hospitable to this person?

2. What steps will you take to start this practice? When will you begin taking these steps?

3. What part of God did you experience this week?

4. How could you incorporate this practice into the rhythm of your life?

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11/1/20

# SUNDAY //NOW WHAT?

1. As Soul Training 2.0 focus season comes to a close, our journey in becoming a different kind of community is just beginning. Take time to review your Saturday reflections. Choose ONE (and only one) area to implement a new habit in cultivating these communities within our church family.

My Practice Focus Area: \_\_\_\_\_

\_\_\_\_\_

2. Write out your plan to implement this practice. Be as specific as possible on what will cue this new practice into a habit. Identify people that you like to encourage you as you build this into your rhythm of life.

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3. Write a prayer to God as you take this next step.

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# APPENDIX //

## SMALL GROUP DISCUSSION GUIDE

1. Start by reflecting on previous weeks practice.

- What worked and didn't work when trying this practice?
- What did you learn about yourself through it?

2. Discuss Sermon

- What stood out to you from the sermon?
- Share answers to reflection questions.

3. Share learnings from the Assessment Questions.

4. What practice are you trying this week? Why?





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