

Daily Development Activity

1 Corinthians 16:14 Do everything in love.

“And for those who, standing in the love of God, are concerned about the next generation around them, and about their entry into the full vision of the God of love, the call is to make these matters a subject of serious and prolonged discussion and prayer with those who will lead into the future. Talk openly, regularly, honestly, and lovingly.” Dallas Willard “the Great Omission” page 102

The following disciplines are powerful ways to develop increased understanding of ourselves and God’s character. Yet it must be done with regularity, sincere attention, and desire to grow. Our attitude toward the learning and development makes a difference. Prayer for willingness and humility can help.

Solitude, meditation, and reflection are distinctly three different activities that can be used together.

- Solitude is being alone, getting away from distractions, and quieting ourselves. Reducing distractions can help slow us down and bring calmness. Some may take longer than others to experience a calming affect. Patience and perseverance is key. Calmness can help us problem solve with less pressure or stress. It can improve our concentration and focus.
- Meditation is spending time in quiet thought, examining our thought content, increasing awareness of our thoughts, and making adjustments to align our inward authority with God,
- Reflection is thinking about experiences, ideas, purpose, situations, personal reactions, motivations, emotional responses, desires, needs, fears, resentments, love, peace, truth, mercy, and justice etc. How have we acted and how can we improve.

To be mindful and improve our self-awareness we ought to examine ourselves routinely and improve such skills over time. Through regular practice and participation we can increase our inward abilities.

Spiritual participation in biblical principles

- We ought to participate with the practice of loving God with all our heart, mind, and soul. We ought to love others with God's love (love

which serves the spiritual kingdom and the greater good). There are many ways where the loving thing to do isn't clear. Discussion with others and getting feedback can help. Sharing our thoughts about our experience or problems can bring insight to both the speaker and the listener. A second and third opinion is of high value. Talking aloud to God and others with an open mind and heart is encouraged.

- Participate with active self-awareness: For example: While practicing patience in line at a store or in traffic we can be attentive toward our thoughts. We might find ourselves complaining in our minds about the experience. We might notice some blaming about how slow the process is or thinking critically about other people. We can pray for guidance and make attempts to adjust our mental attitude toward the world around us. We can shift our thinking toward something more positive and perhaps pray for patience and peace. We ought to think how we can bring love and peace to each moment.
- We ought to participate in seeing how we can improve. What would Jesus do? We seek to reduce complaining and criticizing, add more calming thoughts, seek to be helpful, practice love and compassion, and speak more truthfully with sincerity.
- We continue to learn more about God's principles and character each day. Flash cards are a great way to learn new terms and concepts describing each character of God. We ought to understand and reflect upon what it means. We can practice the new character more and more to better understand through experience its spiritual significance. More and more we can see how God's way is a way of power, peace, love, truth, and freedom. Our attitude ought to increasingly reflect God's attributes.
- We ought to communicate with others and learn from other's experience as we engage in God's character. Attitudes are contagious. Our anger affects others. Our peace affects others. As we grow we can improve our ability to choose Godly character in our responses. We ought to be truthful about our inward condition and honestly take steps to align it more with God. We ought to avoid being fake, living a lie, faultfinding, blaming, and participating in false flattery. (heart, mind, soul, and community).

Interrelationships/Community growth and development

- We ought to meet together regularly in a small group, bible study, with a mentor, or with a spiritual partner and honestly share our progressive experiences. We ought to share what we notice about our thoughts and

feelings, the struggle to do what's right (what Jesus would do), what we did, and then the result of the experience. We can learn from our poor choices just as much as we do from good ones. We can ask the group or mentor/s for help. How would they handle similar situations? How are they finding peace? What does the bible say?

- We ought to confess our struggles with a spiritual partner or mentor. We ought to share our frustrations, wrongs, and bad attitudes. It will do little good to confess wrongs we have done if we are not ready to begin corrective action. This would lead to confessions over the same thing repeatedly which is catharsis and venting. We must become ready for Godly experiences. We ought to seek God's will instead of our own. Our goal is to take steps toward imperfectly improving in God's peace and love.
- In sharing with others and building relationships we can learn more about our inward condition. We ought to guard against judgement on others, impatience, prideful thoughts, self-centeredness, and complaining. All this ought to be discussed. If we keep such thinking to ourselves it may grow and multiply within our minds and move us toward destructive and dishonest actions. We ought to manage our mental attitude through examination, discussion, prayer, confession, and corrective discussions.
- Relationships will often times help us to see where we need to grow. If we think negatively about others it can corrupt our mind, heart, and soul. Our inward condition affects our relationships. If we try to put on an act we sabotage our spiritual growth with the loss of sincerity and honesty. We become manipulative liars and deceivers. This is not God's desire for us. We ought to speak the truth sincerely. How others react toward us can often times say something about ourselves and our actions. When we are offensive others can become defensive. Our attitude can illicit corresponding reactive attitudes in others. An attitude of sincere peace with understanding and love can have a powerful affect and help others spiritually.
- We can provide hope for others sharing the beauty we experience while engaging in God's peace and love. Simply listening with compassion can save souls. In our groups we ought to become intimate, spiritually close, emotionally involved, and committed. Truth and accountability is necessary.

Biblical research and study

- We ought to understand the truth in the bible which can direct us spiritually. We ought to learn more how to fulfill the greatest commandment. Experience is a better way to learn.
- We look at the scripture, think about it, memorize it, sense it, and inwardly learn more how to take action with it. The bible clearly describes God with inward experiencing traits of love, peace, mercy, truth, etc. To make the bible personal we must experience what it says and inwardly explore what those experiences bring.
- Our minds can conjure up a multitude of distractions, excuses, and lies to keep us from making changes into Christ likeness. We ought to rebuke such thinking with love and gentleness.
- We ought to create reminders, symbols, signs, and ask people to encourage us. We ought to make adjustments within our thoughts, hearts, spirit, and actions to grow more with God.

Love and Peace

- We are to Love God. It is the greatest commandment. We ought to Love each other this is the second greatest commandment. Those who love know God.
- 1 Corinthians 13 ought to be understood through experiences.
- We ought to bring into our consciousness each day God's love and see how we can better put it into practice in our relationships.
- Peace comes from our giving into God's will, principles, instruction, guidance, and care, often times at the sacrifice of our own ideas, agenda, wants, beliefs, and desires.
- Love covers a multitude of sin, and that's what Jesus did, he loved us to show us what to do.