

## Developing a Student's Spiritual Disciplines

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### Summary

This video discusses the importance of developing spiritual disciplines among students in youth ministry. The speakers emphasize presenting spiritual disciplines as a means to grow closer to Jesus and deepen one's relationship with Him rather than as a legalistic checklist or requirement. They suggest using questions to engage students in understanding the value and practicality of disciplines like Bible reading, prayer, and worship. The speakers also recommend providing opportunities for students to practice these disciplines in a safe environment, celebrating their efforts, and rewarding discipleship growth rather than just the act itself. The goal is to help students develop habits that integrate spiritual disciplines into their daily lives and foster a genuine desire to know and follow Jesus.

### Main Points

#### The Value of Spiritual Disciplines

The speakers discuss the importance of framing spiritual disciplines as a way to grow in one's relationship with Jesus rather than as a means to earn salvation or checkboxes. They emphasize that disciplines should be presented in a way that helps students understand the freedom and benefit of growing in Christ through daily practices like Bible reading, prayer, and worship. The goal is to cultivate a desire in students to know Jesus more intimately.

#### Teach, Don't Tell

Instead of simply telling students to practice spiritual disciplines, the speakers suggest teaching them the 'why' and 'how' behind these practices. They recommend asking questions to engage students in considering the potential impact of disciplines on their lives and involving them in the learning process. This approach aligns with the curiosity and desire to understand the characteristics of the current generation.

## Providing Opportunities to Practice

The speakers advocate creating safe spaces within youth group settings for students to practice spiritual disciplines. This could involve dedicating portions of meetings or small group times as 'spiritual discipline labs,' where students can experience activities like Bible reading, prayer, or worship and then discuss their experiences. The goal is to equip students with practical skills and guidance in a supportive environment.

## Celebrating and Rewarding Discipleship Growth

The speakers emphasize the importance of celebrating and rewarding students' efforts in practicing spiritual disciplines, as this reinforces the desired behavior. However, they caution against rewarding the act itself; instead, rewards should center on the discipleship growth and deepening relationship with Jesus that results from these practices. Suggestions include personal affirmation, one-on-one mentoring, and providing opportunities for students to lead their peers in spiritual disciplines.

## Action Items

- Present spiritual disciplines to grow closer to Jesus and deepen one's relationship with Him rather than as a legalistic checklist or requirement.
- Use questions to help students understand the value and practicality of disciplines such as Bible reading, prayer, and worship.
- Provide opportunities for students to practice spiritual disciplines in a safe environment, such as dedicating portions of youth group meetings or small group times as 'spiritual discipline labs.'
- Celebrate and reward students' efforts in practicing spiritual disciplines, but ensure that rewards center on the discipleship growth and deepening relationship with Jesus that results from these practices.
- Involve students in the learning process by asking them questions and allowing them to discover practical applications of spiritual disciplines in their own lives.
- Equip and release adult and small group leaders to mentor and guide students in practicing spiritual disciplines.
- Be honest with students about the challenges of developing spiritual disciplines and help them understand that the process may only sometimes feel rewarding or exciting at the moment.
- Consider providing resources or tools, such as youth-friendly Bible translations or reading plans, to support students in their spiritual discipline practices.