

## ***ROGO Forum Spiritual Disciplines Summary***

### **Solitude & Silence: Drives Clarity**

This simple practice of creating intentional time to be alone and distraction-free with God fosters clarity about who you are and who God is.

*The Challenge:* Consider spending a small block of time (2-3 hours) monthly to get away from your phone and distractions (someplace quiet and relaxing, perhaps in nature) and spend time with just you and God. This might include reading scripture, journaling and praying.

### **Identify Satan's Voice & Replace it with Truth: Combats Divisiveness and Self-Accusation**

The voice of the Accuser can come in many forms, even from well-meaning individuals. Learn to test the spirits by their fruit (1 John 4:1) by being more attentive to your spiritual well-being, combating lies about yourself with God's truths.

*The Challenge:* Pay attention to how you feel spiritually throughout the day. Do you find yourself feeling puffed up in certain situations? Really small in others? Find scriptures to combat these feelings, keeping them at the ready so that as the lies from Satan find their way to you, you have something to counterbalance them with.

### **Daily Communion: Drives Sensitivity to the Holy Spirit**

Learn to be in tune with the Holy Spirit, being more attentive to God's will, during the little decisions as well as the big ones. We do this by making intentional time to be with God, daily, often through scripture reading and prayer.

*The Challenge:* Make a commitment to spend time in the Bible daily. Consider using one of the Bible Reading Plans on the Sandals Church app, taking the time to read and reflect in the spaces provided (10 mins daily).

### **Slow Down: Combats Burnout and Drives Clarity**

The act of slowing down stands in direct opposition to the frenetic pace of our current culture. Instead of being tethered to our phones, our emails, our social media, taking the time to slow down brings both our bodies and our souls into a more natural rhythm and removes the clutter that often clouds our vision and thinking.

*The Challenge:* Make a commitment to stay in the moment. When you're eating lunch, don't check your phone. When you're talking with someone, work to stay present to what they are telling you. When you're with your family or friends, consider leaving all work and technology behind, and stay committed to that. Don't check your email before you go to bed. Pay attention to what happens on the inside as you practice these things

### **Pursuing Healing: Fosters Freedom from Our Old Selves**

Gain freedom from the patterns that routinely stunt your progress. Like big boulders on a highway, we need to do the hard (and oftentimes slow) work to remove these so our paths can be clear of spiritual and emotional debris.

*The Challenge:* Find a spiritual mentor who can guide you through the process of self-examination, and guide you into partnering with God for your own personal healing. This could be a trusted friend, a licensed counselor or even a pastor.

### **Time in Community: Drives Growth Through Connection**

The Bible says that isolation is bad for the human soul. Even in Eden, when things were still perfect, God saw that Adam was alone, and it was the one thing he said was not good. We need others in our lives and often, as business leaders, this can be the very thing that we don't make time to pursue.

*The Challenge:* Join a community group, ROGO Forum group, a men's or women's group—and if you're already in one, make the decision to open up more and let others in, even though this may feel vulnerable. We often find the most healing when we admit our shortcomings to others in a safe and God-centered community.

### **Serving & Investing in Others: Reduces Anxiety by Focusing on Others**

When we take the focus off ourselves, and instead make an intentional investment in others, we find our own stresses diminish in their power over us. When God uses our story and our personal experiences to bless others, we receive more of his power and grace.

*The Challenge:* Pray and ask God to show you whom you should be investing in. It might be as simple as paying attention to your staff, checking in with them on a personal level, knowing the names and favorite sports of their kids, etc. Or it could be taking a more intentional interest in someone, using your gifts and experiences to mentor and guide that person. Trust that God will bring that person (or those people) to mind.

### **Confession: Drives Real Healing**

The Bible says that we confess our sins to God to receive forgiveness, and we confess to others to find healing (1 John 1:9 and James 5:16). Let that sink in for a moment. God is the one who forgives, but we don't experience total healing until we allow ourselves to experience the grace of others.

*The Challenge:* Build up the courage to confess a sin to a trusted friend or someone in your small group. It is ok to be selective with whom you tell, but it is critical that you tell someone, especially if there is a particular sin that you've been hiding for some time. Pay attention to what happens as you share. How did sharing affect you or change you?