

Take Aways

WEEK #1

The Inward Disciplines

WEEK #2

The Outward Disciplines

WEEK #3

The Corporate Disciplines

MY Spiritual Work-Out Plan

Freshstart Church

Spiritual Disciplines

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

- Jesus

.....Here is the secret of the easy yoke; it is living as He lived in the entirety of his life - adopting his overall lifestyle. Following Jesus is not just to love our enemies, go the second mile, and turn the other cheek, but to LIVE as Christ did in ALL of his Life!

- Dallas Willard

The Spirit of the Disciplines

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