



APOSTOLIC CHRISTIAN  
Counseling and Family Services

# Way of Life

## MODULE 8

### VIDEO INTRODUCTION

[Watch Here](#)

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### TEACHING

In our discipleship journey, genuine transformation happens not through occasional bursts of inspiration, but through consistent and intentional rhythms that connect us deeply with Jesus. Every single day, we're being shaped—by our schedules, our priorities, and our habits. Genuine spiritual growth isn't about merely trying harder but about intentionally arranging our lives around wise practices that enable us to stay connected to Christ.

Jesus modeled this intentionality. His life wasn't aimless or hurried—it was deeply purposeful. The Gospels regularly show him stepping away to pray (*Mark 1:35*), withdrawing for silence and solitude (*Luke 5:16*), regularly participating in Sabbath worship and rest (*Luke 4:16*), and constantly engaging with the Scriptures. Jesus also invested in intentional community with his disciples, practicing hospitality, shared meals, and open conversation. When he invites us, "Follow me," he's inviting us into the same intentional rhythms he practiced himself.

We might call these intentional practices a "Way of Life." They serve as a spiritual trellis, or guidewire, lifting us toward the light of God's grace and keeping us from growing wild or drifting away. Without such rhythms, we naturally settle into habits formed by our culture or our emotions. Intentional spiritual disciplines—prayer, Scripture meditation, Sabbath, fasting, generosity, sacrifice, and fellowship—place us continually before God, where transformation occurs.

It's important to note: the disciplines themselves don't transform us into the likeness of Christ. Only God can do that. But our intentional practices position us before him, making us

consistently available to receive his transforming grace. This isn't about striving for approval or earning favor; it's about choosing rhythms of life that enable God's grace to continually reshape our hearts and minds.

Ultimately, adopting an intentional way of life means making thoughtful, wise adjustments to our daily and weekly rhythms. We intentionally create space for God to work—allowing us, over time, to become people who more naturally embody the character of Jesus. As Paul instructed believers: *"Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you."* (Philippians 4:9)

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## DISCUSSION QUESTIONS

1. Think about your current daily rhythms. Which habits or practices shape you the most right now—toward or away from Christ?
  2. How does thinking of spiritual disciplines as a "trellis" or "guidewires" that positions you for growth help you understand their purpose?
  3. Which spiritual discipline practiced by Jesus (prayer, solitude, Sabbath, Scripture, fellowship, hospitality, etc.) resonates most naturally with you? Which discipline feels most challenging?
  4. What's one practical, manageable step you could take this week to intentionally structure your day or week around connecting with God?
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## ACTIVITY: CHOOSING AN INTENTIONAL RHYTHM

This week, choose one spiritual discipline modeled by Jesus to intentionally incorporate into your life in a simple, sustainable way. Examples: prayer, solitude, scripture reading, fasting, rest, service, or hospitality.

### 1. Identify your discipline:

- Choose one practice that feels particularly needed or life-giving right now (e.g., solitude if you feel hurried, rest if you're tired, scripture meditation if your thoughts feel scattered).

### 2. Intentionally schedule it:

- Consider a natural pause in your day or week where this discipline can fit. You might consider just setting aside 2–5 minutes at first—start small, without pressure.

### 3. Begin with prayer:

- Before practicing, simply pray:
  - "Father, please use this practice to help me connect with you and become more like Jesus."

### 4. Practice regularly:

- Engage consistently over the week, adjusting the timing or approach as needed to maintain consistency.

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## FOLLOW-UP DISCUSSION QUESTIONS

1. Which spiritual practice did you choose this week, and why did you feel drawn to it?
2. How did intentionally structuring time around this discipline affect your sense of connection with God?

3. Did you encounter any obstacles or resistance? If so, how did you respond to them?
  
4. Based on your experience, how might regularly practicing this discipline shape your daily life or discipleship going forward? How can we support one another in maintaining intentional rhythms?