

SPIRITUAL EXERCISES WORKOUT SHEET

THE EXERCISE OF RESPONSIBILITY



Find a time this week when you can spend 10 minutes alone, free from all other distractions (including mobile phones!). Ask yourself the following:

In what areas of my life do I exercise choice? (e.g. job, friendships, clothing, spending, what to watch on TV, etc)

What kind of Christian do I want to be?

Think about the following: Jesus constantly challenged his followers to DO something in response to him.

Come, follow me....Mtt 4:19

Put out into deep water....Lk 5:4.

Sell everything you have...Lk 18:22

Take up[your] cross... Mtt 16:24

Do not carry a purse or bag or sandals...Lk 10:4

Go into your room and close the door... Mtt 6:6

Put oil on your head and wash your face...Mtt 6:17

You also should wash one another's feet...Jn 13:14

"Will you give me a drink?"... Jn4:7

"Get up! Pick up your mat and walk!"..Jn5:8

It's your choice. With the help of God's Holy Spirit, make a conscious decision to take responsibility for obeying his call.

Lord, you have done it all. You have done the hard part. You have died for me. Now I want to start living the new life you came to bring me. From now on, I want to cooperate with your Holy Spirit as you teach me and train me, so that I may reach the fullness of your dream for me. Help me, I pray, in Jesus' name, Amen.