



A Disciplined Life

Christians are called to make the most of the time God entrusts to them, to redeem each moment of time for the glory of God and the progress of His Kingdom and righteousness (Eph. 5.15-17; 1 Cor. 10.31; Matt. 6.33; Matt. 25.14-30). This requires conscious and continuous effort on our part, effort that can be made more effective by bringing the time of our lives under the disciplines commended by God in His Word.

The disciplines of life fall into five basic categories, as follows:

Spiritual Disciplines: Spiritual disciplines help us to bring our soul – heart, mind, and conscience – into line with the affections, thoughts, and priorities of God. Spiritual disciplines include reading and meditating in the Scriptures, prayer, fasting, solitude, observing the Lord’s Day, and so forth.

Relational Disciplines: Relational disciplines help us in carrying out the requirements of neighbor love. Following the example of Jesus, we love our neighbors when we seek them diligently, serve them faithfully, shepherd their souls, sow the Word of God into their lives, and exercise stewardship over our use of time, talents, and treasure with respect to our neighbors.

Vocational Disciplines: These are the disciplines we must master in order to do all our work as unto the Lord, and not unto men. They include embracing all our work (not just our “jobs”), planning and organizing our work, preparing well, carrying out our work with excellence and without complaining, and improving our work as much as possible.

Communal Disciplines: By these disciplines we participate in the life and work of the church, the Body of Christ. Here we must learn to pray with our brothers and sisters, worship, give, share together in the fellowship of the Body, and employ our gifts together in doing the work of the Lord.

Provisional Disciplines: These disciplines are “provisional” because we only need them at certain times and under certain conditions. But we must have them at the ready so that, when they are needed, we know how to use them, such as when we confront temptation or trials, suffer some setback or loss, experience persecution, or are subjected to the Lord’s chastisement for a season.

The matrix on the next page will allow you to evaluate the state of your disciplines and to plan specific next steps for improving in all areas. The Personal Rule Worksheet, on the last page, will help you to organize your disciplines to fill the time of your life according to the Lord’s calling (Ps. 90.12, 16, 17)

We hope you find this exercise helpful, and that you will share it with your friends, encouraging them to begin making better use of the Lord’s discipline in order to serve and glorify Him in their walk with and work for Him.

For more information and resources to help you grow in the disciplined life, visit our website, www.ailbe.org, or write to T. M. Moore at tmmoore@ailbe.org.

The Brothers of The Fellowship of Ailbe

Disciplines Assessment

Use this matrix to evaluate the state of your disciplines at this time. Prayerfully consider each of the disciplines listed in the column to the left. Review the summaries on the preceding page if necessary. For each discipline area, render an evaluation, 1 to 10 (where 10 is the highest rating) of the state of your disciplines in the second column. Jot down some thoughts explaining why you chose the number you did. Then, in the third column, write down the areas where you most need to see improvement in each of the areas of discipline. Finally, in the last column, lay out your plan for improving over the next several months. What will you do to raise your assessment in each area over the next few months? Share your plan with a prayer partner, and meet with that prayer partner occasionally to review progress.

Name _____ Date _____

Schedule/ Discipline	Evaluation (1-10)	Most in Need of Improvement	Improvement Plan
1. Spiritual 1.1 Prayer 1.2 The Word 1.3 Meditation 1.4 Solitude 1.5 Fasting 1.6 Lord's Day 1.7 Other			
2. Relational 2.1 Seeking 2.2 Serving 2.3 Shepherding 2.4 Sowing 2.5 Stewarding 2.6 Other			
3. Vocational 3.1 Embracing 3.2 Planning 3.3 Organizing 3.4 Preparing 3.5 Executing 3.6 Improving 3.7 Other			
4. Communal 4.1 Prayer 4.2 Worship 4.3 Invest (gifts) 4.4 Fellowship 4.5 Collaborate 4.6 Other			
5. Provisional 5.1 Recognize 5.2 Rejoice 5.3 Rest 5.4 Remain 5.5 Repent 5.6 Return 5.7 Other			

A Personal Rule

Use this matrix to begin organizing your time around a disciplined life of seeking the Lord and His Kingdom by improving your use of the disciplines appropriate for each area below. You should include specific planning for a disciplined life in each of the areas outlined on this worksheet.

Name _____ Date _____

Schedule/ Discipline	Daily	Weekly	Occasionally/ Annually
1. Spiritual 1.1 Prayer 1.2 The Word 1.3 Meditation 1.4 Solitude 1.5 Fasting 1.6 Lord's Day 1.7 Other			
2. Relational 2.1 Seeking 2.2 Serving 2.3 Shepherding 2.4 Sowing 2.5 Stewarding 2.6 Other			
3. Vocational 3.1 Embracing 3.2 Planning 3.3 Organizing 3.4 Preparing 3.5 Executing 3.6 Improving 3.7 Other			
4. Communal 4.1 Prayer 4.2 Worship 4.3 Invest (gifts) 4.4 Fellowship 4.5 Collaborate 4.6 Other			
5. Provisional 5.1 Recognize 5.2 Rejoice 5.3 Rest 5.4 Remain 5.5 Repent 5.6 Return 5.7 Other			

The Fellowship of Ailbe

The Fellowship of Ailbe is a spiritual fellowship in the Celtic Christian tradition. Our goal is to promote revival, renewal, and awakening, following the teaching of Scripture and the example and heritage of our forebears in the faith.

The Fellowship of Ailbe offers many opportunities for training, prayer, personal growth, and ministry. Visit our website at www.ailbe.org to learn more.

We hope you found this resource helpful. If so, please consider making a gift to The Fellowship. You can contribute to our ministry by using the donate button at the website, or by sending your gift to The Fellowship of Ailbe, 19 Tyler Dr., Essex Junction, VT 05452.

Thank you.