



## Elevate Your Character with these Training Tools

Negative Patterns	Spiritual Training Practices
Addiction	Fasting (from that to which we are addicted: food, shopping, media, sex, etc.), accountability
Anxiety/Fear	Prayer, Scripture meditation
Envy	Solitude, Confession
Gossip	Silence
Guilt	Confession, Scripture meditation
Hurry-sickness	Slowing, Solitude, Sabbath-keeping
Impatience	Slowing
Impression Management	Secrecy, Silence
Feelings of Inadequacy	Solitude, Scripture, Spiritual friendship
Isolation	Fellowship
Joylessness	Celebration, Corporate worship
Judgmental Spirit	Service, Self-examination, Solitude
Lust	Fasting, Confession
Lying	Silence, Confession, Truth-telling
Materialism	Giving, Simplicity, Service
Mismanaging Anger	Use of Scripture
Negative thought patterns	Study, Scripture meditation, Worship
Pride	Solitude, Service, Submission
Self-centeredness	Corporate worship, Service, Fasting
Self-reliance (vs. reliance on God)	Silence, Fasting, Sacrifice
Sloth/Laziness	Accountability, Service
Spiritual Apathy	Prayer, Worship, Accountability
Spiritual Blind Spots	Self-examination, Truth-telling, Spiritual friendship
Swearing	Worship, Silence



## My training plan for 2020

I choose the following Spiritual Practice(s) as training tools to help me do by training what I cannot do by merely trying. The goal of this training is to elevate my character toward that of Jesus.

Practice	Description	Frequency	Desired result

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_