

Everyday Disciple

How To Use Positive Influences To Drive Spiritual Growth

1. Understand we are influenced by what we take in
2. Limit negative influences
3. Fuel your mind with positive influences
 - The power of music
 - The power of Scripture
 - The power of Image

➤ The power of _____

1 Corinthians 15:33 *Do not be misled: 'Bad company corrupts good character.'*

Proverbs 13:20 *Walk with the wise and become wise...*

Key: Find a _____

➤ The power of _____

2 Corinthians 4:18 *So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

Colossians 3:1-2 *Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.*

#1: _____

#2: Use daily routines to _____

- _____
- _____
- _____
- _____

That you would have a rich life of joy and power abundant in supernatural results with a constant clear vision of never-ending life in God's world before you and of the everlasting significance of your work day by day—a radiant life and a radiant death. D.W.

Follow Mission-Minded Voices

Fill your feed with accounts that point you to what God is doing.

YouTube / Shorts:

- *Dallas Willard Shorts*
- *John Lennox Shorts*
- *Voice of the Martyrs (VOM) Shorts*
- *John Ortberg Shorts*
- *The Bible Project Shorts*
- *Lee Strobel Shorts*

Instagram / TikTok:

- *Compassion International*
- *Hope International*
- *World Vision*
- *Open Doors USA*

Watch Things That Build Faith

- *John Lennox (YouTube)*
- *Dr. Stephen Meyer – Intelligent design*
- *Alpha Film Series*
- *I Am Second videos*
- *The Chosen tv series*
- *Dallas Willard Lectures (YouTube)*
- *N.T. Wright Online*
- *BibleProject videos*

Youtube: The near death experience expert on life after death – John Burke

Add Faith Builders to Your Listening

Turn driving, walking, or working into worship and discipleship.

Podcasts:

- *Becoming New*
- *Daily Dallas* (Dallas Willard reflections)
- *BibleProject Podcast*
- *Renovaré Podcast*

Spotify Playlists:

- *New Christian Music This Week*
- *Christian Hits*
- *Worship Rising*
- *Christian Alt*
- *Christian Pop*

Habits To Try This Week

Morning Option

- Change your alarm to a worship song.
- Use your Alexa/Google Home to automatically play a Scripture reading when you say “Good morning.”
- Make your lock screen a verse or quote that centers you (e.g., “I’m in the Kingdom now”).
- Subscribe to a short podcast (*Becoming New*).
- While making coffee, play a short sermon clip or youtube video from Dallas Willard, John Ortberg, or Rick Warren.
- Use a “habit stack”: read one Bible verse before opening email or social media.

Midday Reset

- Text one person encouragement or gratitude.
- Watch a short video from “The Bible Project”.
- Use your lunch break for a “gratitude scroll”: flip through your photos and thank God for memories.

Drive Time

- When you hit a certain landmark, say out loud 10 things you’re thankful for.
- Make yourself think through the day looking for the kindness of God.
- Listen to an audiobook that deepens your spiritual imagination (*Divine Conspiracy*, *Renovation of the Heart*, or Ortberg’s *Soul Keeping*).
- Turn off all sound for the first 5 minutes and ride in silence — let your mind settle in God’s presence.

Evening Wind-Down

- Use the YouVersion “verse of the day” image as your final scroll.
- Queue up a Dallas Willard clip or short devotional to play while brushing your teeth.
- Use a gratitude app to think about what you are grateful for

What if, instead of escaping the world through technology, you entered God’s world through it?

God, my Father and King,

I’m not here to earn. I’m here to receive what you are already giving. Grace to sustain me. I can’t manage my own renovation. I can only offer myself. So I surrender my striving to grow. Let your grace by the power in me so that I can love you with all that I am and live in your Kingdom today.

1. My Spirit / Will/ Heart

Father, I choose to place my will into Your hands. Not to prove my devotion, but because I know I can trust you. *My will is weak so I need your grace to help me choose you today.* Shape my desires so that what I want most is what You want most. Help me to entrust ALL outcomes to you alone.

2. My Mind — Thoughts and Feelings

Renew my mind, Lord Jesus. Guard what I give my attention to; teach me to dwell on what is true, beautiful, and good. When anxious thoughts rise, let it remind me to turn to you in faith. When feelings storm within me, remind me: *I am safe because You are good to me and ONLY love me.*

3. My Body — Actions and Habits

Holy Spirit, inhabit my body as Your instrument for the Kingdom. Let my tone, gestures, and words reflect Your gentleness. Train my habits so they express love without effort. Where tension and striving live in my muscles, replace them with trust in you.

4. My Relationships — The Social Circle

Father of compassion, teach me to see others as You see me. Free me from the need to prove, impress, or control. Let my presence bring peace instead of pressure, blessing instead of judgment. May I become a person in whom it is easy for others to experience Your goodness. Help me to walk with the wise, love the wounded, and forgive as I have been forgiven.

5. My Soul — The Integrated Life

Lord of life, gather every part of me into harmony under Your love. Heal the disconnections within me — where my will wants one thing, my mind another, and my body something else. Unify me in You until I live with a steady heart, a peaceful mind, and an embodied joy. Let my soul rest in the reality that I dwell in Your Kingdom *now*, and that You are unfailingly good *to me*.