



KEEPING PACE

SETTING YOUR
SPIRITUAL STRIDE

A 6-Week Spiritual Tracker Journal
Christ United Methodist Church



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SPIRITUAL STRIDE

Keeping Pace by Christ United Methodist Church

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Table of Contents

Introduction	6
How to Use this Journal.....	8
Week 1: Prayer.....	13
Week 2: Fasting.....	29
Week 3: Service.....	45
Week 4: Simplicity.....	61
Week 5: Friendship.....	77
Week 6: Worship.....	93
Looking Back.....	108
Looking Forward.....	109

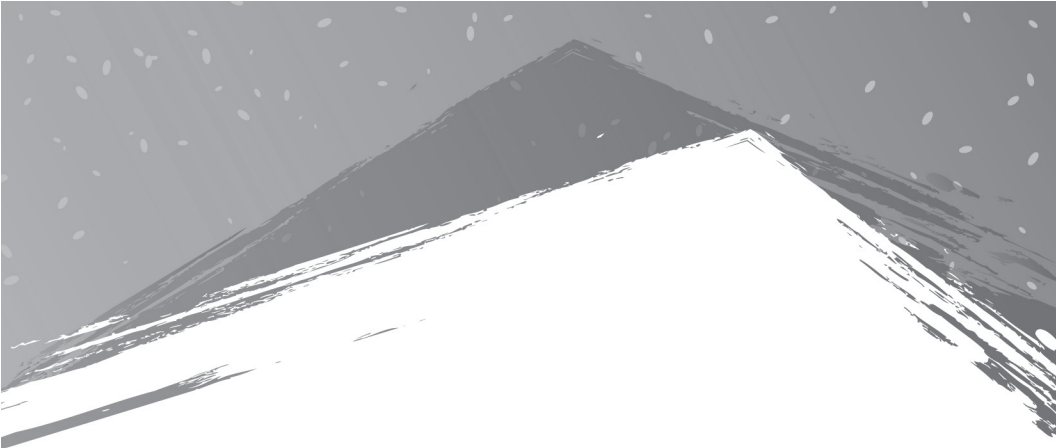


Introduction

For the past 100 years plus, the world has joined together to hold the festivities to outdo all festivities, the Olympics. Every two years, a new country goes to great lengths to create a new city, new arenas, new stores and hotels. All so that the world can be spectators and celebrators of it's top athletes. The athlete's journey to those new arenas is not easy. It may just be the hardest they will ever embark upon. It is a journey that is typically years and years in the making. One that consists of some of the most intense training that results in incredible endurance and strength. To compete, they will have to incorporate specific training that will get them to their goal. Marathoners might include long runs, speed work, and strength training. A sprinter swimmer may swim about two hours a day, focusing on drills and specialized laps for around 5,000 meters. Whatever the goal, the training must fit.

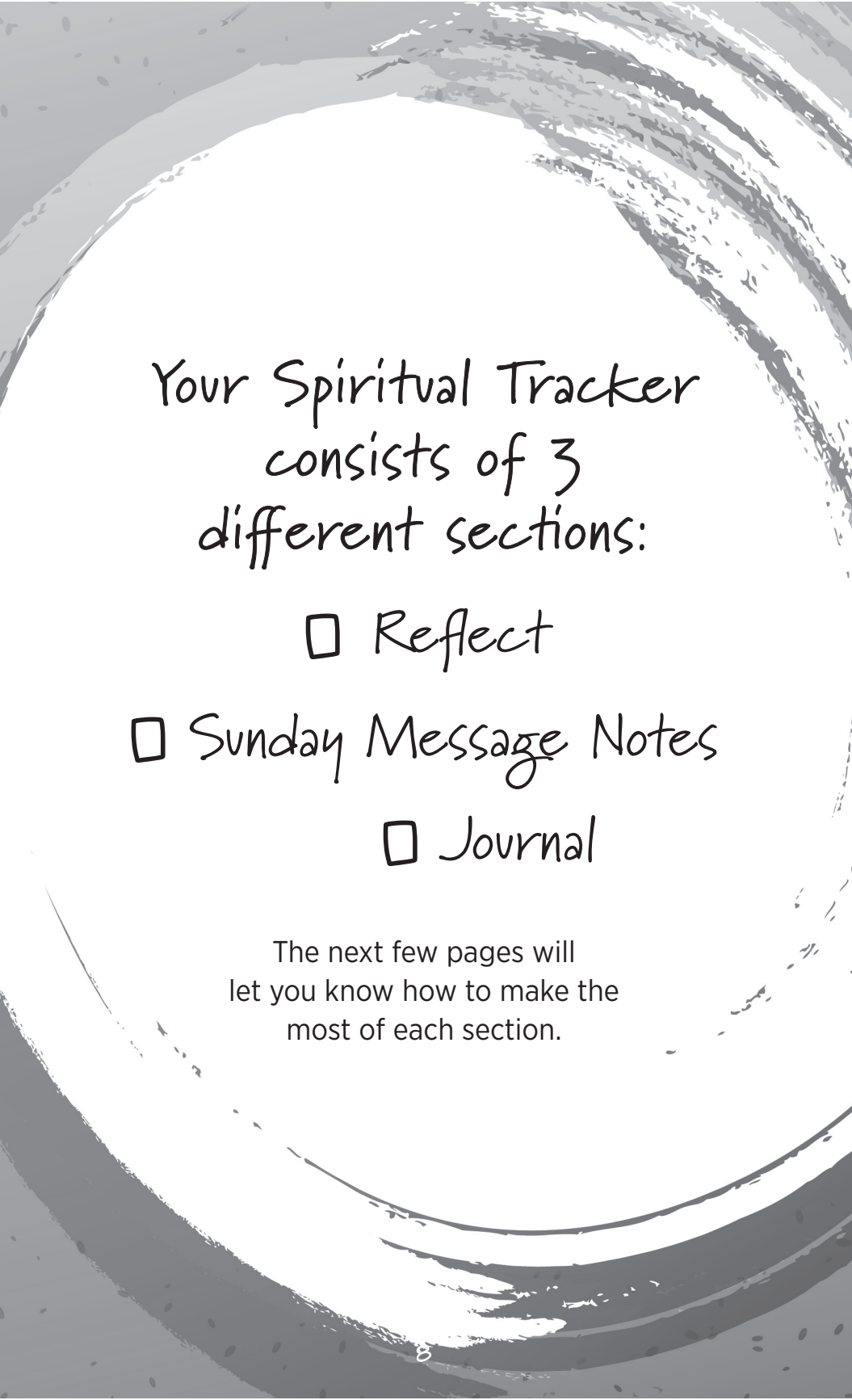
Our goal as Christians is found in 2 Corinthians 3:18,

"And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit."



The goal that is placed before each and everyone of us is the full transformation into the image of Christ. The journey to this complete transformation requires training and discipline that creates endurance and strength, for there will be moments amid the journey that will feel too hard to continue. There will be moments you feel like you cannot catch your breath. It is in those moments we are to lean into the training and “disciplines.”

Our church developed this booklet to help you with your training. It contains six spiritual disciplines that can be better understood as habits, practices, and experiences specifically designed to develop, grow, and strengthen your spiritual life. We hope that you will use this booklet as you seek to grow stronger and deeper in your relationship with God. You are welcome to follow along with us week by week as we step into our summer sermon series, “Keeping Pace.” You are, also, welcome to go at your own pace and even flip back and forth between the disciplines. All we ask is for you to stop and take a moment to lean into the strength that is being gifted to you, to have faith in the growing moments, and to know that the result is worth it all.



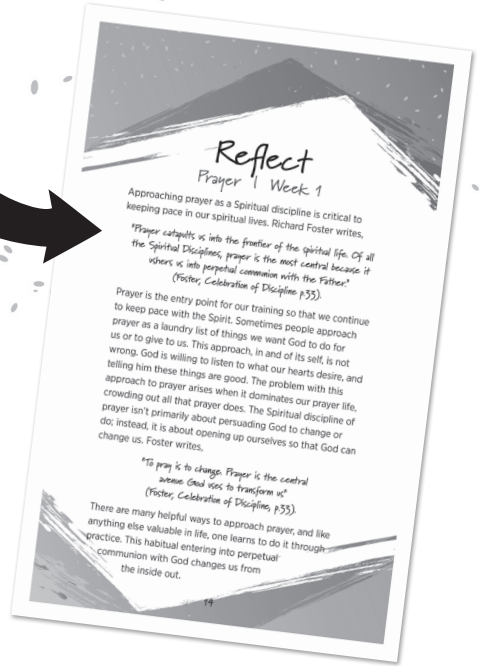
Your Spiritual Tracker
consists of 3
different sections:

- Reflect
- Sunday Message Notes
- Journal

The next few pages will
let you know how to make the
most of each section.

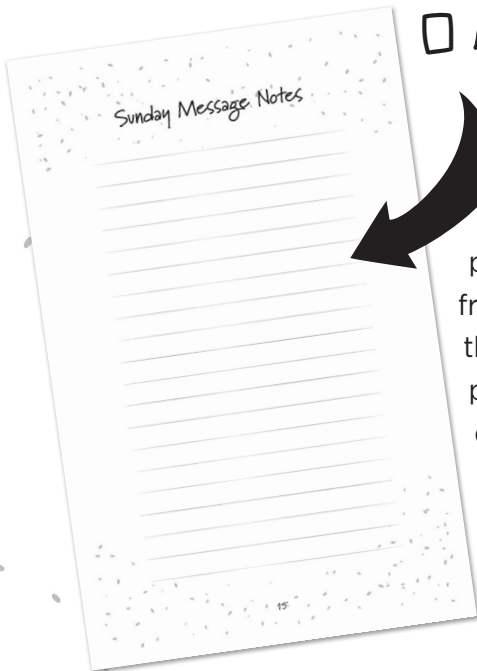
□ Reflect

Each week will include a reflect page. This page serves as an introduction to that week's spiritual discipline. It will contain a brief summary of what the discipline is and why it is important to our spiritual growth.



□ Message Notes

As you set to embark upon your exploration of a new discipline each week there will be space provided for you to take notes from Sunday morning's sermon, that is centered around that particular discipline. We encourage you to have your Tracker with you on Sunday mornings so that you may take advantage of this space.



□ Journal

Each day (Monday through Saturday) contains guided spaces for you to begin to dive into that week's particular discipline.

○ Scripture

Each day will feature a new scripture, specific to that week's discipline, to reflect upon as you dive deeper and deeper.

○ Stretching

What are the areas in your life that you want or see God growing you? Take a moment to reflect upon them and share your thoughts.

○ Hurdles

Are there obstacles that have been placed within your path to keep you from continuing on your journey into the week's discipline? Write down what they might be.

○ Wins

We live a life that doesn't seem to slow down. Take a moment to stop and notice where God has been at work within your life.

○ Huddle

As you close out your day be sure to spend a moment with God.

