

# Investing in Spiritual Disciplines

In the past month I have had quite a few conversations with people about their “investments”. Not the financial type, but others. Investments they are making in their business development, relationships, personal endeavours, health, and the like.

Oftentimes, when we think of “investing” we tend to focus first on our financial plans that support growth. Our goal is to build enough equity in a way that will, hopefully, carry us through retirement, and maybe even leave a bit of a monetary legacy for those closest to us. However, there are indeed other areas in which we need to also focus our thoughts as we think about “investing”.

In the context of our time and effort, "investment" refers to the deliberate allocation of time, energy, and resources into activities or pursuits with the expectation of positive returns or outcomes. This can include personal development, skill acquisition, building relationships, or engaging in endeavours that contribute to long-term growth, satisfaction, or improvement. Essentially, it involves making intentional choices to enhance various aspects of our life over time. As Corpath members, we are encouraged and challenged to focus our investments in the areas of business, life and spirit.

In the context of our *SPIRITUAL* development, "investment" signifies the intentional allocation of time, effort, and focus towards activities, practices, and experiences that foster a deeper connection with our Christian spirituality and faith. It involves engaging in disciplines such as prayer, meditation, studying the scriptures, participating in worship, and embodying virtues like kindness and compassion. The goal of this investment is spiritual growth, fostering a closer relationship with God, and the development of a more profound understanding of our Godly purpose in life. As Christians, the desire to align our actions and choices with biblical principles is at the core of our spiritual walk.

So, what are the key godly disciplines that can be seamlessly woven into our routines? What does scripture say about investing in these areas?

Here is a list of **10 Spiritual Disciplines** worth investing in and related questions for thoughtful reflection:

## Prayerful Beginnings

Imagine waking up each morning with a sense of purpose, not dictated by the demands of the day but guided by communion with the Holy Creator. **Philippians 4:6-7** invites us to "not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

**Q:** How can the practice of starting your day in prayer reshape your outlook and interactions?

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**Scripture Meditation**

The Bible serves as our compass, providing wisdom and insight into the ways of God. **Psalm 119:105** beautifully expresses that *"Your word is a lamp for my feet, a light on my path."*

**Q:** As you reflect on Scripture, how does this practice help you direct the choices and decisions you face daily?

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**Gratitude Practice**

Gratitude is a powerful attitude that transforms our perspective. **1 Thessalonians 5:18** encourages us to *"give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

**Q:** How can a deliberate practice of gratitude deepen your awareness of God's daily blessings?

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**Acts of Kindness**

**Galatians 5:22-23** paints a vivid picture of the fruit of the Spirit, including kindness. It says, *"the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control."*

**Q:** How might focusing on kindness (and all fruits of the spirit) have a ripple-effect through your community and reflect God's love?

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**Sabbath Rest**

In a world that often glorifies “busyness” (being too busy, the concept of Sabbath rest stands as a counter-cultural reminder of God’s design for rest and reflection. **Exodus 20:8-10** reminds us to “remember the Sabbath and keep it holy”.

**Q:** How can you incorporate intentional rest into your week as a Godly discipline and to rejuvenate your spirit?

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**Self-Reflection**

Pause and reflect on your actions and motives, inviting God to search your heart. **Psalm 139:23-24** becomes a prayer: “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

**Q:** How can regular self-reflection deepen your spiritual growth?

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**Community Engagement**

**Hebrews 10:24-25** encourages believers to “spur one another on toward love and good deeds, not giving up meeting together.”

**Q:** Consider your involvement in a faith community and Corpath forum group. How does intentionally and thoughtfully connecting with fellow believers contribute to your spiritual journey?

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**Stewardship**

The concept of stewardship extends beyond financial matters to encompass the responsible management of all resources including time, effort and relationships. **Matthew 25:21** commends faithful stewardship as the master declares, “well done my good and faithful servant.”.

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**Q:** In what ways do you believe you can be a better steward of your time, talents, and other God-given resources?

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**Fasting and Prayer**

**Matthew 6:16-18** provides guidance on fasting with the right heart attitude. Have you considered incorporating fasting into your spiritual discipline, accompanied by focused prayer?

**Q:** How might the practice of intentional fasting and prayer deepen your dependence on God?

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**Compassionate Outreach**

**Proverbs 19:17** asserts, *"Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done."*

**Q:** In what ways can you better extend compassion to those in need, reflecting God's heart for the marginalized?

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**Closing Comments**

After reading through this list, take a moment and re-read them, but this time attribute a value between one and 5 as to how well you believe you are doing in each of these areas? (1 = very poor, and 5 = couldn't be better).

I would encourage you to have a deeper conversation about your "investments", and to share your thoughts and value attributions, with your Corpath group at your next meeting.

As we think about investing in each of these godly disciplines, keep in mind that these practices are not meant to be burdensome but rather life-giving. Each step taken in aligning your life with these biblical principles is a step toward building a more fulfilling relationship with our Heavenly Father, and leads to a more purposeful journey of faith.

## My Prayer

Dear God, I thank you for this message today that reminds me of how I need to be careful in all of my investments beyond my finances. I ask You to guide me as I reflect and strive to invest time and effort in these Godly disciplines.

May my mornings begin with prayer, seeking Your guidance, and may Your Word shape my choices. Help me cultivate gratitude, extend kindness, and embrace moments of Sabbath rest. Grant me self-reflection and lead me in the way everlasting. Thank You for giving me a supportive faith community that teaches and encourages me to steward my resources wisely. In fasting and prayer, deepen my dependence on You, and instill in me a heart of compassion for others. May this journey be marked by Your grace and growth every day.

Amen.



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