Vision: What is one example of how God is inviting you to be more like Jesus? This is like Jesus saying to you, “Re-think how you’re living your life in light of your opportunity to start living with me today in the Kingdom of the Heavens” (Matthew 4:17, paraphrased). Your invitation to Christlikeness with God’s help might be a Bible teaching to learn to obey from your heart or a personal struggle to overcome.

Intention: Assess what makes this change difficult for you. What part of you resists making this vision? To “grow in grace” in this area what attitude would you need to overcome?

Means: Select some spiritual disciplines to use in your training with Jesus to become more like him in this specific area. Practice these activities in a Rhythm of Life with Jesus for six months or more. Here is the basic structure of a possible rhythm for you:

- “Watch and pray” to overcome (sin/struggle) with (virtue) (Matthew 26:41). Write a short prayer, naming the sin/struggle you need to overcome and the virtue God wants to develop in you by his grace. Then pray this while anticipating future temptations...

- Key Scripture passage (related to your personal challenge) to meditate on or memorize...

- Self-denial exercise (e.g., silence, solitude, fasting, submission, frugality, Statio)

- Soul Friend to talk with regularly for confession of sins and struggles, prayer, and encouragement...

- Other disciplines God is leading you to use...

Visit SoulShepherding.org/tag/transformation for resources to become more like Jesus.