

Agathos Ministries
 Hosted at the Guardian Academy
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SPIRIT & WILL WORKOUTS
PRACTICING DISCIPLINES
Disciplines of the Will

Will over Body

F: _____
 Fasting
 E: _____
 Eating
 D: _____
 Delay
 BC: _____
 Body Change
 HC: _____
 Health Choices
 A: _____
 Abstinence

Will over Senses

L: _____
 Looking
 D: _____
 Darkness
 L: _____
 Listening
 S: _____
 Silence
 T: _____
 Touching
 T: _____
 Tasting
 S: _____
 Smelling

Will over Actions

W: _____
 Waking
 S: _____
 Stillness
 A: _____
 Activity
 FR: _____
 Fulfill Responsibility
 EW: _____
 Early Work

S: _____
 Saying
 PS: _____
 Public Speaking

Will over Emotions

PA: _____
 Positive Attitude
 PI: _____
 Practiced Intent
 DG: _____
 Delayed Gratification
 SD: _____
 Self Denial
 EL: _____
 Emotion Limitation
 EO: _____
 Emotion Override
 EC: _____
 Emotion Choice

Will over Mind

F: _____
 Focus
 T: _____
 Thinking
 SP: _____
 Solve Problems
 DT: _____
 Directed Thought
 C: _____
 Creativity
 R: _____
 Reading
 W: _____
 Writing
 L: _____
 Learning
 P: _____
 Puzzles
 M: _____
 Mathematics

Agathos-style Fasting: LN, S: _____
Liquid Nutrition, Supplements

The Will Point: FH, CtNE _____
Feel Hungry, Choose to Not Eat

The Body Point: GDSaB, CB: _____
Give Digestive System a Break, Cleanse Body

Sample Fast: If you've never fasted before: **PreFast Week:** Day 1: Replace one meal with carrots.
 Day 2: Replace two meals with carrots. Day 3: Replace all meals with carrots.

First Week: Fast for 24 hours. Break fast with carrots. Give your body time, then eat normally.

Second Week: Fast for 48 hours. Break fast with carrots. Allow time, then eat normally.

Third Week: Fast for 72 hours. Break fast with carrots. Allow time, then eat normally.

Have all the fluids you like. The Will Point is to let yourself FEEL hungry, but to deny your appetite. You just tell your body: "I'm not eating until..." while you make sure you get all your nutrition in liquid form. Your body doesn't NEED anything - it just WANTS bulk. You FEEL hungry, but you don't NEED food.

Character Value of Fasting: DaA: _____

Deny an Appetite

Your body hungers, but you Choose to deny that hunger. This will help strengthen your Will against other "hungers" - including alcohol, drugs, sex, unhealthy foods, too much food, etc.

Disciplines of the Spirit

Others over Will

C: _____

Courtesy

D: _____

Defer

E: _____

Encouragement

E: _____

Edification

C: _____

Compliments

M/F: _____

Mercy/Forgiveness

AR: _____

Appropriate Restoration

G: _____

Generosity

F: _____

Favors

F: _____

Friendship

M: _____

Marriage

P: _____

Parenting

F: _____

Family

AG: _____

Anonymous Giving

G/S: _____

Grace/Service

TI: _____

Time Investment

Principles over Will

VP: _____

Value Production

SM: _____

Save Money

I: _____

Invest

P/G: _____

Planning/Goals

OL: _____

Outpacing Life

VO: _____

Values Obedience

M/PP: _____

Mission/Purpose Pursuit

V: _____

Versatility

RM: _____

Role Modeling

L: _____

Leadership

PF: _____

Principle Fulfillment

ICA: _____

Inconvenient Consistent Application

PG: _____

Personal Growth

Religion over Will

BR: _____

Bible Reading

BS: _____

Bible Study

P: _____

Prayer

F: _____

Fellowship

O: _____

Outreach

O: _____

Obedience

IO: _____

Inconvenient Obedience

HO: _____

Heart Obedience

SG: _____

Spiritual Growth

M: _____

Ministry

GOD over Will

RP: _____

Relational Prayer

RG: _____

Relationship Growth

T: _____

Trust

IG: _____

Intentional Godliness

F: _____

Faith

HOtC: _____

Heart Obedience to Character

OtC: _____

Obedience to Call

WiR: _____

Walking in Relationship