



Growing Spiritual Disciplines With Social Media

Lutheran Education Association Convocation

October 14, 2016

Where are we going?

- **What are Spiritual Disciplines?**
- **Why practice Spiritual Disciplines?**
- **How can I practice Spiritual Disciplines?**
- **Role of Social Media**



A scenic view of a lake with a forested shoreline on the left and a clear blue sky above. The water is calm with gentle ripples. The text "What are Spiritual Disciplines?" is centered in the middle of the image.

What are Spiritual Disciplines?

A scenic view of a lake with a forested shoreline on the left and a log in the water on the right. The sky is clear and blue, and the water is calm with some ripples.

First Some Assumptions:

- **Only God works Faith**
- **Spiritual Disciplines are practiced not to earn heaven – to know the God of the Scriptures**
- **Not “doing” – But “receiving” – from God**

The Good News

You already practice Spiritual Disciplines!



Opportunities to Grow

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Hebrews 12: 1-2 (ESV)



Definition

A spiritual discipline is a good habit that allows you to remain open to God and develop yourself spiritually.

<http://christianteens.about.com/od/christianliving/a/What-Are-Spiritual-Disciplines.htm>

Regular Spiritual Exercise

(Dr. John Kleinig, address to Michigan District All Pastors Conference, October, 2013)

Definition

- **Focused on Triune God**
- **Fed, nourished by Scripture**
- **Done in expectation of growth of faith**
- **Can be done in service to others**
- **Part of vocation as child of God**

Pastor Brian Weaver, *Spiritual Disciplines: Living a Life of Faith*, LCMS Youth Ministry Webinar, February, 2015



Spiritual Disciplines

- **Bible Reading**
- **Meditation**
- **Confession**
- **Fellowship**
- **Worship**
- **Giving**
- **Prayer**
- **Fasting**
- **Service**
- **Submission**
- **Fellowship**
- **Celebration**

A scenic view of a lake with a forested shoreline on the left and a log in the water on the right. The sky is a clear, pale blue. The water is a deep blue with gentle ripples. The forest on the left is lush and green. A large log is partially submerged in the water on the right side of the frame.

Why Practice Spiritual Disciplines?



The Reason for Spiritual Disciplines

We meet Jesus

our friend

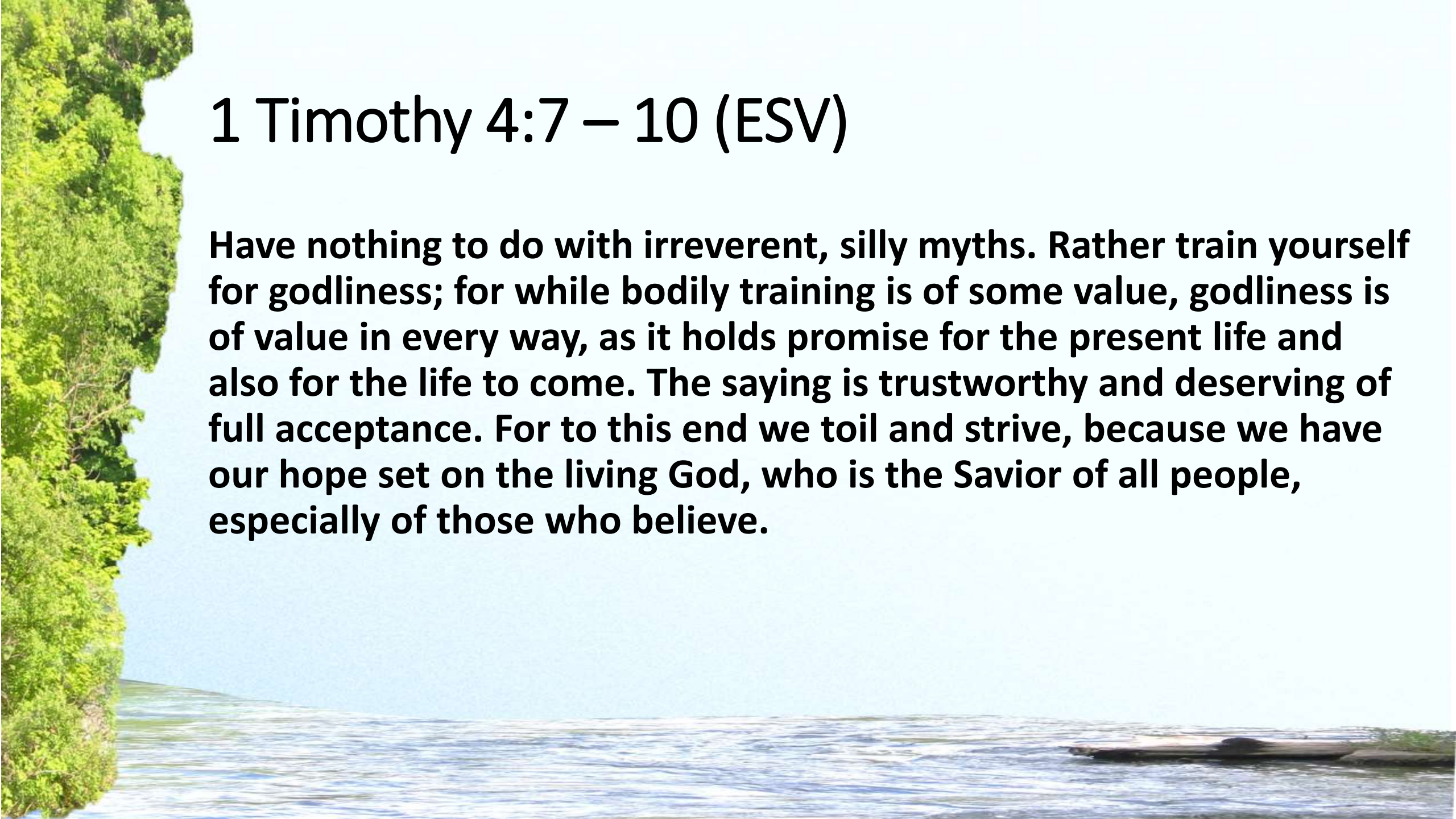
who fills us up -

we take Him with us

in our daily walk.

1 Timothy 4:7 – 10 (ESV)

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. The saying is trustworthy and deserving of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.



2 Timothy 3:14 – 17 (ESV)

But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.



John 5:39 (ESV)

You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me. . .



Philippians 4:6 (ESV)

. . . do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.



1 Thessalonians 5:17 (ESV)

pray without ceasing



Psalm 1:1 -3 (ESV)

Blessed is the man

**who walks not in the counsel of the wicked,
nor stands in the way of sinners,**

nor sits in the seat of scoffers;

but his delight is in the law of the Lord,

and on his law he meditates day and night.

He is like a tree

**planted by streams of water
that yields its fruit in its season,**

and its leaf does not wither.

In all that he does, he prospers.



Joshua 1:8 (ESV)

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.



Joel 2:12 – 13 (ESV)

**“Yet even now,” declares the Lord,
“return to me with all your heart,
with fasting, with weeping, and with mourning;
and rend your hearts and not your garments.”**



Matthew 6:16 – 18 (ESV)

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”



A scenic view of a lake with a forested shoreline on the left and a log in the water on the right. The text "How Can I Practice Spiritual Disciplines?" is overlaid in the center.

How Can I Practice Spiritual Disciplines?

Bible Reading

Suggestions:

- Deliberate
- Daily / regularly
- Systematic
 - Who is speaking?
 - What are they saying?
 - What is context?
 - What did it say to original audience?
 - What does it mean for me?



*Just a Thought:
D.E.A.R. Time*

Prayer

Suggestions:

- Deliberate
- Daily / “Without Ceasing”
- Systematic
 - Memorized
 - Spontaneous
 - Ask others
 - Reminders



Meditation

Suggestions:

- Deliberate
- Daily
- Systematic
 - Hearing Heart - Solomon
 - Take Jesus with you
 - “One thing needful” – Mary/Martha
 - Patience



Fasting

Suggestions:

- Deliberate
- Healthy
- Systematic
 - Define “fast”
 - Partner
 - Limited time





Role of Social Media – A tool

How can Jesus come to me in Social Media?

Leveraging Social Media

- **Already there**
- **Community of friends**
- **Time set aside**
- **Socially acceptable**





RKS

SOCIAL MUSIC NETWORKS

- soundcloud
- bandcamp
- last.fm
- spotify
- mixdy
- myspace
- loudup
- dubtrack
- next big sound

HEALTH & FITNESS SOCIAL NETWORKS

- my fitness pal
- pumpup
- sparkpeople
- my my fitness
- p1ar

SOCIAL TRAVEL NETWORKS

- nb
- advisor
- m
- my planet
- ch surfing
- buddy
- line
- eilerspoint
- t
- jobot

SOCIAL COMMERCE & PAYMENT

- vorname
- ebay
- etsy
- groupon
- livingsocial
- polypora
- fancy
- shopkick
- kickstarter
- indlogogo
- batabrand
- cut on your bliss
- ytpit
- sproosy
- productwiki
- dwolla
- popmoney

SOCIAL SEARCH

- twitter search
- google social search
- socialmention
- socialsearch

SOCIAL MEDIA MANAGEMENT & TRACKING

- socialoyo
- hootsuite
- tweetdeck
- buffer
- sproutsocial
- sprinklr
- simply measured
- trackmaven
- syncaps
- awarenessshub
- viral heat
- visible
- systomos
- crowdboost
- socialflow
- howsocialbla
- socialware
- transpotr
- followerwonk
- goopiq
- kicout
- unflied

SOCIAL MEDIA LISTENING

- socialoyo
- trace
- angogor
- buzzbundle
- netbasso
- hootsuite
- tweetdeck
- buffer
- sproutsocial
- sprinklr
- lithium
- sandble
- angaga121
- everypost
- synthesio
- brandwatch
- netvibes
- trackur
- attentify
- conversocial



MICROBLOGGING

- twitter
- foursquare
- otto
- storify
- tumble
- plurk
- mobil
- phood

LIVESTREAMING

- facebook
- youtube live
- periscope
- meerkat
- google hangouts on air
- ustream.tv
- snapchat live stories
- livestream
- dcast
- younow
- veeva

PODCASTING

- soundcloud podcasting
- simple podcast press
- garagaband

PHOTO SHARING

- instagram
- pinterest
- snapchat
- flickr
- imgur
- photobucket
- weheartit
- kaptr

VIDEO SHARING

- youtube
- vimeo
- dailymotion
- vln
- vovo
- screencast
- wista
- snapchat

reddit

PROFESSIONAL SOCIAL NETWORKS

- linkedin
- eldforthen

yammer

- salesforce chatter
- corvo
- swabr

INTERNATIONAL SOCIAL NETWORKS

- mixot



medium

SOCIAL GAMING

- zynga
- imvu
- world of warcraft
- second life
- gamurs
- onversu
- smallworlds

LOCAL & LOCATION-BASED

- foursquare
- google my business
- next door
- alignable

SOCIAL REVIEW

- yelp
- angie's list
- buzzillions
- insiderpages
- customer lobby
- tripadvisor
- glassdoor

SOCIAL RECRUITING

- indeed
- careerarc
- freelancer
- upwork
- thumbtack
- guru
- taskrabbit
- gld
- jobvita
- talantbln
- anthology
- glassdoor

SOCIAL QUORA

- quora
- answers
- stack oo
- yshoot a
- wiki ans
- ask.com
- alioexpert
- blurtit
- fluther
- piazza
- jolly

WIKIS

- wikipedia
- wikitrans



- Websites
- Mobile Apps
- Tools & Platforms
- Ads/Sponsorship Opportunities



DOWNLOAD THE MAP

THE PDF HAS LIVE LINKS TO ALL THE TOOLS

overdrive.com/social-media

SHARE THE MAP





Using Social Media – Bible Reading

YouTube

Vimeo

- **Search for Bible passage**
- **Watch**
- **Save for later**



Put on the Full Armor of God



TheFBChristian

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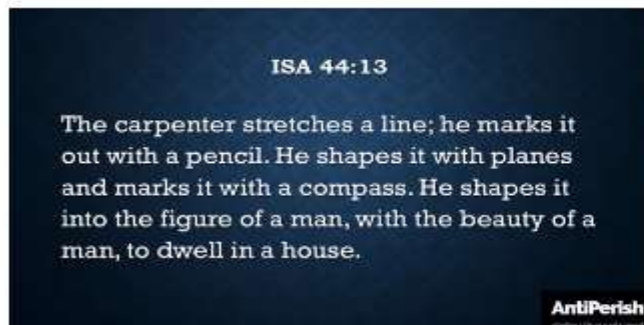
Refine by:

Category

- Any
- Personal
- Animation
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- Reporting & Journalism

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Daily Bible Reading - 9.24

Chris Papazis | 26 plays



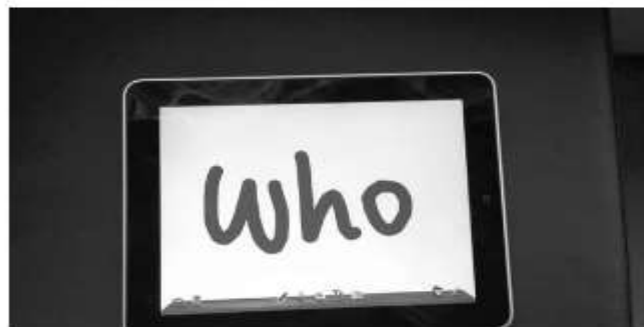
bible reading - colossians 3;1-4

samlux | 75 plays



Bible in Five: 1 and 2 Thessalonians

— Blackhawk Church



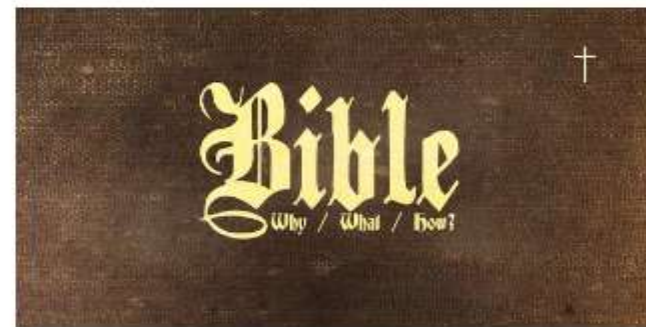
Video Bible Reading

mattsparks | 122 plays



Bible in Five: The Minor Prophets Part 2

— Blackhawk Church



Bible: Reading from Below

The Vista Community Church | 87 plays

A scenic view of a lake with a forested shoreline on the left and a log in the water on the right. The sky is clear and blue, and the water is calm with some ripples.

Using Social Media – Bible Stories

YouTube

Storying Discipleship Ministries



David A Man after
God's own heart
"David & Jonathan"



David & Jonathan 1 Samuel 18:1-5; 1 Sam. 14:1-23



Storying Discipleship Ministries

6

71 views

1 0

Published on Jun 4, 2016

David Series

Storying Discipleship Ministries • 5/36 videos



David & Jonathan 1 Samuel 18:1-5; 1 Samuel 14:1-23
Storying Discipleship Ministries



6

Saul's Jealousy of David 1 Samuel 18:6-16
Storying Discipleship Ministries



7

David marries Saul's Daughter 1 Samuel 18:17-27
Storying Discipleship Ministries



8

Jonathan Defends David: 1st Samuel 18:28-32
Storying Discipleship Ministries



Jonathan: The Man Who Would Not Be King (S)

Grace to You
18,017 views

1:04:18



1 Samuel 18 - Where Treasure Is

Calvary Chapel Ontario
692 views



Using Social Media – Bible Stories

YouTube

Bible Stories:

in words





in song




Our Biggest Collection Ever
100 Bible Songs & One Hundred Bible Stories
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 wonder kids
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God Makes Abraham a Promise
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Wonder Kids - Topic
 - 4  **Father Abraham**
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 - 5  **Light of the World / Salt of the Earth**
Wonder Kids - Topic
 - 6  **This Little Light of Mine**
Wonder Kids - Topic

God Makes Abraham a Promise

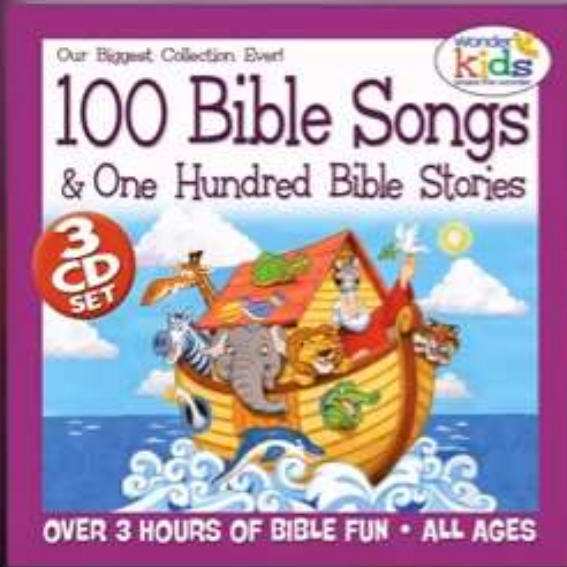
 Wonder Kids - Topic
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25:41
-  **ABRAHAM AND SARAH**
Abraham And Sarah : Bible Stories
KidsClassroom
65,037 views

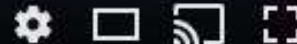


Father Abraham

The Wonder Kids

100 Bible Songs & 100 Bible Stories

0:01 / 1:52



Father Abraham



Wonder Kids - Topic

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100 Bible Songs & 100 Bible Stories

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- ▶ Father Abraham
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Wonder Kids - Topic
- 6 This Little Light of Mine
Wonder Kids - Topic
- 7 Jesus Raises Lazarus
Wonder Kids - Topic
- Dem Bones



Footprints on the Water

Wonder Kids - Topic
731 views



Bible Stories for Kids! The Story of Abraham (Episode 1)

Bible Stories for Kids
20,393 views



Using Social Media – Prayer

Facebook

Twitter

Ask for prayers

Write prayers



I Love My Family (Family Share.com) with Handful of life. and 29 others.

September 24 at 1:00am ·

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Lord, please surround my kids with friends and adults who point them toward You.

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Reminder to join in prayer with Christian brothers and sisters across the nation for America.

Pray for our leaders, judges and advisors, the upcoming election and the Supreme Court appointment and however else God leads you. Pray for protection for our military, police, firefighters, and EMTs. Pray for protection from assaults and attacks and all evil. Pray for the healing of our country and that men and women and children will turn to God.

"Yet give attention to Your servant's prayer and his plea for mercy, Lord my God. Hear the cry and the prayer that Your servant is praying in Your presence this day." 1 Kings 8:2



Richard Cohrs Dear Heavenly Father, wrap Your arms around Diana and grace her with Your comfort, strength and patience. Be with those who minister to her so they are Your agents of help and healing. Your will be done Lord, in the name of Jesus. Amen

Like · Reply · 1 · August 12 at 10:48pm



Diana Carter Thank you dear cousin! Don't know why these twists in our life's road- but not ours to ask. With God at the lead- all that matters.

Like · Reply · August 13 at 11:52am



Using Social Media – Meditation

Facebook

Twitter

Bible verses

If it is possible, as far as it depends on you, live at peace with everyone. Romans. 12:18



Richard Cohrs

January 25 · nametests.com ·

Interesting.

Rich Cohrs, Your Bible verse for 2016 is:

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." (2nd Timothy 1:7)

>> What's your Bible verse for 2016?

What's your Bible verse for 2016?

What verse from the holy book will accompany you through this year, giving you peace and strength? Find out now! Click here!

EN.NAMETESTS.COM | BY RICH COHRS

A scenic view of a lake with a forested shoreline on the left and a log in the water on the right. The sky is a clear, pale blue, and the water is a deep blue with gentle ripples. The forest on the left is dense and green, with some trees showing yellow-green foliage. A large log is partially submerged in the water on the right side of the frame.

Using Social Media – Meditation

BLOG

Thoughts about verses

GROWING SAUERKRAUT SEEDS

HOME

AUTHOR

THE STORY

LESSONS LEARNED

RESOURCES

BLOG



Using Social Media – Fasting



Using Social Media – Fasting





Using Social Media – Fasting

Meeting Jesus

Use time to:

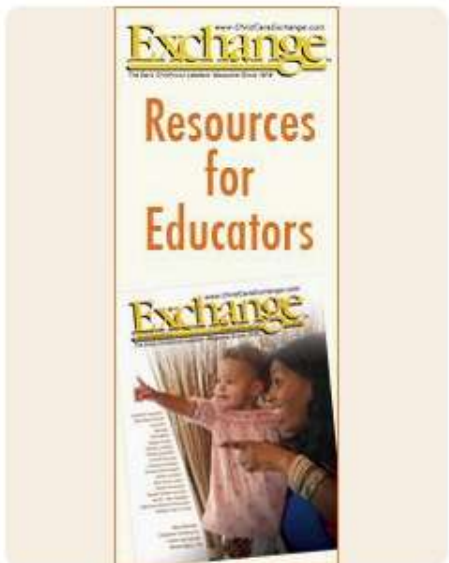
- Talk with people
- Meditate
- Read Scripture
- “Be still”
- Journal
- Pray
- Walk



lutheran x education x association x



All Pins Your Pins Buyable Pins People Boards



Evangelical Lutheran Education Association - Devotions...

Heidi T KKP Administration



We love teachers - and working with Lutheran Education...

purePR AMPLIFY (purePR cli...



Teacher-Coaching Boosts Secondary Scores, Study Finds...

Elaine Steele Training and Learnin...



Evangelical Lutheran Education Association - Welcome to ELCA...

Jessica Zinniel websites that make ...



(CLC) considers itself to be the true spiritual descendant...

Pedro L. Rodriguez Lutheran Theology



Teachers at Covenant are encouraged to join CEPA - Christian...

Covenant Christian ... Christian Education



Lutheran Education Association > Home

Jenna Hicks Classroom Ideas (pr...



The E.L.E.A., Evangelical Lutheran Education Association, is...

HomeGrown Faith Faith Formation Mini...

A scenic view of a lake with a forested shoreline on the left and a log in the water on the right. The sky is clear and blue, and the water is calm with some ripples.

Something to Think About

- **Ice Water Bucket Challenge**
- **I Love my Spouse Challenge**
- **Reformation Reading Challenge**
- **Meditation Challenge?**



*“I am with you always,
to the end of the age.”*