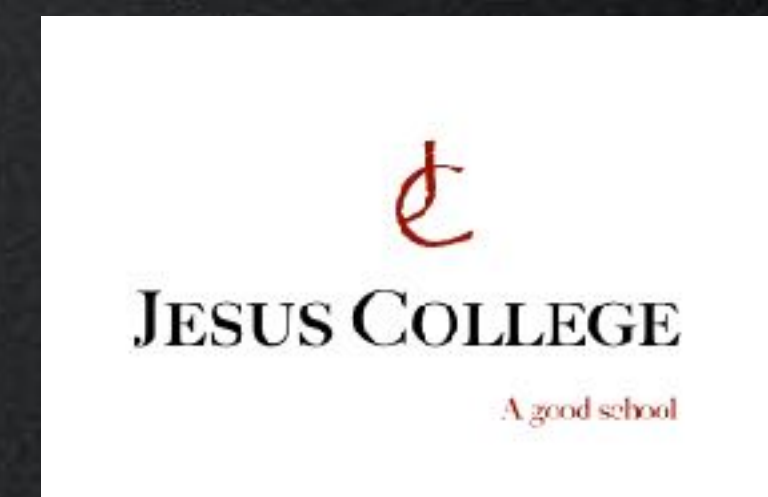


WELCOME to an eleven week Course sponsored by  
Dallas Willard Ministries & Jesus College



## **The Course VISION**

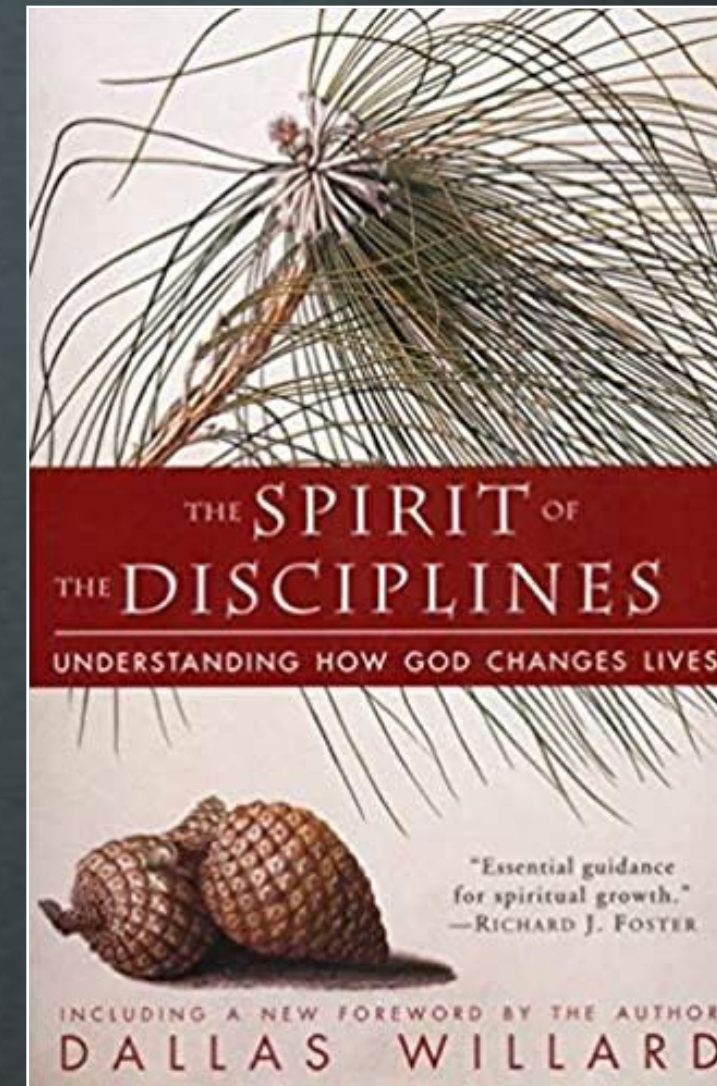
To help foster your changed life in the way of Christlikeness

## **The Course INTENTION**

- \* Proclaim biblical truth
- \* Present training to learn to become more like Jesus Christ
- \* Provide weekly encouragement and accountability

## **The Course MEANS**

- \* 11 interactive sessions with optional, extended Q&C
- \* Study resources for learning and spiritual growth practices
- \* A Cadre of the Christlike from A to Z: Australia to Zimbabwe



**Format** - 30 minutes

- Welcome, Focus & Review
  - Session Highlights
  - Your Q&C's
  - Summary & Blessing
- — —
- After: Optional more Q&C

Recorded sessions, slides,  
& study guide in the  
[Jesus College Library](#)

# Your Cross-Fit Coach

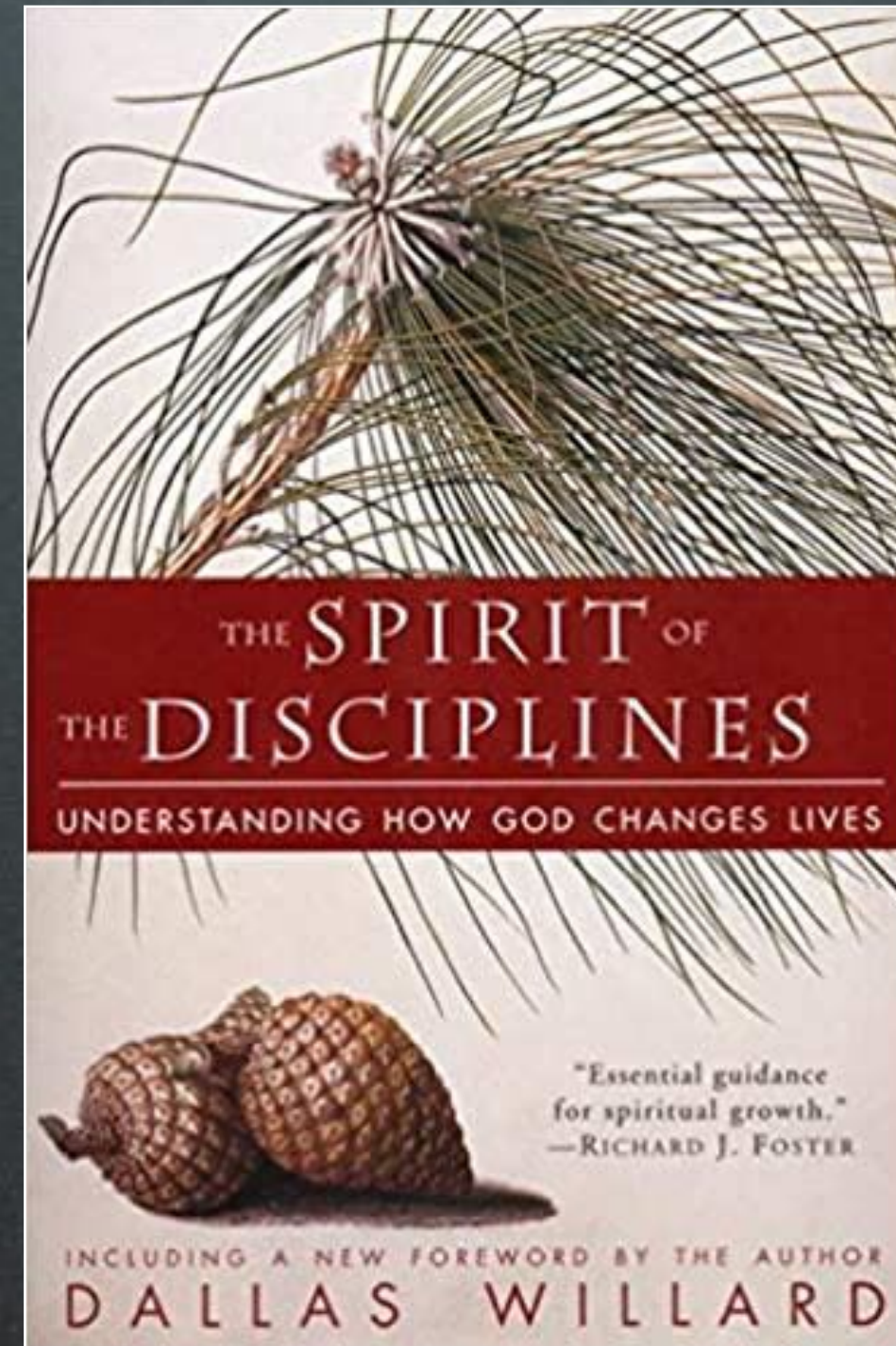
† *Fit*  
*Doug Webster*

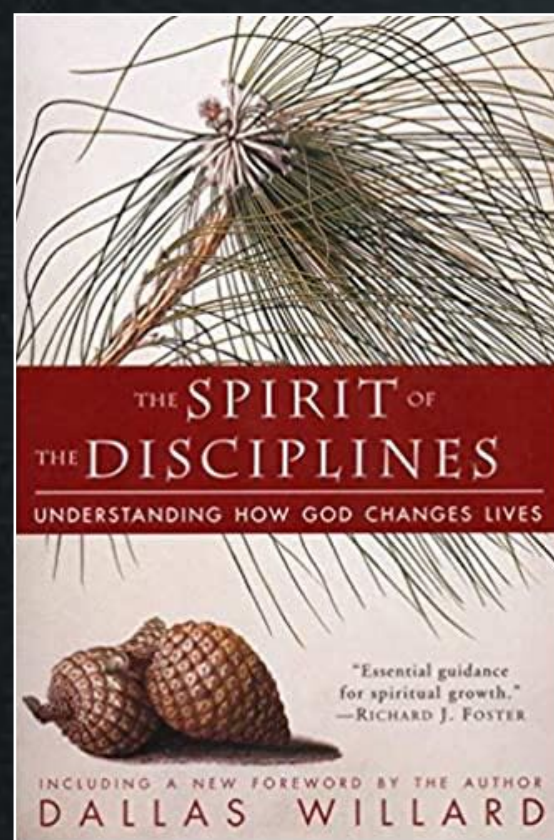
- \* Following Jesus since age 14,  
collaborating with Him since 18.
- \* Vanguard University &  
Fuller Seminary
- \* Met the Jesus Dallas knew 17  
years ago
- \* Started Jesus College in 2015
- \* This is our 28th webinar  
engaging 2700 participants from  
56 Countries.
- \* The “Master’s in the Master”  
spiritual training
- \* A Blessed Family of 16+



# THE SPIRIT OF THE DISCIPLINES

## The Preface





## **The Modern Age of Revolution**

*For Christianity to succeed, it needs two things:*

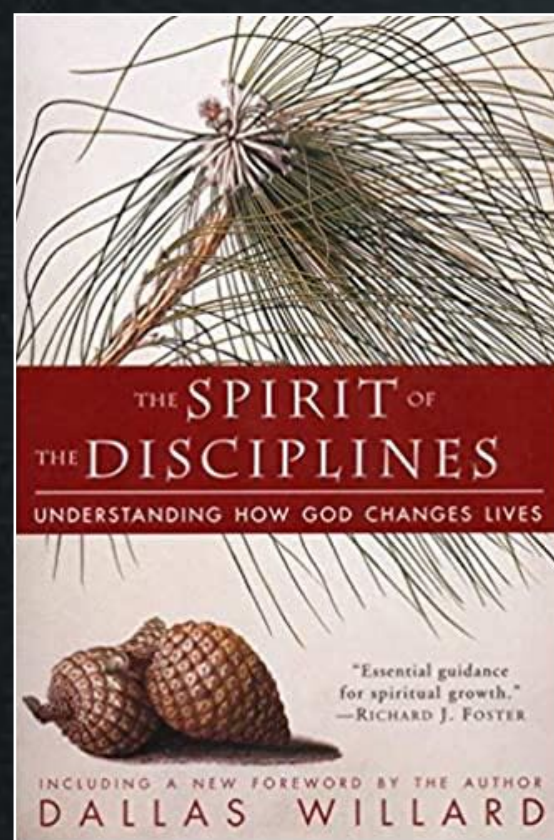
- 1.) Take human transformation seriously
- 2.) Clarify & exemplify realistic methods

## **Key Phrases in the Preface**

“We can become like Christ by doing one thing - following Him in the overall style of life He chose for Himself.” (p. ix)

“My ultimate aim is to change our practice radically.” (p. xi)

“The Spirit of the Disciplines is nothing but the love of Jesus with its resolute will to be like Him whom we love.” (p. xii)



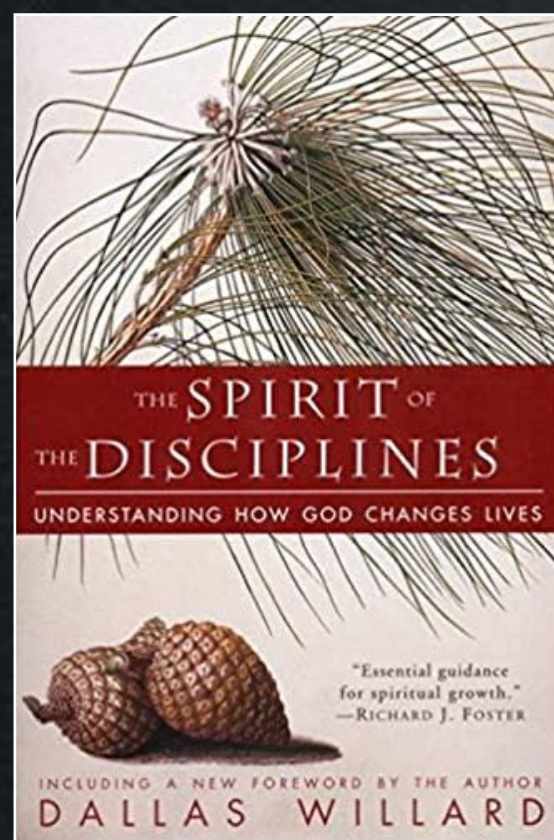
## The Book Outline

I. Chapters 1-3 — Clarify the nature of spiritual life itself, to show how it is the fulfillment of the human body and how our body is a primary resource for the spiritual life.

II. Chapters 4-8 — A perspective on the idea of “spiritual discipline”, and why the disciplines became for all practical purposes lost to Western Christianity.

III. Chapters 9-10 — The major groups of disciplines relevant today.

IV. Chapter 11 — A widespread transformation of character through wisely disciplined discipleship to Christ can transform our world by disarming the structural evils that have always dominated humankind and now threaten to destroy the earth.



## **Our encouragement when you read Dallas...**

It has been said with Dallas Willard, as with CS Lewis, you don't read Dallas, you receive his work. We also encourage you to add "hearing Dallas" using the links provided and the growing library in the Dallas Willard Ministries YouTube channel.

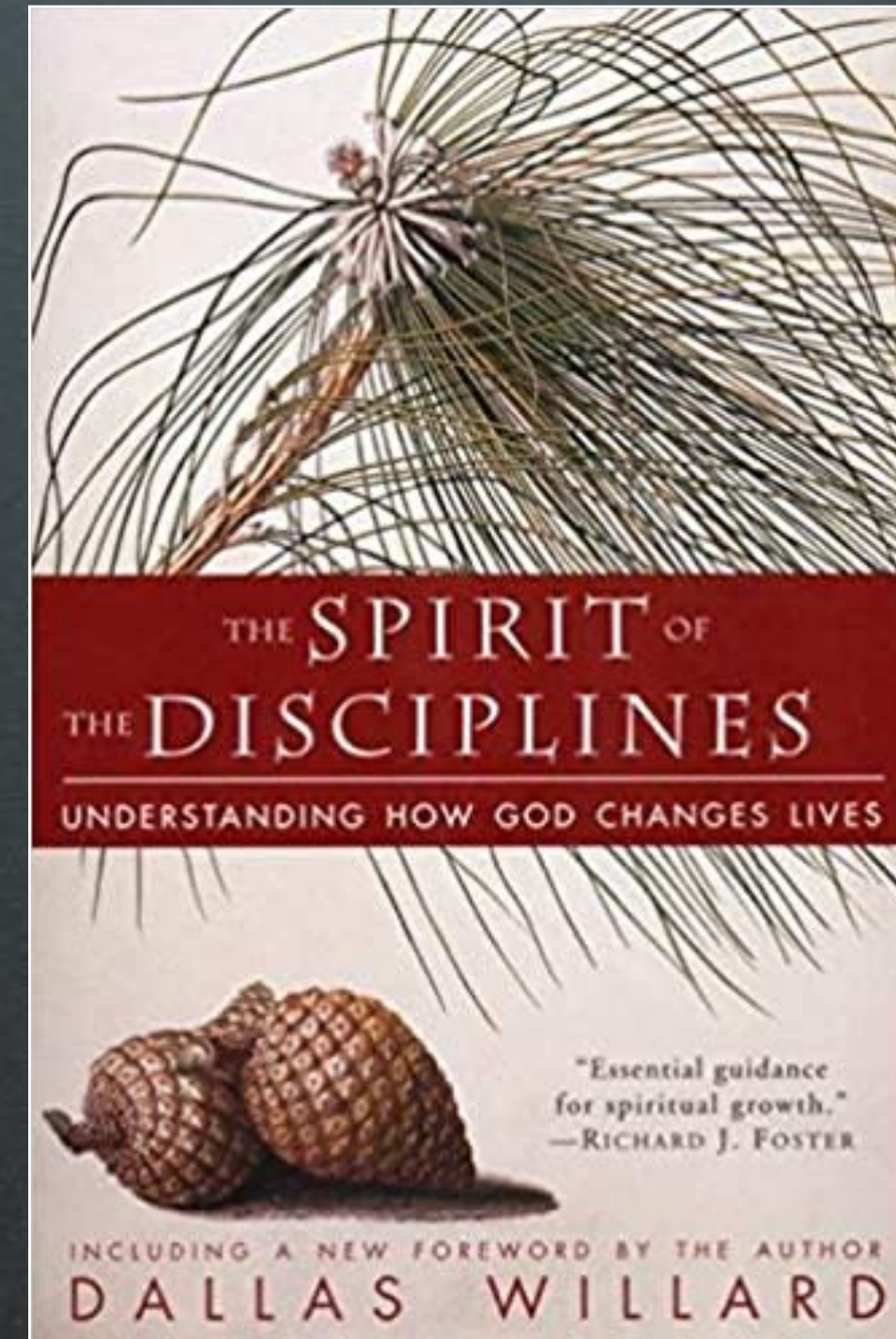
With Dallas Willard's brilliant, intelligent and meticulous use of language, there are no "throw away" or "filler" words and phrases. How many times do you find "Easy Yoke", "Grace", "Kingdom of God" and "Christlike" in the book? A form of "mere" is used at least 50 times. (See p. 19 of The Study Guide for 20 "mere" quotes.)

What other key words or phrases leap off the page for you?



# THE SPIRIT OF THE DISCIPLINES

Session 1 - "The Secret of the Easy Yoke" - Chapter 1





**The key word for our journey:**

CHRISTLIKENESS



## What is the secret of the Easy Yoke?

“Come to me, all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30

The Cost of Discipleship and the Cost of Non-Discipleship - Prov. 13:15

*A Mere\* Wish?*



Most Christians probably find Jesus' statement and its reiteration by the author of I John 5:3 [“his commands are not burdensome”] to be more an expression of a hope or even a mere wish than a statement about the substance of their lives. To many, Jesus' words are frankly bewildering. (2)

*A Mere\* Idea?*

Many Christians cannot even believe He actually intended for us to carry them out. What is the result? His teachings are treated as a mere ideal, one that we may better ourselves by aiming for but know we are bound to fall glaringly short of. (2)

\* See the Study Guide for 20 “mere(ly)” quotes

"I have read in Plato and Cícero sayings that are very wise and very beautiful; but I never read in either of them: 'Come unto me all ye that labour and are heavy laden'."

St. Augustine



Jesus College

# THE SPIRIT OF THE DISCIPLINES

## Session 1 - “The Secret of the Easy Yoke” - Chapter 1

### Following Jesus

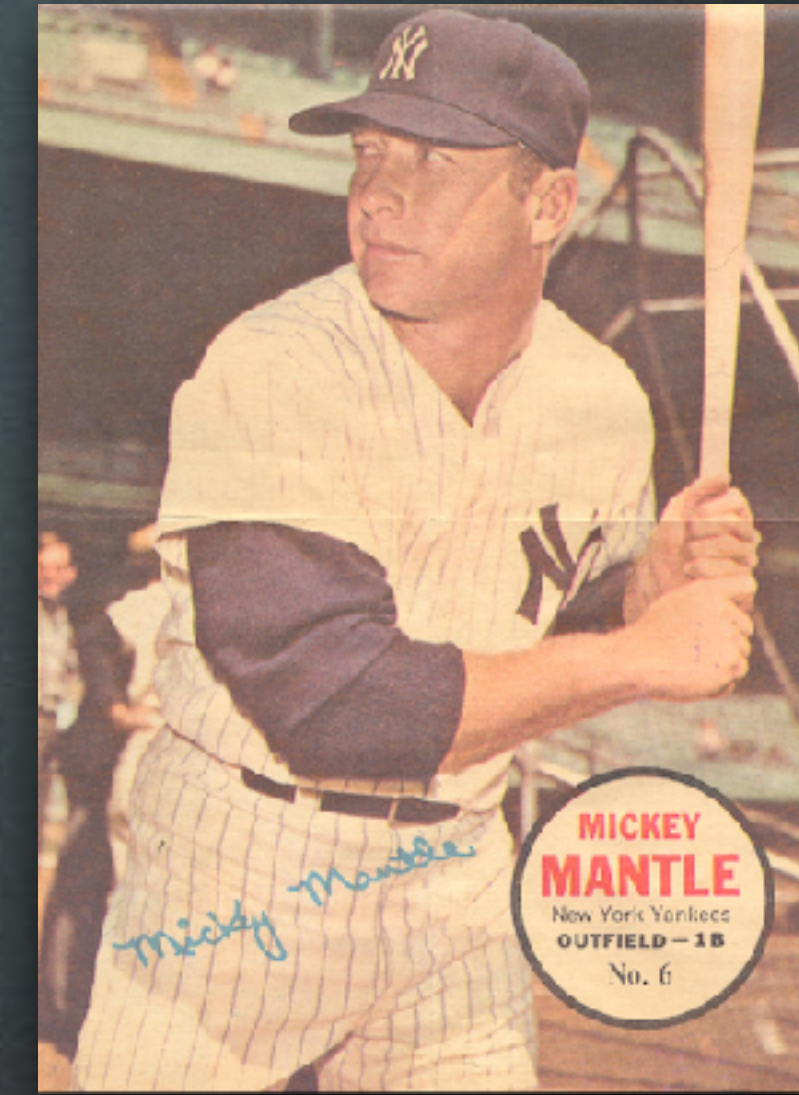
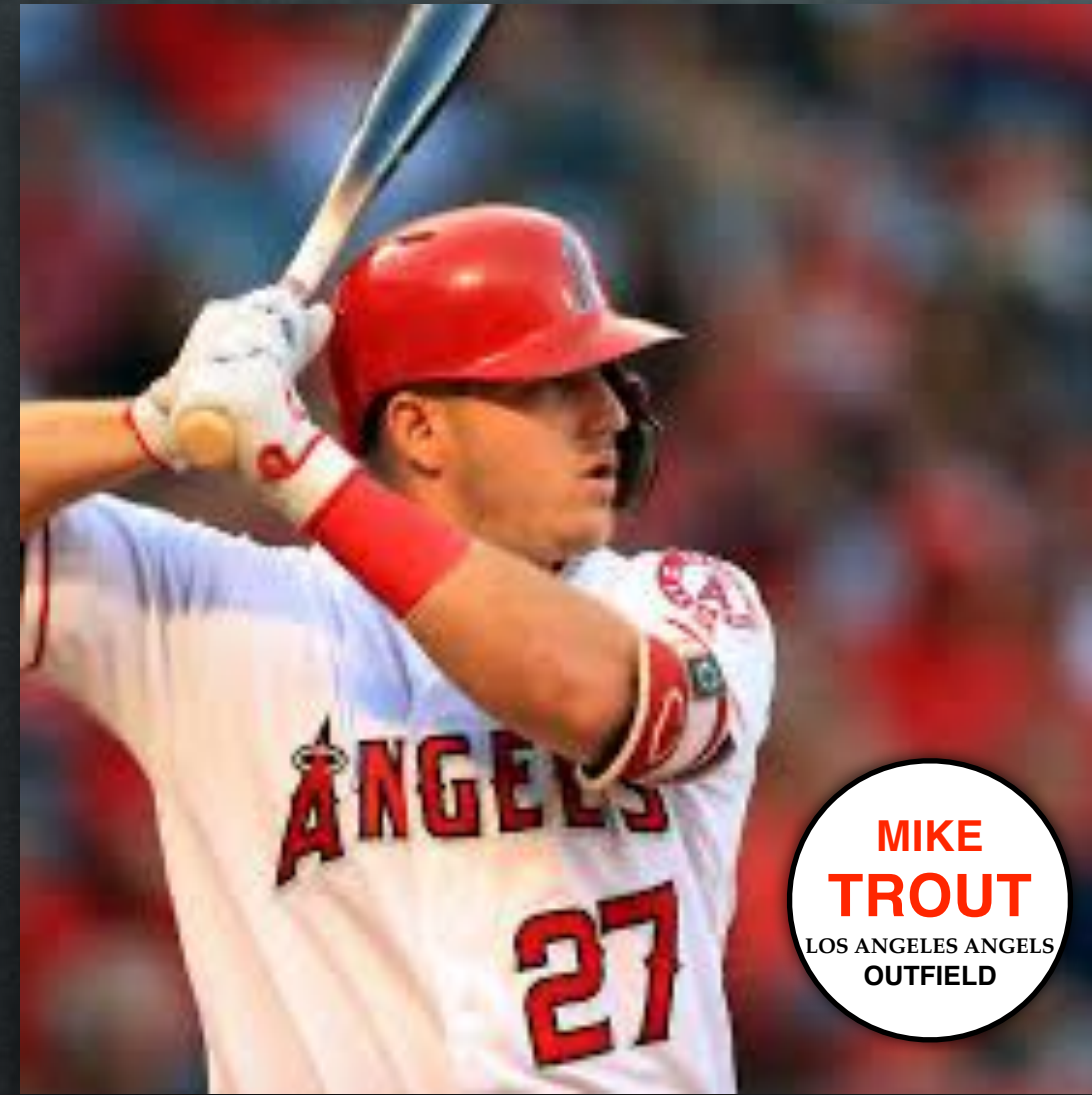
Jesus calls us to follow Him — to follow Him now, not after death...in the midst of this life where we labor and bear impossible burdens and cry out for rest. It’s true. It’s real.

We only have to grasp the secret of entering into that easy yoke.

*What then is the secret?*

(3)





## Idolizing a Baseball Player

Think of certain young people who idolize a baseball player. They all try to behave exactly as their favorite baseball player does.

The star player did not achieve his excellence by trying to behave in a certain way only during the game. Instead, he chose an overall life of preparation of mind and body.

Dallas Willard  
*"Changed Lives - Is it real?"*

**"Spirit of the Disciplines" - Session 1 Link**

[1:00:15 - 1:02:45]



# THE SPIRIT OF THE DISCIPLINES

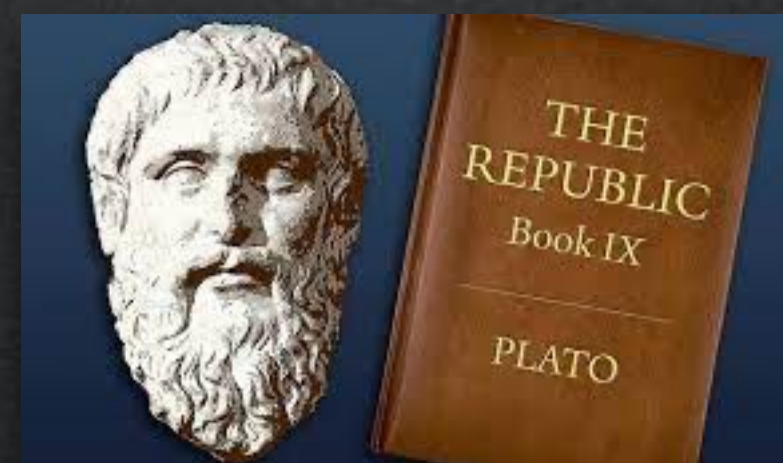
## Session 1 - “The Secret of the Easy Yoke” - Chapter 1

### The Art of Living

As Plato long ago saw, there is an art of living, and the living is excellent only when the self is prepared in all the depths and dimensions of its being. Furthermore, this is not a truth to be set aside when we come to our relationship with God.

We are saved by grace, of course, and by it alone, and not because we deserve it. That is the basis of God’s acceptance of us. But grace does not mean that sufficient strength and insight will be automatically “infused” into our being in the moment of need.

(4)



**Living as Jesus Lived** *“Taking the Easy Yoke of Christ”*

Growing up Yeshua — 18 years between the Passover trip at age 12 and His public ministry, he was subject to the demands of his family.

What was he doing for all those years? Dallas answers, *“He was living the Sermon on the Mount.”*

The truth lies in the secret of the easy yoke...

*What is the secret?*

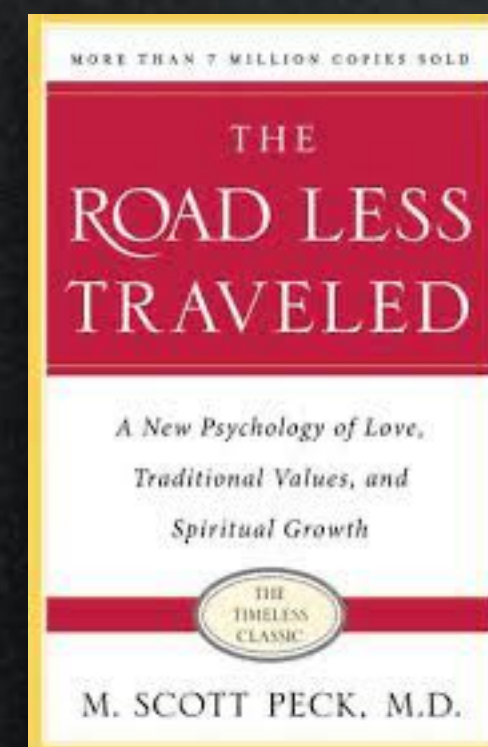




## No “Short Cut to Sainthood \*”

The general human failing is to want what is right and important, but at the same time not to commit to the kind of life that will produce the action we know to be right and the condition we want to enjoy. \* \*

(6)



\* p. 77



\* \* quoted p. 81

## **Our Key Word – Christlikeness**

We cannot behave “on the spot” as He did and taught if in the rest of our time we live as everybody else does. The “on the spot” episodes are not the place where we can, even by the grace of God, redirect unchristlike but ingrained tendencies of action toward sudden Christlikeness.

Living the Sermon on the Mount is characteristic of Christlikeness...a new kind of person, one who intelligently and steadfastly seeks, above all else, to live:

*“Seek first the Kingdom of God and His righteousness and all these things will be added unto you.” Matthew 6:33*



≠



Asking ourselves, “What would Jesus do?” when suddenly in the face of an important situation simply is not an adequate discipline or preparation to enable one to live as He lived. (9)

## Is Such a Life Possible?

The secret of the easy yoke is simple, actually. (10)

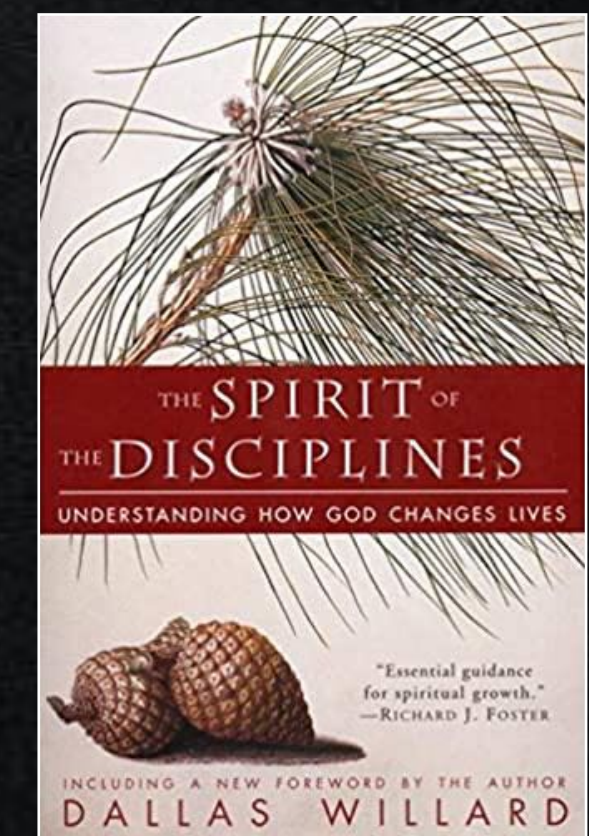
Living as He lived in the entirety of His life —  
adopting His overall lifestyle. (5)

To accept His overall way of life, *totally*. (8)

To learn from Christ how to live our total lives, how to invest  
all our time and our energies of mind and body as He did. (9)

Intelligent, informed, unyielding resolve to live as Jesus lived  
in all aspects of His life, not just in the moments of specific  
choice or action. (10)

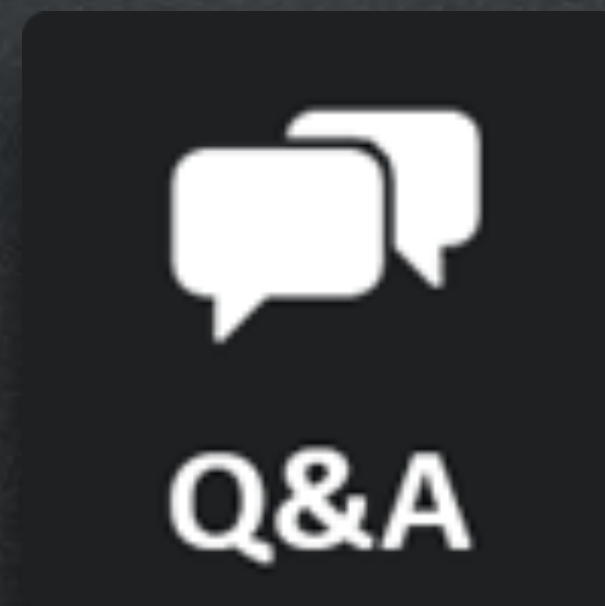
*This attitude, this action is our necessary preparation for taking  
the yoke of Christ and is the subject of the rest of this book.*



# Q&C

Your Questions & Comments are welcome!

(Use the Q&A on the bottom of your Zoom screen)





You are graced with 10,080 minutes weekly. If you invest 80 minutes weekly in The SPIRIT of the DISCIPLINES study & Course discussion, you have 10,000 minutes to interact with Jesus in the easy yoke of living in His Kingdom among us.

80:00 + 10K

**Meditation** — *Matthew 11:28-30*

- 1.) How does “On the Spot” trying differ from “Off the Spot” training?
- 2.) What is the Secret of the Easy Yoke? (p. 5, 8, 9, 10)
- 3.) What does “Christlikeness” mean to me?



† Cross Fit

Dallas Willard  
*"Changed Lives - Is it real?"*

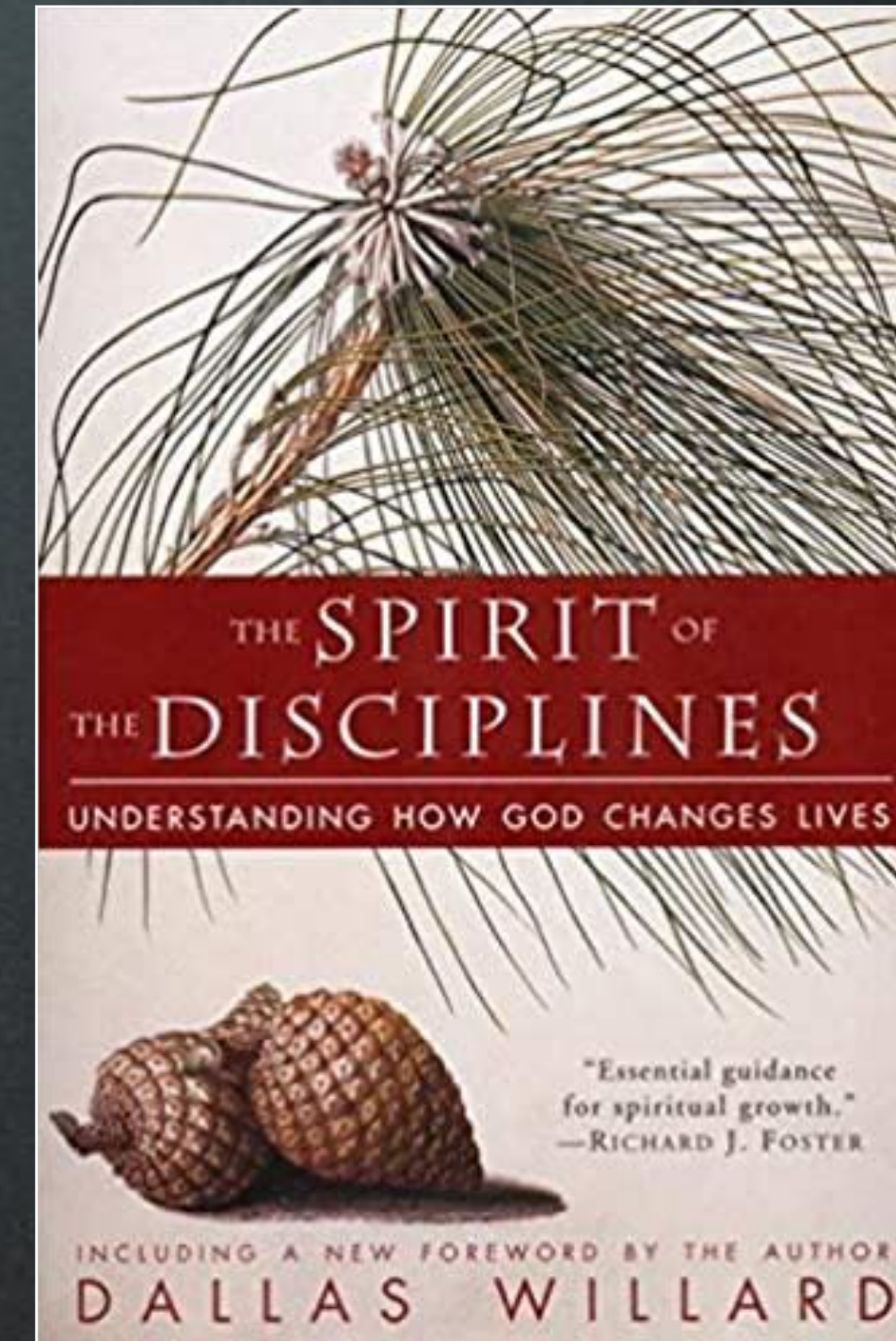
**"Spirit of the Disciplines" - Session 1 Link**

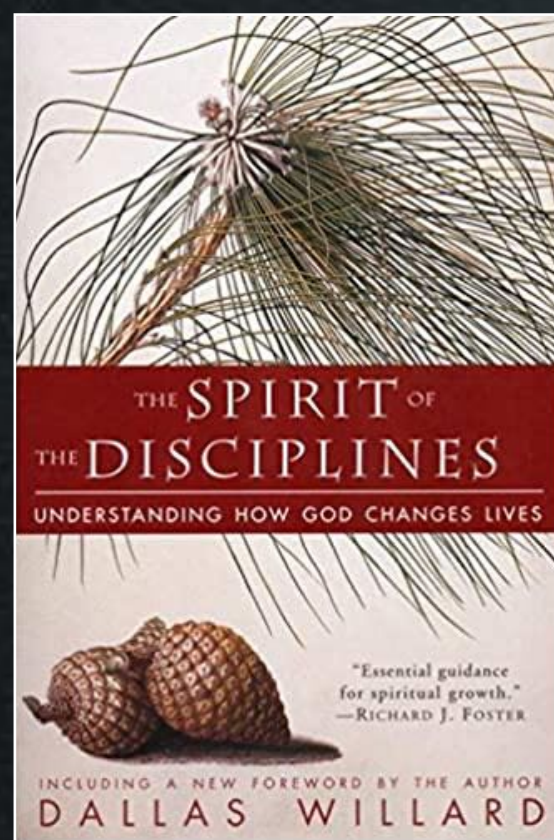




## Session 1 Summary

The secret of the easy yoke  
is to choose to live your life  
today the way Jesus lived  
His life 2000 years ago.





## **Next — Session 2**

### “Making Theology of the Disciplines Practical” Chapter 2

*The secret of these pages have been placed within your reach.*

An easy way of living  
your next 10,000  
minutes awaits your  
decision to live life today  
the way Jesus lived His  
life 2000 years ago.

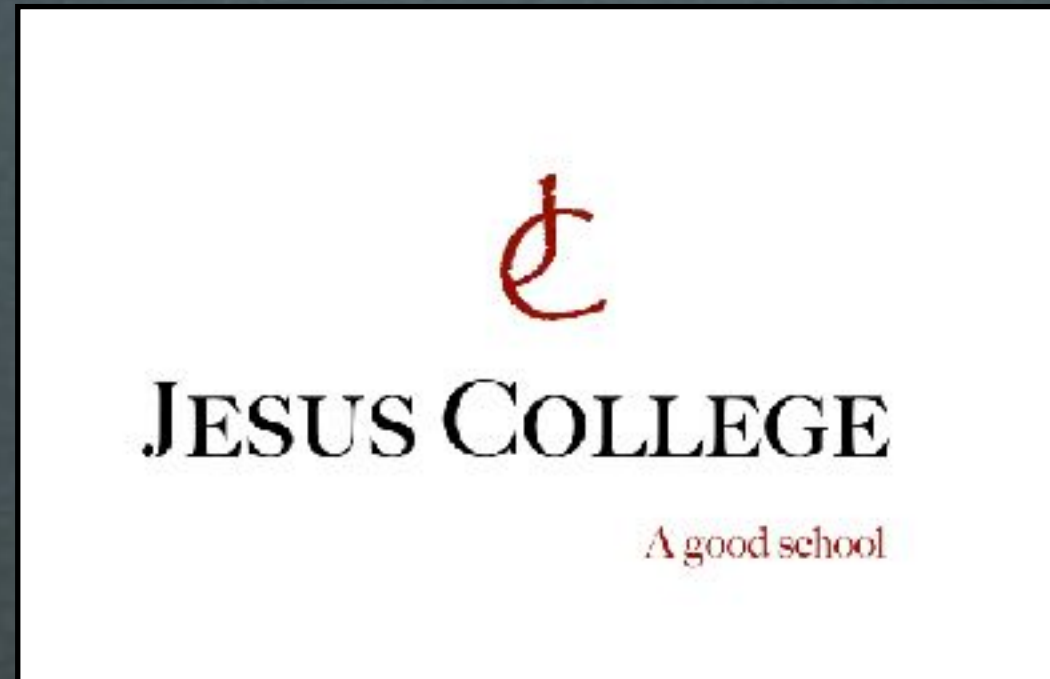
Doug



# The SCHOOL of KINGDOM LIVING



Information...Registration — [JohnC@dwillard.org](mailto:JohnC@dwillard.org)



Apprentice to Master Love — //Nouns  
*“A Student of the Superior Benefactor”*

Apprentice to Master Love — //Verbs  
*“Training to be proficient in willing the good”*

**The Mission of Jesus College** - To Empower Apprentices of the Master of Love who know Jesus as the One, great truth and to live a good life found in His truth.

**The Vision of Jesus College** - Equipping Trainers—Parents, Pastors, Professionals, Professors, Politicians—to mentor Senior Apprentices who will make Apprentices of Jesus.

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...for a good life in the person, work, teachings and life of Jesus.

