

## A VIM Plan to Be More Like Jesus

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**Vision:** What is one example of how God is inviting you 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](http://SoulShepherding.org/tag/transformation) for resources to become more like Jesus.