

Spiritual Disciplines for Life Transformation

We have been given a bold challenge by the Lord Jesus Christ when He commanded us to “Go into all the world and proclaim the Good News and make disciples...” (Matthew 28:18-20 and Mark 16:15 combined). This is the Great Commission and if you are a follower of Christ, then these are your marching orders. These words from our Lord are no less of a command today than they were 2000 years ago. Jesus clearly said “Go!”

This directive for believers everywhere applies just as much to your everyday routine and locale as they do to the backside of the world. Found within this commission is how He works in the lives of those in need of deliverance from addiction and life transformation. Jesus said, “Proclaim the Good News” and “Make disciples.” In the proclamation of His Word, there is power. In the making of disciples, there is process. The Lord works through both power and process. We often emphasize one of these while ignoring the other. We are saved and delivered by the power of God, and we grow and are upheld in our faith by the process of God.

As we raise up disciples of Jesus from “hopeless” drug addicts (which is my own story as well), they must encounter the saving and keeping power of God in their lives! However, they must also learn to walk daily in spiritual disciplines that will accelerate and sustain their progress in the faith. I’m referring to things like daily prayer, time in the Word (often called a quiet time or devotional time) and fellowship with other believers. Looking back on almost 40 years of walking with Jesus and freedom from addiction, these disciplines have been vital to my victory in Christ. Also, after counseling with hundreds of people who have fallen away from the Lord and back into sin, I always hear the same steps of destruction: “I stopped spending time with the Lord and I drifted away from other believers.”

My wife Sonya and I lead Outreach Ministries of Alabama in Valhermoso Springs, Alabama (OMA). OMA is a 12-month residential discipleship ministry for young men who are conquering addiction. Our students at OMA are shown the

importance of building daily disciplines as they reconstruct their lives. Importance is placed on seeking God in whatever way is meaningful and works for the student. Prayer as a way to commune with God is also emphasized, as well as ongoing fellowship with other believers for strength and encouragement when help is needed. When diligently applied, these practices lead to life transformation. Spiritual disciplines and the power of God combine to produce life transformation in each of us.

In this episode of Conquer Addiction, Ken and Sonya Pounders discuss three spiritual disciplines that set a person on the path to successful Christian living and transformation. You'll be encouraged and challenged to grow in the Lord in your personal walk with Him and will learn how you can reap the benefits of these daily practices. The Conquer Addiction Podcast on the Charisma Podcast Network provides real answers to the drug epidemic. You can find more resources at [. {eo}](#)

Ken and Sonya Pounders are the hosts of the Conquer Addiction podcast on the Charisma Podcast Network. They serve as directors of Outreach Ministries of Alabama Inc., a Christian discipleship training center for young men overcoming addictions. OMA Inc., recently celebrated its 50th anniversary as a ministry. Ken is also a 1983 graduate of Outreach Ministries of Alabama. Ken and Sonya have devoted themselves to new church planting, missionary evangelism and residential discipleship ministry in the United States, Eastern Europe, Asia and Central America for 37 years. They reside in Valhermoso Springs, Alabama and have five children and three grandchildren.

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