

## YOKEFELLOW EMPHASES

To attain any real degree of spiritual growth requires, first of all, an examination of one's self. Who am I? What makes me tick? What is the motivation for many of my actions and my behavior? These are questions that help one to be personal and offer a clear place to start the pilgrimage toward spiritual growth.

There are two aspects to the Yokefellow program, both of which are important. First, in the group we are aiming at analysis, self-examination and understanding of ourselves. Analysis is taking a thing apart to discover how it is made, what may be wrong with it, or simply to understand it better.

Second, in the daily discipline of study, scripture and prayer, we discover synthesis. Synthesis is putting it back together properly. We are not interested in self-analysis alone, which could become self-centered, but in complete honesty with one's self, which is the prelude to effective prayer and action.

The word discipline is not greeted warmly by many people, especially by those who have had a rigid home environment. What we are striving for is the process of having God heal our disordered lives, and this is accomplished only during time alone with him.

We call this self-discipline. The Yokefellow program emphasizes both individual and group discipline. The individual discipline has two major emphases. One is the deepening of the inner life and the other is witness in common life. The individual Yokefellow disciplines are:

## INDIVIDUAL DISCIPLINES

1. Daily prayer
2. Daily reading of the scripture
3. Regular - at least weekly - public worship
4. Proportionate giving of one's income - money
5. Allotment of time for service to others
6. To make daily witness in common life
7. To study carefully the Christian books

## GROUP DISCIPLINES

A minimum daily group discipline should be written down and reviewed regularly.

1. Pray daily for Group Members by name. Ask each person in the group to write down the name of each group member and agree to pray daily for each member. The mere process of holding a person in loving attention in the presence of God, can often accomplish his greatest good. Prayer lists should be reviewed periodically and be changed if need be.
2. It is important that the members of a group understand and agree that the personal problems and experiences discussed within the group meeting are not to be talked about with persons outside of the group. The group must respect the confidence of its individual members.