

## SPIRITUAL DISCIPLINES

*Disciplines of Personal Development (Inward):* Prayer, Meditation/Journaling, Fasting, Study

*Disciplines of Service to the Body of Christ (Outward):* Simplicity, Submission, Solitude/Silence, Service/Sacrifice

*Disciplines of Service with the Body of Christ (Corporate):* Confession/Forgiveness, Guidance, Celebration/Worship

**PRAYER** – communicating/connecting with God

- Romans 12:12 “Rejoice in hope, be patient in tribulation, be constant in prayer”
- 1 Thessalonians 5:17 “pray without ceasing”

**MEDITATION AND JOURNALING** – focusing on God and his will / lingering in His Presence / chewing on Scripture

- Phil. 4:8: Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things”
- Joshua 1:8 “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”

**FASTING** – a reminder of the source of all nourishment and denying self of something in order to break the stronghold / abstaining from food, time commitments and distractions, from anything that takes focus from Jesus

- Ezra 8:23 “So we fasted and petitioned our God about this, and he answered our prayer”
- Matthew 4:4 “Man shall not live by bread alone, but by every word that comes from the mouth of God”
- 2 Peter 2:19b “For you are a slave to whatever controls you”

**STUDY** – careful attention to the reality that God reveals to us, especially through Holy Scripture, spend time soaking in the Scriptures, becoming familiar with its message.

- Acts 17:11 “...they received the word with all eagerness, examining the Scriptures daily to see if these things were so”
- 2 Timothy 3:16 “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness”

**SIMPLICITY** – seeking God’s Kingdom first

- Matt. 6:33 “Seek first the kingdom of God and his righteousness, and all these things will be added to you”
- 1 Timothy 6:6-8 “Godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content”
- 1 Peter 5:7 “Cast all your anxiety on Him because He cares for you”
- Philippians 4:19 “God will supply every need of yours according to His riches in glory in Christ Jesus”

**SUBMISSION** – placing God’s will above one’s own / Freedom in surrender

- Luke 22:42 “Jesus knelt down and prayed, ‘Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done’”
- Job 22:21 “Submit to God, and you will have peace; then things will go well for you”
- James 4:7 “Submit yourselves to God. Resist the devil, and he will flee from you”

**SOLITUDE AND SILENCE** – withdrawing from the world to spend time with God

- Matt. 14:23 “And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone”
- Psalms 46:10 “Be still and know that I am God”

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- Psalm 62:5 "For God alone, O my soul, wait in silence, for my hope is from him"

### SERVICE AND SACRIFICE – supportive action toward others

- Mark 10:45 "For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many"
- Luke 9:23-24 "If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it"
- 1 Samuel 12:24 "Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you"

### CONFESSION AND FORGIVENESS – acknowledging one's sin with and to others in the community of faith

- James 5:16 "Confess your sins to one another and pray for one another, that you may be healed"
- 1 John 1:9 "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness"
- Proverbs 28:13 "People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy"
- Acts 3:19 "Repent of your sins and turn to God, so that your sins may be wiped away. Then times of refreshment will come from the presence of the Lord.."
- Matthew 6:14 "If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins"

### GUIDANCE – giving and receiving direction from God and others along our journey with Jesus / taking His hand

- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you"
- Psalm 37:23 "The steps of a man are established by the Lord when he delights in his way"
- Proverbs 3:5-6 "Trust in the Lord with all your heart, and do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take"
- Proverbs 11:14 "Where there is no guidance, a people falls, but in an abundance of counselors there is safety"

### CELEBRATION AND WORSHIP – taking joy in what God has done / giving Him the glory through our attitudes and actions

- Psalm 29:2 "Honor the Lord for the glory of his name. Worship the Lord in the splendor of his holiness"
- Psalm 95:6 "Oh come, let us worship and bow down; let us kneel before the Lord, our Maker!"
- Psalm 100:4 "Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!"
- Psalm 118:1 "Give thanks to the Lord, for he is good! His faithful love endures forever"
- Isaiah 12:5 "Sing to the Lord, for he has done wonderful things. Make known his praise around the world"

Choose a discipline and begin to practice it.