

Spiritual Disciplines

Disciplines of Self Denial

Solitude: Refraining from interacting with other people in order to be alone with God and be found by him.

Silence: Not speaking in a quiet place in order to quiet our minds and whole self and attend to God's presence. Also, not speaking so that we can listen to others and bless them.

Fasting: Going without food (or something else like media) for a period of intensive prayer — the fast may be complete or partial.

Sabbath: Doing no work to rest in God's person and provision; praying and playing with God and others.

Sacrifice: Giving of our resources beyond what seems reasonable to remind us of our dependence on Christ.

Secrecy: Not making our good deeds or qualities known to let God or others receive attention and to find our sufficiency in God alone (e.g., see Matthew 6).

Submission: Not asserting ourselves in order to come under the authority, wisdom, and power of Jesus Christ as our Lord, King, and Master.

Disciplines of Activity

Study: Trusting the Holy Spirit-inspired words of Scripture as our guide, wisdom, and strength for life.

Worship: Praising God's greatness, goodness, and beauty in words, music, ritual, or silence. (We can worship God privately or in community.)

Prayer: Conversing with God about what we're experiencing and doing together. (As we see in the Lord's Prayer the main thing we do in prayer is to make requests to our Father for one another.)

Fellowship: Engaging fellow disciples of Jesus in prayerful conversation or other spiritual practices.

Confession: Regularly confess your sins to the Lord and other trusted individuals.

Personal Reflection: Paying attention to our inner self in order to grow in love for God, others, and self.

Service: Humbly serving God by overflowing with his love and compassion to others, especially those in need.