



Ten Spiritual Disciplines

1 | Bible Reading



One of the first disciplines a Christian should prioritize is reading God's Word. It's important for Christians to be familiar with Scripture. This means regular devotional reading. How you make Bible reading a discipline is up to you. Maybe it's a chapter a day or multiple chapters on a weekend. In any case, it's critical that you're spending time familiarizing yourself with Scripture.

2 | Bible Study



Bible study is a very different discipline than devotional reading. The goal is to examine the Scriptures for deeper understanding. Everyone can benefit from reading Scripture, but when you invest time into understanding the Bible on a deeper level, it gives you greater insight into what Scripture is communicating and how you can apply it to your life.

3 | Bible Memorization



These could be passages that are particularly meaningful, that help you share your faith with others or that meet some specific need at the time. When you internalize Scripture, the Holy Spirit finds ways to make it come alive.

4 | Prayer



It's almost strange to think of prayer as a spiritual discipline. After all, if you genuinely believe God is present, listening and available, there's no way around the importance of prayer. But if you don't approach prayer with a spiritual-discipline mindset, then it doesn't happen with the frequency and intensity that it should.

If you don't have an established time of prayer, consider setting one. Prayer is too important to try and fit in when the occasion allows.

5 | Generosity



Stewardship means thinking of and using your possessions in the light of the fact that God is the ultimate owner of everything and you are His manager. Generosity is a critical discipline that trains Jesus followers to steward God's resources better and be more thankful and appreciative of God's blessings.



6 | Fellowship

From the start, Jesus' message was that the kingdom of God was at hand. This was more than an invitation to a relationship with God; it was also an invitation to reconciliation and relationship with others. Most of the New Testament focuses on the church's relationship with God as His people, so it's important to make room in your life for others.



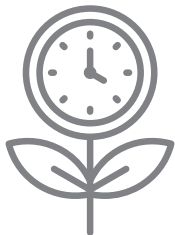
7 | Fasting

God's people have used fasting as a discipline throughout history. Typically, fasting is denying yourself food in order to focus your attention on prayer and other spiritual pursuits. During the Babylonian captivity, the prophet Daniel practiced a very specific kind of fast where he denied himself rich foods (Daniel 10:2-3). Food is not the only thing you can fast. Sometimes it's healthy to fast from social media, streaming services, or other things that may distract you from pursuing the Lord.



8 | Silence

Many set aside times during their day when they can be quiet and aware of God's presence. This might be a half-hour of silence at the end of your day or something as simple as not turning your stereo on in the car. This habit is about being strategic and intentional in how you make room for the Holy Spirit.



9 | Simplicity

There's a strong cultural pull to find value and meaning in what you own and what you do. As a discipline, simplicity seeks to counteract that influence by encouraging you to want less and to prioritize your focus and time better.



10 | Celebration

You don't have to read far into the Old Testament to discover how seriously God takes celebration. God encouraged regular festivals to commemorate His goodness, faithfulness and provision (Exodus 12:14-20). These activities are essential because they create opportunities to remember what God has done and they encourage the outward expression of delight.

Christians should be known for their joy. If this is an area where you struggle, it might be a good idea to consider ways to find and express joy. This could look like finding ways to celebrate the small triumphs of friends and loved ones. Maybe try spending a year journaling about things that God is doing in your life. Or put together one big blowout celebration every year; invite the people closest to you and remember God's graciousness.