



# EXPLORE

## WALKING WITH JESUS & HIS CHURCH

### “Spiritual Disciplines”

Godly character is developed over time—honed by the practice of spiritual disciplines and commitment to living honorably before men and God. Habits of devotion like prayer, fasting, and Bible reading are the means by which we are transformed by the Spirit. Spiritual disciplines are practices that by design can lead to life transformation. Their purpose is to aid our spiritual growth as disciples of Christ and deepen our relationship with God.

*Celebration of Discipline: The Path to Spiritual Growth* by Richard Foster

- **Inward Disciplines:** Meditation, Prayer, Fasting, Study
- **Outward Disciplines:** Simplicity, Solitude, Submission, Service
- **Corporate Disciplines:** Confession, Worship, Guidance, Celebration

*The Spirit of the Disciplines: Understanding How God Changes Lives* by Dallas Willard

- **Disciplines of Abstinence:** solitude, silence, fasting, frugality, chastity, secrecy, sacrifice
- **Disciplines of Engagement:** study, worship, celebration, service, prayer, fellowship, confession, submission

### Scripture Verses:

- 1 Timothy 4:7–8
- Matthew 6:5-6; 16–18
- 2 Timothy 3:16–17
- Joshua 1:8
- Psalm 1:1–2
- 1 Thessalonians 5:16–18
- Matthew 6:5–6
- Psalm 105:1–2
- Colossians 3:16
- 1 Chronicles 16:29

### Study Questions:

What are Spiritual Disciplines?

Why Practice Spiritual Disciplines? (Titus 2:11-15 & 1 Timothy 4:7-8)

Prayer & Fasting (Matthew 6:1-6, 16-18)

Simplicity & Submission (Philippians 4:10-13, Matthew 6:19-33)

Silence & Solitude (Luke 5:15-16 & 1 Kings 19:11-13)

Service & Giving (Matthew 6:19-21; 25:14-30)

Scripture: Study, Memorization, Contemplation & Meditation (Psalm 119)

What is the first thing that comes to mind when you hear the term spiritual disciplines? Why?

What has been your experience with spiritual disciplines in the past? What has been positive?

What has been negative or apathetic?

Make a list of all the spiritual disciplines you can think of. Which ones are most appealing to you?

Which ones seem the most scary or unreasonable? Why?

What disciplines would you like to start practicing personally? What will it take for you to get started?

What disciplines can you start practicing in your group?

**PRAY**

