

Spiritual Disciplines

“The Spiritual disciplines are wisdom and not righteousness.”

-Dallas Willard

➤ Personal Disciplines of Abstinence (Dying to Self)

- **Solitude** – Refraining from interacting with other people in order to be alone with God and be found in him. (Mark 6:31; Matthew 14:23)
- **Silence** – Not speaking in a quiet place to attend to God’s presence. (Psalm 62:5; Psalm 37:7)
- **Fasting** – Going without food for a period of time for intensive prayer and meditation. (Matt 6:16-18)
- **Sabbath** – Doing no work to rest in God’s presence and provision; praying and playing with others. (Exodus 20:8-11; Matthew 5:17-19)
- **Secrecy** – Not making our good deeds known so that God and others receive attention. (Matt 6:1-18)
- **Submission** – Not asserting ourselves, but coming under the authority of Jesus Christ as Lord, King, and Master. (James 4:7; 1 Peter 5:6)

➤ Personal Disciplines of Engagement (Living in Christ)

- **Scripture reading/study/meditation** (Joshua 1:8; Psalm 1:1-2; Acts 17:11; John 17:17)
- **Worship** – Praising God’s goodness and beauty in words, music, ritual, silence (privately and collectively) (Romans 12:1; Hebrews 12:28)
- **Prayer** – Conversing with God (Philippians 4:6-7)
- **Fellowship** – Engaging fellow disciples of Christ in godly conversation or spiritual practices (Life Groups, discipleship groups) (Acts 2:42; Heb 10:24-25)
- **Service** – Humbly serving God and others in need (1 Peter 4:10; Galatians 5:13; Mark 10:45)
- **Giving** – Regular giving of finances and resources to further God’s kingdom (2 Corinthians 8:1-6; 2 Corinthians 9:6-7; Hebrews 13:16)