

Take Your Next Step

towards God through spiritual disciplines

What Are Spiritual Disciplines?

Spiritual disciplines are practices that help people surrender their hearts and lives to God over time and learn to walk with Him daily. They become integral to a person's relationship with Jesus as they focus more of their life on Him and allow Him to transform them through these practices.

While not limited to Scripture reading, prayer, and fasting, these are great places to start.

Pick One Discipline To Work On Throughout This Series



Scripture

Every day, pick a time and a place that is quiet and as distraction-free as possible. Then pray to God to open your heart towards Him as you read.

If you are starting to read the Bible for the first time, we suggest reading the gospel of John or one of the other gospel accounts of Matthew, Mark, and Luke. After that, try reading the book of Acts.



Prayer

Every day, pick a time and a place that is quiet and as distraction-free as possible. Then pray to God to open your mind and heart towards Him.

We suggest reading the Lord's Prayer found in Matthew 6:9-13. Then take each phrase of the prayer and meditate on it, using it to direct your thoughts and heart toward God.



Fasting

Every Wednesday, do not eat food during the daylight hours. After sundown, eat a simple meal and reflect on how you saw God work during your day.

During the day, when you would normally eat, spend time reading the Bible, praying to God, and refocusing your heart toward Him.



Practice With Someone

While spiritual practices are personal acts of faith, they are best done in community. When you have questions, highlights, or struggles, talk with another follower of Jesus about what you're experiencing. As you work on incorporating a spiritual discipline into your life, share your experience with your life group. If you aren't in a group, join by emailing dave@christchurch.com



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To learn more about spiritual disciplines, check out the video resources from *Practicing the Way* on RightNow Media. Email levi@christchurch.com for more information and to create your free account. Once created, click on the Christ's Church logo to find the highlighted resources.

