

Spiritual Disciplines

Based upon the book *Celebration of Discipline* by Richard Foster.

Overview

The purpose of the disciplines are not to change us themselves, but to put us in a position before God that allows him to change us.

Inward Disciplines (Disciplines practiced internally)

- **Prayer** - Center of all the disciplines - Perpetual communion with God.
- **Meditation** - Ability to hear God's voice and obey it.
- **Fasting** - Helps us focus our attention on Christ and keep Him the central focus. Also, helps us identify anger, bitterness, jealousy, strife, and fear in our lives.
- **Study** - Transforms our mind and gives us understanding by studying the Bible, circumstances, people, and books.

Outward Disciplines (Disciplines practiced externally)

- **Simplicity** - Helps remove materialism and status from our lives so we can seek first God's Kingdom and His righteousness. Simplicity is an inward reality, that will effect our outward actions.
- **Solitude** - Puts us in a position to practice some of the other disciplines. Removes noise and busyness from our lives in order to pursue a deeper life with Christ. Also gives us an increased sensitivity and compassion for others.
- **Submission** - Gives us the freedom of not always get our own way.
- **Service** - Allows God to give us humility.

Corporate Disciplines (Disciplines practiced with others)

- **Confession** – Forces us to be honest which gives freedom from pride which in turn permits us to be human. It also gives accountability for a real change in our lives.
- **Worship** - Ability to give God what he wants - praise and adorations, loving God above all else.
- **Celebration** - Gives us the joy that is the oil that makes the other disciplines work. Without joy, the disciplines are drudgery, with joy they are pleasing.
- **Guidance** - Gives us the ability to make intelligent, and well directed decisions. Often God will speak to or use the wisdom of someone else to guide us in a specific situation. It keeps us from living a lonely isolated life.

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