

# SPIRITUAL DISCIPLINES (A)



## GROWING LEADERS

In the boxes below, list spiritual disciplines that you have heard of. Tick the adjacent boxes as appropriate.

| HEARD OF | SEEN IN OTHERS | PRACTISE MYSELF |
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The practice of spiritual disciplines is not a matter of our efforts to approach God. Rather, let's think of them as:

- **Training** not trying.
- **Grace** not effort.
- **Wisdom** not technique.
- **Faith** not works.

**'Discipline:** any activity I can do by direct effort that will help me to do what I cannot now do by direct effort.

**Spiritual discipline:** any activity that can help me gain power to live as Jesus taught and modelled it.'

John Ortberg

'Jesus was a master of life in the Spirit. He showed that spiritual strength is not manifested by great and extensive practice of the spiritual disciplines, but by little need to practise them and still maintain full spiritual life... the need for extensive practice of a given discipline is an indication of our weakness, not our strength. The disciplines we need to practise are precisely the ones we are not "good at" and hence do not enjoy.'

Dallas Willard



### For Journaling/Mentor

- How do I feel about starting some spiritual disciplines?
- How have I dealt with issues of training and practice in other areas of my life?

# SPIRITUAL DISCIPLINES (B)

## Abstinence



Solitude

Silence

Fasting

Frugality

Chastity

Secrecy

Sacrifice

## Engagement

Study

Worship

Celebration

Service

Prayer

Fellowship

Confession

Submission

## Spiritual Disciplines

There are many ways of describing the disciplines. They generally fall into two categories, abstinence and engagement, and it helps to exercise both types.

### ABSTINENCE

'Abstain from sinful desires which war against your soul.'

1 Peter 2:11

The disciplines of abstinence help us appropriately control areas of our life that can easily 'take over'. They do not imply that the issue at hand is wrong (food, sex, etc.). Rather, that in our obsessive and addictive world our enjoyment of them becomes distorted. We abstain to ensure that our focus and dependence in all things is on God.

### ENGAGEMENT

'Persevere... because if you do, you will save both yourselves and your hearers.'

1 Timothy 4:16

The disciplines of engagement help us build positive activities that deepen our relationship with God.



### For Journaling/Mentor

- What would I find it hardest to abstain from, and why?
- Is there space in my life to practise any new disciplines of engagement? If not, why not?