

SPIRITUAL DISCIPLINES

Not a Complete List (by Dallas Willard)

Disciplines of Abstinence

Solitude: The practice of spending time without any others or any distractions.

Silence: No noise or conversation. Just you and God.

Fasting: Abstain from food, media, entertainment, or anything else that occupies your time.

Purity: Hebrews 13:4 “Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.”

Frugality: Use your money for purposes outside your own needs for a time.

Secrecy: Do not allow anyone to know of the deeds you do or the money you give in order to avoid doing them for the wrong motivations. Only God needs to know.

Sacrifice: Stretch your sense of what you can do without for the sake of those who have less.

Disciplines of Engagement

Study: Memorize Scripture and expand your universe of biblical study helps.

Worship: Engage in corporate worship and include worship in your own prayer time.

Celebration: Practice being grateful and thankful both in your own relationship with Christ and with other believers. Express encouragement and thankfulness to others.

Service: Give your time to the church and/or to others. Ponder tithing your time.

Prayer: Take deliberate steps to pray regularly and with purpose. Praying through the Psalms is a good way to increase your “prayer vocabulary.”

Fellowship: Hebrews 10:25, “Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.”

Confession: Practice confessing your sins to trusted people who will pray with you and be spiritual allies.

Submission: Submit to the proper people in the proper ways—fight against the sin of pride.

Witnessing: Proclaim the gospel of Jesus Christ to the lost world – evangelism.

Does the Gospel I believe in included discipleship, or only
consuming of religious goods and services?

Jesus directed and led His disciples into disciplines for spiritual life: fasting, prayer, solitude, silence, service, study, fellowship, and so forth. A disciple rearranges his life in systematic and progressive ways to become like Jesus.