

Spiritual Disciplines

THEIR PRACTICE AND PURPOSE

| | Purpose | What it Involves |
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| Bible Study (Psalm 119) | To know and understand more about God | Finding out what the Bible <i>really</i> says. Take the time to read and research Scripture, whether going through a book, or taking a theme. |
| Meditation (Psalm 1) | To apply Biblical truth to your life | Thinking about the passage(s) of Scripture that you have read. Talk through the passage in your head, asking questions and considering implications. |
| Prayer (Matthew 6:5-15) | To develop your communication with God | Conversing with God in various forms, whether verbally or non-verbally. Although this can be undertaken anywhere at any time, it is wise to set aside time to pray as well. |
| Confession (1 John 1:9 - 2:1) | To keep the Gospel central in your life | Confessing our sins to God, and also to one another as appropriate. |
| Silence (Psalm 62) | To learn how to hear God's voice | Spending time in silence without any specific agenda, just waiting on God. This means getting away from all the noise and distractions! |
| Solitude (eg. Mark 1:35) | To cultivate intimacy with God | Spending time alone with God. This will often coincide with other disciplines, such as study, meditation, prayer and silence. |
| Fasting (Isaiah 58:3-5) | To humble yourself before God | Refraining from eating all food, sometimes water too. Not to be confused with simplicity. |
| Simplicity (Matthew 6:19-34) | To keep God in first place in your life | Ensuring worldly possessions don't have a hold on you. Really a way of life, but this can be developed through giving, lending and abstaining from possible idols |
| Submission (Ephesians 5:21) | To grasp God's sovereignty | Giving up your rights and privileges for others. Again, a way of life, but which can be nurtured through taking time to consider whether we are submitting in given situations. |
| Service (Philippians 2:1-11) | To grow in your love for others | Having a duty-of-care for everything and everyone. This discipline can be developed through actively seeking, and being aware of, opportunities to serve. |
| Fellowship (Hebrews 10:25) | To live out our unity in Christ and show ourselves to be Jesus' disciples | Spending quality time with other Christians, whether at meetings or socially. It is important that there is <i>some</i> spiritual time too, whether worshiping or praying together, discussing sermons or the like. |
| Worship (Rom 12:1-2) | To give glory to God with our whole lives | Reminding ourselves of the truth of who God is and all He has done for us, through songs, listening to preaching, praying and many other ways. This is fundamental to all the other disciplines! |