

EMBRACING the SPIRITUAL DISCIPLINES

What are Spiritual Disciplines?

Spiritual Disciplines are not the desired end-product of spiritual life, but rather they are a means to an end. They are the intentional development of authentic Spiritual life and intimacy with God.

Basic Definition

A self-imposed habit that nurtures spiritual health and fosters spiritual growth leading to maturity.

Discipline of EXPLORATION: “I will investigate the ways of Jesus”

Look for Christ and you will find Him, and with Him everything else thrown in.

-CS Lewis

- ☐ Attend church weekly
- ☐ Find Your Chair and READ God’s Word every day:
 - Use the Grace Church [READ plan](#)
 - Find a Grace Church reading plan on the YouVersion Bible app or [website](#) by searching “whoisgrace.” (Set Grace as “my church” in the app to receive our featured plan every week.)
- ☐ Memorize Scripture
- ☐ Examen- a way to prayerfully reflect on your days
 - [The Daily Examen](#)
- ☐ Attend a class. Explore the upcoming offerings at the [Grace Leadership Institute](#).

Discipline of IMITATION: “I will emulate the practices of Jesus”

We can become like Christ by doing one thing – by following him in the overall style of life he chose for himself. If we have faith in Christ, we must believe that he knew how to live. We can, through faith and grace, become like Christ by practicing the types of activities he engaged in, by arranging our whole lives around the activities he himself practiced in order to remain constantly at home in the fellowship of the Father.

-Dallas Willard

- ☐ Live in Community
 - Connect with a [LifeGroup](#)
 - Find a Mentor or Prayer Partner
- ☐ Prioritize Prayer
 - Explore the prayers of the Bible
 - Make the Psalms a regular part of your prayer life
 - [The School of Prayer](#)- a Grace sermon series and a [YouVersion reading plan](#)
 - Use this simple [5-part prayer method](#) from the Navigators
- ☐ Make space and time for Silence and Solitude and Sabbath
 - review Pastor Derek’s sermon series, [Soul Care](#)
- ☐ Practice Fasting
 - Understand why Christians fast in [this article](#) from The Gospel Coalition

Discipline of ACTION: “I will be the hands and feet of Jesus.”

Expect great things from God, attempt great things for God.

-William Carey

- ☐ Serve Others with acts of love and mercy
 - Serve our [City](#)
 - Serve our [World](#)
- ☐ Practice Hospitality
 - [Art of Neighboring](#)
- ☐ Practice Stewardship
 - [Giving](#)
 - [Balanced](#)- a Grace Church sermon series (YouVersion plan coming Feb '23)

Additional Resources:

[Getting Close to God](#)- a Grace Church sermon series on spiritual disciplines

[Soul Care](#)- a Grace Church sermon series on the practices of Solitude, Silence, and Sabbath

RightNow Media- sign up for a *free* account [here](#) and get started with hundreds of video resources. Look for the “Grace Church” channel to access our recommended resources.

-[The Disciplines of Abiding](#)”- a 3-part course on prayer, fasting and giving thanks

-[Be Still](#)- a 5-part course on how to develop a regular rhythm of daily relationship with God

Learn more about [fasting](#), [prayer](#) and [Bible reading](#) from Cru.org

Books-

Spiritual Disciplines Handbook: Practices that Transform Us- Adele Ahlberg Calhoun, IVP Books

Practices of Love: Spiritual Disciplines for the Life of the World- Kyle David Bennett, Brazos Press

All the Things: A 30 Day Guide to Experiencing God’s Presence in the Prayer of Examen- Katie Haseltine, Morgan James Publishing

The Practice of the Presence of God- Brother Lawrence

Celebration of Discipline - Richard Foster

The Spirit of the Disciplines – Dallas Willard

Spiritual Disciplines Handbook - Adele Calhoun

The Life You Always Wanted – John Ortberg