

Spiritual disciplines and practices modeled in the life of Christ.

Disciplines of letting go

Allow us to let go of something in order to gain something new.

Choose disciplines that will help you become more dependent on God.

Solitude-*Spending time alone to be with God.* Find a quiet place to be alone with God for a period of time. Use the Bible as a source of companionship with God. Listen to Him. Remain alone and still.

Silence-*Removing noisy distractions to hear from God.* Find a quiet place away from noise to hear from God. Write your thoughts and impressions as God directs your heart. Silence can occur even in the midst of noise and distraction. But you must focus your attention on your soul. This could mean talking less or talking only when necessary. And it could mean turning off the radio and the TV.

Fasting-*Skipping a meal(s) to find greater nourishment from God.* Choose a period of time to go without food. Drink water and, if necessary, take vitamin supplements. Feel the pain of having an empty stomach and depend on God to fill you with His grace.

Frugality- *Learning to live with less money and still meet your basic needs.* Before buying something new, choose to go without or pick a less expensive alternative that will serve your basic needs. Live a simple, focused life.

Chastity- *Voluntarily choosing to abstain from sexual pleasures deemed morally right in the bond of marriage to find higher fulfillment in God.*

Secrecy-*Avoiding self-promotion, practice serving God without others knowing.* Give in secret. Serve "behind the scenes" in a ministry that you are assured few will know about.

Sacrifice-*Giving of our resources beyond what seems reasonable to remind us of our dependence on Christ.* Choose to give your time or finances to God beyond what you normally would.

Disciplines of engagement

Choosing to participate in activities that nurture our souls and strengthen us for the race ahead.

Study-*Spending time reading the Scriptures and meditating on their meaning and importance to our lives.* Scripture is our source of spiritual strength. Choose a time and a place to feed from it regularly.

Worship-*Offering praise and adoration to God.* His praise should continually be on our lips and in our thoughts. Read psalms, hymns, or spiritual songs, or sing to God daily using a praise tape. Keep praise ever before you as you think of God's activity and presence in your life.

Service-*Choosing to be a humble servant as Christ was to His disciples when He washed their feet.* Consider opportunities in the church and community to serve. Learn to do acts of kindness that otherwise might be overlooked (help someone do yard work, clean a house, buy groceries, run an errand, etc.).

Prayer- *Talking to and listening to God about your relationship with Him and about the concerns of others.* Find time to pray to God without the distraction of people or things. Combine your prayer time with meditation on the Scriptures in order to focus on Christ.

Fellowship- *Mutual caring and ministry in the body of Christ.* Meet regularly with other Christians to find ways to minister to others. Encourage one another.

Confession-*Regularly confess your sins to the Lord and other trusted individuals.* As often as you are aware of sin in your life, confess it to the Lord and to those you may have offended.

Submission- *Humbling yourself before God and others while seeking accountability in relationships.* Find faithful brothers or sisters in Christ who can lovingly hold you accountable for your actions and growth in Christ.