

INWARD Disciplines:

Avenues for self-reflection, growth, quiet contemplation, and renewal.



BIBLE INTAKE



PRAYER



FASTING



MEDITATION

“The life that pleases God is not a set of religious duties; it is listening to His voice and obeying His word.”

- Richard J. Foster, *Study Guide for Celebration of Discipline: A Resource for Individuals and Groups*

OUTWARD Disciplines:

Avenues for making a positive impact on others and the world.



GENEROSITY



SERVICE



SILENCE & SOLITUDE



SIMPLICITY

“It is out of our liberation from others and self that our ears become open to hear and our eyes unveiled to see the goodness of God. We can love God because we do not love the world... A happy bi-product of becoming the friend of God is an increased compassion for others. Once we have peered into the abyss of our own vanity, we can never again look at the struggles of others in condescending superiority.”

- Richard J. Foster, *Study Guide for Celebration of Discipline: A Resource for Individuals and Groups*

CORPORATE Disciplines:

Avenues for strengthening our relationships with God and others.



WORSHIP



CELEBRATION



GUIDANCE



CONFESSION

“The aim of God in history is the creation of an all-inclusive community of loving persons, with Himself included in that community as its prime sustainer and most glorious inhabitant.” - Dallas Willard