

SPIRITUAL DISCIPLINES

- *Celebration of Discipline: The Path to Spiritual Growth* by Richard J. Foster
- *Spiritual Disciplines Handbook: Practices that Transform Us* by Adele Ahlberg Calhoun
- *The Spirit of the Disciplines* by Dallas Willard
- *Streams of Living Water* by Richard J. Foster

INWARD Resources:

- *Living By the Book: The Art and Science of Reading the Bible* by Howard and William Hendricks
- *50 Ways to Pray: Practices From Many Traditions and Times* by Teresa A. Blythe
- *Prayer: Does it Make any Difference?* by Phillip Yancy
- *In Constant Prayer: The Ancient Practices Series* by Robert Benson
- *A Hunger for God: Desiring God Through Fasting and Prayer* by John Piper, David Platt, and Francis Chan
- *God's Chosen Fast: A Spiritual and Practical Guide to Fasting* by Arthur Wallis
- *Reclaiming the Lost Art of Biblical Meditation: Find True Peace in Jesus* by Robert Morgan

OUTWARD Resources:

- *Soul Keeping* by John Ortberg
- *Sabbath: The Ancient Practices Series* by Dan B. Allender
- *The Rest of God: Restoring Your Soul by Restoring Sabbath* by Mark Buchanan
- *Rich Christians in an Age of Hunger: Moving from Affluence to Generosity* by Ronald J. Sider
- *Freedom of Simplicity* by Richard J. Foster
- *Simplicity (Soul Care Resources)* by Mindy Caliguire

CORPORATE Resources:

- *Sing! How Worship Transforms Your Life, Family and Church* by Keith and Kristyn Getty
- *The Air I Breathe: Worship as a Way of Life* by Louie Giglio
- *Life Together: The Classic Exploration of Christian Community* by Dietrich Bonhoeffer
- *The Emotionally Healthy Church: A Strategy for Discipleship That Actually Changes Lives* by Peter Scazzero
- *Life Together in Christ: Experiencing Transformation in Community* by Ruth Haley Barton
- *Adorned: Living Out the Beauty of the Gospel Together* by Nancy DeMoss Wolgemuth
- *When the Church Was a Family: Recapturing Jesus' Vision for Authentic Christian Community* by Joseph H. Hellerman

GO TO WWW.FSBCFAMILY.COM/DISCIPLINES FOR ADDITIONAL HANDOUTS, VIDEOS, WEBSITE LINKS, AND AUDIO RESOURCES. ALSO, SOME RELEVANT BOOKS ARE AVAILABLE FOR CHECKOUT AT THE FAITH@HOME RESOURCE CENTER.

This information compilation of materials from Richard J. Foster's *Celebration of Discipline: The Path to Spiritual Growth* and the Spiritual Disciplines Resources from www.egracechurch.com/stormprep/.

SPIRITUAL DISCIPLINES

INWARD Disciplines:

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



BIBLE INTAKE



PRAYER



FASTING



MEDITATION

OUTWARD Disciplines:

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



GENEROSITY



SERVICE



SILENCE & SOLITUDE



SIMPLICITY

CORPORATE Disciplines:

Avenues for strengthening our relationships with God and others.



WORSHIP



CELEBRATION



GUIDANCE



CONFESSION

“Joy is the keynote of all the Disciplines. The purpose of the Disciplines is liberation from the stifling slavery to self-interest and fear.... The primary requirement is a longing after God.”

- Richard J. Foster, *Celebration of Discipline: The Path of Spiritual Growth*

“Throughout the ages Christians of all races and ethnicities from all geographic locations and economic backgrounds have witnessed that the classical Disciplines of the spiritual life can produce deep within us exactly this kind of life. The Spiritual Disciplines are the *means* of God’s grace for bringing about genuine personality formation characterized through and through by love and joy and peace and patience and kindness and goodness and faithfulness and gentleness and self-control.”

- Richard J. Foster, *Celebration of Discipline: The Path of Spiritual Growth*

SPIRITUAL DISCIPLINES

What function do the Spiritual Disciplines play in producing authentic transformation? And if a Discipline is something you do, what is the role of grace in spiritual growth? These are important questions!

During this 8-week sermon series, we will examine some of the classical Christian Disciplines and consider how God can use them to transform our hearts. Spiritual Disciplines involve human effort, yes, but not earning. When properly approached, the disciplines are methods for experiencing God’s love and presence.

In his book *Celebration of Discipline: The Path of Spiritual Growth*, Richard J. Foster writes that “the Spiritual Disciplines are God’s *means* of grace by which we are enabled to bring our little, individualized power pack we call the human body and place it before God as a ‘living sacrifice,’ as the wise apostle Paul put it (Rom. 12:1). Having done this the Disciplines have reached the end of their tether. God steps into our small offering and produces in us graces and virtues we could hardly imagine. Again, the Spiritual Disciplines are the means God uses to build in us an inner person that is characterized by peace and joy and freedom.”

The different disciplines we will explore can be understood as either **INWARD**, **OUTWARD**, or **CORPORATE** Spiritual Disciplines. As an athlete needs to exercise various muscle groups in order to be well-rounded physically; so too, a Christian must train in different areas of the Spiritual Disciplines in order to be balanced spiritually.

CORPORATE Disciplines:

Avenues for strengthening our relationships with God and others.



DATE: _____

CELEBRATION PASSAGE(S): _____

CELEBRATION _____

THE PURPOSE OF **CELEBRATION**: _____

WHAT **CELEBRATION** IS: _____

WHAT **CELEBRATION** IS NOT: _____

CELEBRATION NOTES: _____

CORPORATE Disciplines:

Avenues for strengthening our relationships with God and others.



WORSHIP

DATE: _____

WORSHIP PASSAGE(S): _____

THE PURPOSE OF WORSHIP: _____

WHAT WORSHIP IS: _____

WHAT WORSHIP IS NOT: _____

WORSHIP NOTES: _____

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

INWARD Disciplines:

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



DATE: _____

BIBLE INTAKE PASSAGE(S): _____

BIBLE INTAKE

THE PURPOSE OF BIBLE INTAKE: _____

WHAT BIBLE INTAKE IS: _____

WHAT BIBLE INTAKE IS NOT: _____

BIBLE INTAKE NOTES: _____

OUTWARD Disciplines:

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



DATE: _____

SILENCE & SOLITUDE PASSAGE(S): _____

SILENCE & SOLITUDE

THE PURPOSE OF SILENCE & SOLITUDE: _____

WHAT SILENCE & SOLITUDE ARE: _____

WHAT SILENCE & SOLITUDE ARE NOT: _____

SILENCE & SOLITUDE NOTES: _____

OUTWARD Disciplines:

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



SERVICE

DATE: _____

SERVICE PASSAGE(S): _____

THE PURPOSE OF SERVICE: _____

WHAT SERVICE IS: _____

WHAT SERVICE IS NOT: _____

SERVICE NOTES: _____

INWARD Disciplines:

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



PRAYER

DATE: _____

PRAYER PASSAGE(S): _____

THE PURPOSE OF PRAYER: _____

WHAT PRAYER IS: _____

WHAT PRAYER IS NOT: _____

PRAYER NOTES: _____

INWARD Disciplines:

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



FASTING

DATE: _____

FASTING PASSAGE(S): _____

THE PURPOSE OF FASTING: _____

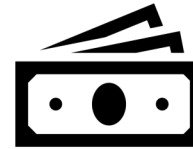
WHAT FASTING IS: _____

WHAT FASTING IS NOT: _____

FASTING NOTES: _____

OUTWARD Disciplines:

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



GENEROSITY

DATE: _____

GENEROSITY PASSAGE(S): _____

THE PURPOSE OF GENEROSITY: _____

WHAT GENEROSITY IS: _____

WHAT GENEROSITY IS NOT: _____

GENEROSITY NOTES: _____
