



Spiritual Disciplines

Summer 2026

Instructor

Pastor Cade Ogletree

Email

cade@mlbc.org

Course location and time

Upstairs Classroom 221
Wednesdays 6:30-8:00pm

General Information

Objective

By the end of this course, students will have a clear, practical understanding of the spiritual disciplines and how they function as means of grace in the Christian life. Students will be able to explain the purpose of key disciplines, practice them with biblical grounding, and articulate how these rhythms cultivate spiritual depth, joy, and Christlike transformation.

Requirements

Students are expected to attend class consistently, participate in discussions, and complete weekly practices or reflection assignments. Engagement with the disciplines outside of class is essential for meaningful formation.

Expectations

Classes will include teaching, guided exercises, and group discussion. Students are encouraged to participate honestly, respect differing experiences, and approach the disciplines with humility and openness. This course emphasizes practice over perfection.

Course Materials

Recommended text:

Celebration of Discipline by Richard J. Foster (available on [Amazon](#)).

Required materials:

A Bible. Handouts and pens will be provided.

Course Schedule

Week	Date	Topic
Week 1	June 3 rd	Foundations of Formation: Entering the Deep Life
Week 2	June 10 th	Communion & Hunger: Prayer and Fasting
Week 3	June 17 th	Quiet Strength: Solitude and Service
Week 4	June 24 th	Joyful Devotion: Worship and Celebration