

LIST OF DISCIPLINES

Disciplines of Abstinence

Ways of denying ourselves of needs and desires in order to make space to focus on and connect with God and others.

Solitude. Abstaining from interaction with other people in order to be alone with God.

Silence. Abstaining from speaking and sounds in order to quiet our minds and whole self and be attuned to God's presence and voice.

Fasting. Abstaining from food (and drink) for a period of time in order to connect with God, respond to and embody the pain and longing of the world, and express our utter dependence on God.

Simplicity. Abstaining from using money, goods, and tech to gratify our hunger for status, comfort, or excess in order to cultivate a heart of gratitude, humility, and generosity.

Sabbath. Abstaining from work and chores in order to rest and relish in God's person, provision, and creation – praying and playing with God and others.

Secrecy. Abstaining from making our good deeds, talents, and accomplishments known to others.

Sacrifice. Abstaining from the possession or enjoyment of what is necessary for life in total abandonment and submission to God.

Disciplines of Engagement

Ways of connecting and conversing with God and other people in order to give and receive love.

Scripture. Trusting Scripture as our guide, wisdom, and strength for life. (Bible study, Scripture meditation, and praying God's Word)

Worship. Ponder and express God's greatness, goodness, and beauty in words, music, rituals, and symbols.

Celebration. Relishing in the goodness and greatness of God and his creation through eating, drinking, singing, dancing, playing, laughing, sharing stories, etc.

Service. Humbly serving God by overflowing with his love and compassion to others, especially those in need. (Generosity, hospitality, acts of service)

Prayer. Conversing with God about what we're experiencing and doing together.

Fellowship. Intentional engagement with others that include increasing levels of vulnerability, encouragement, challenge, and partnership.

Confession. Paying attention to our inner-self and sharing with God and others our deepest weaknesses and failures for the purpose of growing in our ability to give and receive love.

"A discipline is nothing but an activity undertaken to bring us into more effective cooperation with Jesus and his Kingdom"

– Dallas Willard, The Spirit of the Disciplines