

# An Introduction to the Spiritual Disciplines

FMBC Adult Sunday School

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# Spiritual Disciplines

“Outward, inward, and corporate practices or means of grace that place believers before God, enabling the Holy Spirit to transform their hearts, minds, and souls to become more like Jesus.” – Richard Foster

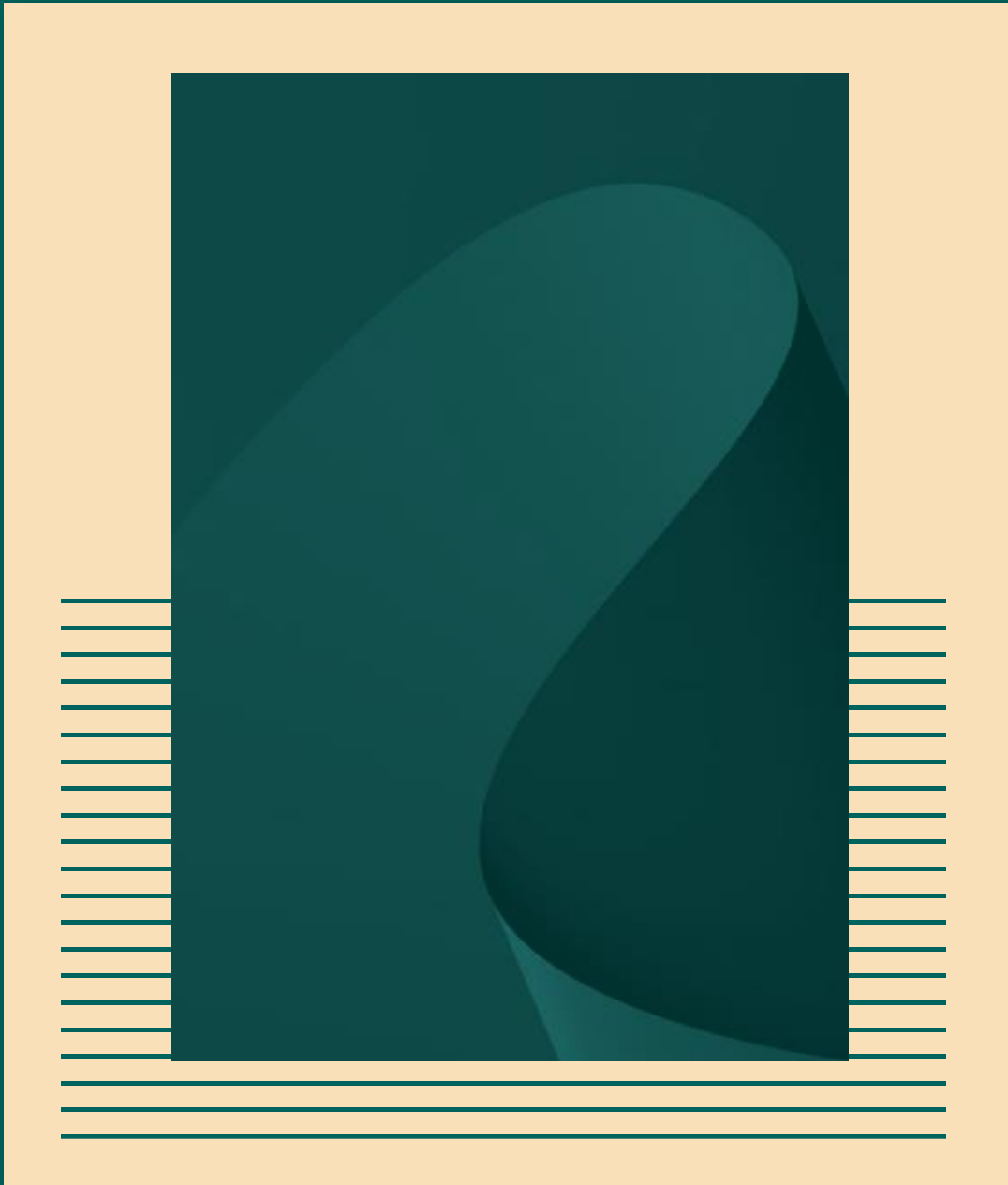
# Spiritual Disciplines

“Intentional, gospel-centered practices that serve as channels for God’s grace, designed to increase our joy in Jesus rather than act as legalistic chores.”

-David Mathis

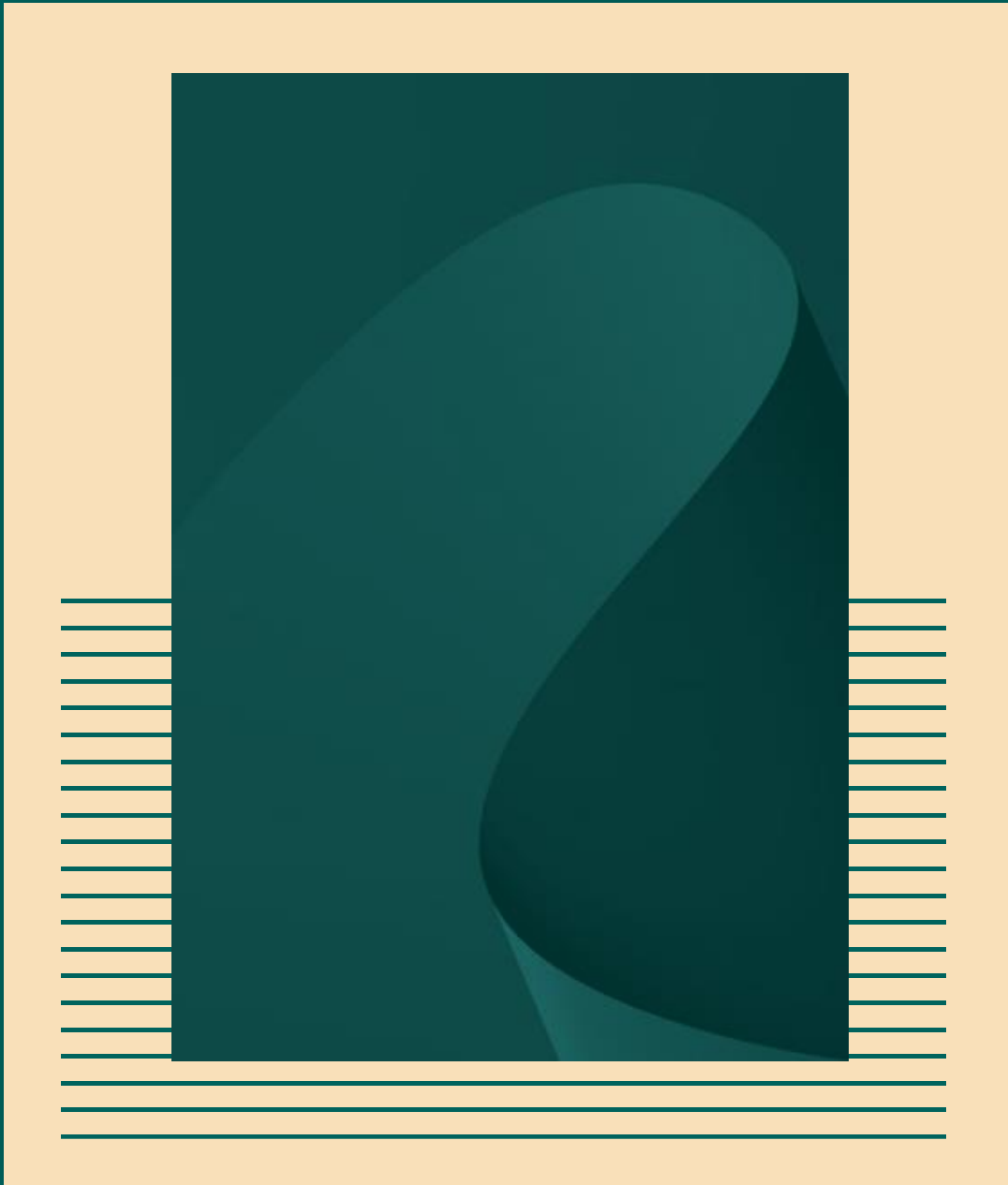
“The only road to **SPIRITUAL MATURITY**  
passes through the practice of the  
**SPIRITUAL DISCIPLINES.”**

— DONALD S. WHITNEY, *Spiritual Disciplines for the  
Christian Life Study Guide*



# Word

- ❖ Reading
- ❖ Listening
- ❖ Studying
- ❖ Meditating
- ❖ Memorization
- ❖ Journaling



**Pray**

❖ **Fasting**

❖ **Silence**

❖ **Solitude**



# Fellowship

❖ Serving

❖ Giving

❖ The Lord's Supper

❖ Worship

❖ Prayer

# Application

- **Develop a Personal Devotional Plan that includes bible reading, studying, meditating, and praying to hear his voice.**
- **Have a life of prayer that periodically accompanies fasting for the purpose of discernment, wisdom, and overcoming sin.**
- **Stay engaged in the life of the church so that you can faithfully worship, grow, and serve.**
- **Make a list of the spiritual disciplines and grade yourself. Which of them can you truly say are holy habits??**