

Spiritual Disciplines Chart

| Spiritual Disciplines | Description | Biblical Reference |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| Solitude | Refraining from interacting with other people in order to be alone with God. | Mark 1:35, I Kings 19:11, Lam 3:28 |
| Silence | Being in a quiet place in order to silence our self and attend to God's presence. | Habakkuk 2:20, Luke 5:16 |
| Fasting | Going without food (or something else) for a period of intense prayer — the fast may be complete or partial. | Matthew 6:16-19 |
| Sabbath | Setting aside one day a week to rest in God's person and provision; praying and playing with God and others. | Exodus 20:8, Heb. 4:9-11 |
| Secrecy | Not making our good deeds or qualities known so God or others receive attention and to find our sufficiency in God alone. | Matthew 6:6, Phil. 2:3 |
| Submission | Not asserting ourselves so that Jesus is the Master and Lord in every aspect of our lives. Leaving outcomes to God. | Eph. 5:21, Heb. 13:17, Phil. 2:6-8 |
| Bible Reading | Regular pattern of reading Scripture for guidance, wisdom, and strength | Col. 3:16, Ps. 119:11 |
| Bible Study | Knowing what the Bible says and how it applies to my life | II Tim. 3:16, Col. 3:16, Ps. 119:11 |
| Service | Serving God by showing his love and compassion to others, especially those in need | Is. 58:6-7, Matt. 22:37-39, John 12:26 |
| Worship | Praising, adoring, the Trinity and God's greatness, goodness, and beauty in words, music, ritual, or silence | Matt. 4:10, Rev. 4:11 |
| Spiritual Friendship | Engaging other disciples of Jesus in prayerful conversation or spiritual practices | Proverbs 27:17, John 15:15 |
| Spiritual Direction | Caring for my relationship with God by being with someone who encourages my noticing, listening, and obeying God | Heb. 10:24, Luke 24:12-14, Luke 10:38-42 |
| Simplicity | Uncomplicating my life so I can focus more easily on the things of God | Matt. 6:19-21, Phil. 4:11-12 |
| Giving | Giving money, time, energy, gifts, and/or abilities, sometimes involving sacrifice | II Cor. 8:1-5, Luke 21:1-4 |
| Journaling | Noticing God's grace and action in my life through regular writing and reflecting | Habakkuk 2:2, Ps. 86:1 |
| Slowing Down | Stopping our addiction to busyness, hurriedness by leaving margins of time in my daily schedule | Mark 6:31, Ps. 46:10,, Ps. 90:12 |
| Frugality | Not wasting our money or resources on our appetites and desires | Eph. 4:28, Matt. 6:19, Heb. 13:5 |
| Retreat | Making time and space in my life to be alone with God for concerted periods of time | Ps. 23:2-3, Mark 6:31, Zeph. 1:7 |
| Celebration | Making time to take joy and pleasure in God, His people, His Word, and His blessings | Ps. 139:14, Ps. 16:7,9,11, Ps. 47:1 |
| Practicing God's Presence | Develop continual awareness and openness to Christ's presence in me and around me | John 5:39-40, I Thess. 5:16-22, Ps. 139:7 |
| Examen | Noticing God love and grace towards me each day | Ps. 16:7, Col. 1:9, Phil. 1:9-10 |
| Fixed Hour Prayer | Praying at set times (e.g., morning, noon, and night) usually with the help of a liturgical prayer book | Ps. 119:164, Acts 10:9, Acts 3:1 |
| Gratitude | Living with a grateful heart for God's work in my life | Ps. 136:1-2, I Thess. 5:16-18, Phil. 4:6 |
| Prayer Walking | Taking an intentional walk (or a hike or jog) with Jesus to converse with him, and intercede for His Kingdom | I Tim. 2:1-3, Joshua 6 |
| Prayer | Speaking and listening to God about what we're experiencing and doing together. | Luke 18:1, Eph. 6:18, Phil 4:6-7 |
| Confession | Telling my temptations and sins to another as a way of receiving the forgiving love of Christ who forgives | James 5:16, I John 1:5-10 |
| Fellowship | Routinely gathering and living life together as Christians in worship, prayer, encouragement, and service | Heb. 10:25, Acts 2:42, John 13:34-35 |
| Creative Expression | Using creative talents and passions to pray and worship God (drama, writing, drawing, dance, photography, etc) | Ex. 35:31-32, Col. 3:23, Prov. 22:29 |

