

# DISCIPLINES OF A DISCIPLE

*A Practical Guide To Spiritual Disciplines*



In this booklet, you'll find practical ways to implement spiritual disciplines. These formational disciplines create room for intimacy with God, connection with others, spiritual impact, and maturity in Christ.

The spiritual disciplines are not about earning something from God or proving something to God, but about creating conditions through which God can change you to be more like Him.

If you're new to the spiritual disciplines, our encouragement to you is to seek God and ask Him what few disciplines He is wanting you to grow in throughout the next year.

While the disciplines in this booklet are not exhaustive, we pray that it will serve as a helpful tool as you implement and practice the ways of Jesus.

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## PRIVATE DEVOTION // *Scripture*



Whether it's reading a whole chapter or meditating on one verse, getting into the Word of God daily is essential to spiritual transformation. If the Word of God is going to guide us and help us be formed into the image of Jesus, we have to read it.

**A simple practice is to begin each day by reading your Bible.**

When we give God the first moments of our day and allow Him to begin to speak to us before we do anything else, it sets the tone for the rest of the day.

*All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. - 2 Timothy 3:16-17*

## Reflection Questions:


**WHAT ARE SOME OBSTACLES KEEPING ME FROM CONSISTENTLY GETTING IN THE WORD?**

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*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

**HOW CAN I PRIORITIZE READING THE WORD OF GOD?**

**HOW OFTEN AM I IN THE WORD OF GOD?**

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## PRIVATE DEVOTION // *Sabbath*



The Sabbath is God's gift to us. Prioritizing the Sabbath is more than just resting. It is a way of reordering our lives around six days of productivity and one day of resting and delighting in God - which likely requires us to say "no" to some things that we are currently doing.

Observing the Sabbath does two primary things in us:

1. It exposes our lack of trust in God as our provider.
2. It expands our ability to trust in God as our provider.

*You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.*

*- Deuteronomy 5:15*

## Reflection Questions:

### WHAT IS GETTING IN THE WAY OF ME OBSERVING THE SABBATH?


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*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

### HOW CAN I PRIORITIZE SABBATH?

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### HOW OFTEN DO I PRACTICE SABBATH?

CIRCLE ONE:

regularly    sometimes    never

# PRIVATE DEVOTION // *Solitude*



Because our pace of life is so fast, we're distracted, addicted to technology, and have a million excuses keeping us from getting alone with God.

The very first thing Jesus does after His baptism - the mark of the beginning of His public ministry - is journey into the Wilderness. Alone. To Fast. To Pray. In Solitude.

Solitude is not just about getting alone, but about being with Jesus in an unhurried, undistracted setting.

*And rising very early in the morning, while it was still dark, He departed and went out to a desolate place, and there He prayed.*  
- **Mark 1:35**



## Reflection Questions:

### HOW DO I CURRENTLY PRACTICE SOLITUDE?

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### HOW OFTEN AM I PRACTICING SOLITUDE?

CIRCLE ONE:

regularly    sometimes    never

SCHEDULE A TIME:

CHOOSE A PLACE:



*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

### IN WHAT WAYS CAN I SLOW DOWN IN ORDER TO PRIORITIZE SOLITUDE?

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## PRIVATE DEVOTION // *Fasting*



The purpose of fasting is to go without something temporal in order to hunger for the eternal. Fasting is a way of saying that food, drink, and physical sustenance is actually secondary to something else. We fast in order to develop greater levels of intimacy, dependence, communion, and communication with God.

*And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.*  
- **Matthew 6:16-18**

## Reflection Questions:

**WHAT WOULD I LIKE TO SEE THE LORD DO IN OR AROUND ME THROUGH THE PRACTICE OF FASTING?**


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*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

**HOW MUCH IS FASTING A PART OF MY LIFE?**

*ON A SCALE OF 1-10:*



1 2 3 4 5 6 7 8 9 10

**WHAT IS SOMETHING THE LORD IS ASKING ME TO FAST FROM?**

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## PRIVATE DEVOTION // *Prayer*



Praying isn't about manipulating God to do what we want, but about submitting our will to God and agreeing with what He wants. Prayer is how we enter into relationship with Yahweh, who is first and foremost, a relational Being.

Prayer is conversational; it involves thanksgiving, petition, and active listening to what the Lord is saying to us.

*Call to Me and I will answer you and tell you great and unsearchable things you do not know. - Jeremiah 33:3*

*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.  
- 1 Thessalonians 5:16-18*

## Reflection Questions:

**WHAT KEEPS ME FROM SPENDING  
CONSISTENT TIME IN PRAYER?**


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*Before you  
answer these  
questions, pause,  
and take two  
minutes to hear  
what God is  
saying to you.*

**HOW CAN I BE MORE INTENTIONAL  
ABOUT PRAYER EACH DAY?**

**HOW AM I DOING  
WITH THE DISCIPLINE  
OF PRAYER?**

*ON A SCALE OF 1-10:*



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# BIBLICAL COMMUNITY // Corporate Worship



The purpose of corporate worship is to gather with the larger church body for equipping, encouragement, and exalting the name of Christ.

Together we are the body of Christ and each part of the body is needed. There is power when we come together in unity under King Jesus who is the head of the Church. When we gather with and serve one another, people are healed, delivered, strengthened, refreshed, and equipped for mission.

*For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit. - 1 Corinthians 12:12-13*

## Reflection Questions:

**WHAT IS HINDERING ME FROM  
CONSISTENTLY ENGAGING IN  
CORPORATE WORSHIP?**


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*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

**HOW CAN I PRIORITIZE  
CORPORATE WORSHIP?**

**HOW CONSISTENTLY AM  
I ENGAGING IN SUNDAY  
WORSHIP EACH MONTH?**

CIRCLE ONE:

one    two    three    four  
week   weeks   weeks   weeks

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## BIBLICAL COMMUNITY // *Fellowship*



God designed us for relationship, not only with Him, but with others as well. In the Garden of Eden, God said it is not good for man to be alone. This is why our enemy, the devil, does his best to isolate us from God and one another.

*Ecclesiastes 4:12* tells us “And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.” This speaks to our deep need to walk in abiding friendship with other followers of Jesus beyond the Sunday gatherings.

*And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. – Hebrews 10:24-25*



## Reflection Questions:

**WHEN DO I FEEL MOST TEMPTED  
TO ISOLATE FROM OTHERS?**


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*Before you  
answer these  
questions, pause,  
and take two  
minutes to hear  
what God is  
saying to you.*

**HOW WILL I COMMIT TO  
REGULAR FELLOWSHIP?**

**HOW WELL AM I KNOWN  
BY THOSE I AM IN  
FELLOWSHIP WITH?**

*ON A SCALE OF 1-10:*

| 1 2 3 4 5 6 7 8 9 10 |

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# BIBLICAL COMMUNITY // *Hospitality*



Biblical hospitality is welcoming strangers into our lives, treating them like family, and expecting nothing in return. All hospitality costs something, but the hospitality of Jesus cost Him everything. He gladly laid His life down for us. Let that truth sink in and motivate you to do for others what He first did for you.

*He said also to the man who had invited him, "When you give a dinner or a banquet, do not invite your friends or your brothers or your relatives or rich neighbors, lest they also invite you in return and you be repaid. But when you give a feast, invite the poor, the crippled, the lame, the blind, and you will be blessed."*  
- **Luke 14:12-14**

## Reflection Questions:

**IN WHAT WAYS DO I PRACTICE THE DISCIPLINE OF HOSPITALITY?**


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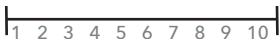


*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

**HOW CAN I GROW TO BE MORE LIKE JESUS IN THIS DISCIPLINE?**

**HOW MOTIVATED AM I TO PRACTICE HOSPITALITY?**

ON A SCALE OF 1-10:



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# BIBLICAL COMMUNITY // *Confession*



Confession is agreeing with God not only about our sin, but also about His finished work and about who we are in Him. Confession begins with the recognition that it was our sin that put Jesus on the cross, yet He gladly laid down His life in our place. This reality drives us to no longer take advantage of God's grace by indulging in sinful behavior, or to condemn ourselves when we sin.

The discipline of confession applies the forgiveness and cleansing that is already ours in Christ, but we are also commanded to confess our sin to one another and pray for one another so we might be healed (James 5:16).

*If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make Him a liar, and His word is not in us.  
- 1 John 1:9-10*

## Reflection Questions:

**DO I HAVE ANY UNCONFESSED  
SIN IN MY LIFE?**

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*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

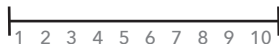
**AM I IN RELATIONSHIP WITH  
SOMEONE THAT I CAN  
CONFESS TO?**

YES

NO

**HOW COMFORTABLE AM  
I WITH CONFESSING MY  
SIN TO OTHERS?**

ON A SCALE OF 1-10:



## MISSIONAL LIVING // *Service*



In John 13, Jesus laid aside His outer garments, wrapped a towel around His waist, and began to wash the disciples' feet. He even washed the feet of the one He knew would betray Him. The Apostle Paul commands us in Philippians 2:3-4 to *"do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others."* The discipline of service is choosing to do something for someone else with no strings attached. This discipline often means meeting needs that are very practical.

A simple way to press into this practice is by asking "What do you need?" or "How can I help?" with an eagerness to help meet that expressed need.

*Bear one another's burdens, and so fulfill the law of Christ.  
- Galatians 6:2*

## Reflection Questions:

### WHERE/HOW CAN I SERVE?

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### WHOM CAN I SERVE?

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### HOW OFTEN AM I SERVING OTHERS?

CIRCLE ONE:

regularly    sometimes    never



*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

### HOW CAN I PRIORITIZE SERVING OTHERS?

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## MISSIONAL LIVING // *Curiosity*



Disciplined curiosity is how we show love, care, and concern for others. It's choosing to go beyond our limits by continuing to ask questions (even if we think we already know the answer). Maintaining a posture of curiosity keeps us from jumping to conclusions or making assumptions about those we're in relationship with.

In John 18, Jesus was betrayed, arrested, struck, denied, and paraded in front of a violent mob who demanded His death. Yet, even in the face of horrendous trauma and adversity, Jesus maintained a posture of curiosity, being quick to listen and slow to speak. This discipline allows us to seek to understand others, without the need or demand that we also be understood.

*Whoever isolates himself seeks his own desire; he breaks out against all sound judgment. A fool takes no pleasure in understanding, but only in expressing his opinion.*

*- Proverbs 18:1-2*



## Reflection Questions:

**DO I CONSISTENTLY SEEK TO UNDERSTAND OTHERS BEFORE TRYING TO BE UNDERSTOOD?**


YES

NO

**IF NOT, WHAT KEEPS ME FROM MAINTAINING CURIOSITY IN MY RELATIONSHIPS?**

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*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

Ask a trusted loved one or friend: "What is something you most enjoy about our relationship? What is something you don't enjoy that you wish I would change?"

*(Rule: Don't defend or justify. Continue asking questions to gain understanding).*

**WHO IS GOD ASKING ME TO BE MORE CURIOS WITH?**  
*(A NEIGHBOR, COWORKER, RELATIVE?)*

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**HOW WILL I SEEK TO UNDERSTAND THEM MORE INTENTIONALLY?**

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## MISSIONAL LIVING // *Testimony*



Sharing the story of what God has done and is currently doing in our lives is a simple way to share God's goodness with others. Sharing about God's activity in our lives is a simple and irrefutable way to point others to Jesus. This practice, done in humility and kindness, over time, can result in life-changing encounters with Jesus in the lives of those with whom we share our testimony.

*But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect. - 1 Peter 3:15*

*Many Samaritans from that town believed in Him because of the woman's testimony, "He told me all that I ever did." So when the Samaritans came to Him, they asked Him to stay with them, and He stayed there two days. And many more believed because of His word. - John 4:39-41*

## Reflection Questions:


**WHAT IS KEEPING ME FROM  
SHARING WHAT GOD HAS DONE  
IN MY LIFE WITH OTHERS?**

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*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

**AM I PREPARED TO SHARE  
MY TESTIMONY WITH  
SOMEONE TODAY?**

YES

NO

### TESTIMONY PREPARATION:

Before Jesus:

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Coming to Jesus:

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After trusting in Jesus:

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What Jesus is doing in me now:

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# KINGDOM STEWARDSHIP// *Submission*



The discipline of submission is a reminder that we are not our own, we've been bought with a price. King Jesus is on the throne, and He gets to call the shots. Submission is recognizing that everything we have belongs to God, we're simply managers of what rightfully belongs to the benevolent Ruler of all creation.

We see Jesus submit to the will of His Father most notably in the Garden of Gethsemane, where He makes it clear that His desire and the Father's will were at odds, but Jesus chose, "not My will, but Yours be done." This is our model of biblical submission to the Father.

It's important to note that when it comes to any decision of submission, we must always measure it by what we read in Acts 5:29: *'We must obey God rather than men.'*

*If any want to become my followers, let them deny themselves and take up their cross and follow me. – Mark 8:34*

## Reflection Questions:

**WHAT AREA(S) OF MY LIFE IS/ARE NOT YET SUBMITTED TO GOD?**  
(RELATIONSHIPS, FINANCES, SCHEDULE, ETC.)


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*“Take Lord and receive all my liberty, my memory, my understanding and my entire will, All I have and call my own. You have given it all to me. To You Lord I return it. Everything is Yours; do with it what You will. Give me only Your love and Your grace, that is enough for me.” – Ignatius of Loyola*



*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

**WHAT IS ONE AREA I AM FULLY SUBMITTING TO GOD FROM THIS POINT FORWARD?**

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**WHEN MIGHT I BE MOST TEMPTED TO TAKE THIS AREA BACK FROM GOD?**

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# KINGDOM STEWARDSHIP// *Simplicity*



The way of Jesus calls us to live simply, enjoy the ordinary pleasures of life, and find deep contentment in God. The challenge for us in a culture of accumulation is to create space – in our schedules, in our homes, in our finances – for what really matters. It calls us to life with Jesus, to abide in His goodness, and enjoy life to the full in the Kingdom of God.

*Then he said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.” - Luke 12:15*

*But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.  
- 1 Timothy 6:6-7*

*And I saw that all toil and all achievement spring from one person’s envy of another. This too is meaningless, a chasing after the wind. - Ecclesiastes 4:4*

## Reflection Questions:


**WHAT AREA(S) OF LIFE AM I LIVING  
AT AN UNSUSTAINABLE PACE OR  
BEYOND MY MEANS?**

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*Before you  
answer these  
questions, pause,  
and take two  
minutes to hear  
what God is  
saying to you.*

**HOW WOULD I RATE  
MY CURRENT LEVEL OF  
CONTENTMENT?**

ON A SCALE OF 1-10:

| 1 2 3 4 5 6 7 8 9 10 |

**WHAT WOULD SIMPLIFYING  
THIS AREA OF LIFE LOOK LIKE  
IN PRACTICAL TERMS?**

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# KINGDOM STEWARDSHIP// *Generosity*



While the discipline of generosity includes money, it's not limited to our money. The Bible calls us to be "hilarious givers"; to give obediently (a tithe - a tenth of our income) and to give sacrificially, beyond the tithe (offering). But the broader biblical principle is that followers of Jesus are to be the most generous people on the planet with our time, our talents, and our treasure because we're following in the footsteps of One, "that though He was rich, yet for your sake He became poor, so that we by His poverty might become rich" (2 Corinthians 8:9).

The truth is, we can't out-give God, but in living generously, we're modeling the ways of God to a watching world.

*They are to do good, to be rich in good works, to be generous and ready to share. - 1 Timothy 6:18*

*You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God.  
- 2 Corinthians 9:11*



## Reflection Questions:


**WHAT IS KEEPING ME FROM LIVING GENEROUSLY?**

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*Before you answer these questions, pause, and take two minutes to hear what God is saying to you.*

**HOW IS GOD CALLING ME TO MOVE TOWARD MORE GENEROUS LIVING IN MY TIME, TALENT, AND TREASURE?**

**HOW OFTEN AM I MODELING GOD'S GENEROSITY TO OTHERS?**

*CIRCLE ONE:*

regularly   sometimes   never

**WHAT SPECIFIC CHANGES DOES IT REQUIRE OF ME?**

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AND DIGITAL CONTENT, VISIT  
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