

spiritual disciplines for the christian life pdf

spiritual disciplines for the christian life pdf resources offer invaluable guidance for believers seeking to deepen their faith and grow in their relationship with God. These disciplines are intentional practices that help Christians develop spiritual maturity, foster intimacy with God, and live out their faith authentically. A well-structured spiritual disciplines for the christian life pdf often covers key areas such as prayer, fasting, meditation, study of Scripture, worship, service, and community involvement. Utilizing a downloadable pdf format allows individuals and church groups to access, study, and implement these disciplines conveniently. This article explores the essential spiritual disciplines for the Christian life, their biblical foundations, practical applications, and how a spiritual disciplines for the christian life pdf can serve as a valuable tool for ongoing spiritual growth.

- Understanding Spiritual Disciplines
- Key Spiritual Disciplines in the Christian Life
- The Role of a Spiritual Disciplines for the Christian Life PDF
- Practical Tips for Implementing Spiritual Disciplines
- Benefits of Practicing Spiritual Disciplines Consistently

Understanding Spiritual Disciplines

Spiritual disciplines are specific practices that Christians engage in to cultivate their faith and foster spiritual growth. These disciplines are rooted in biblical teachings and have been embraced by the church throughout history as means of grace. They serve to align the believer's heart and mind with God's will, helping to overcome spiritual distractions and deepen intimacy with the Lord. The spiritual disciplines for the christian life pdf often provides a structured approach to understanding these practices, outlining their scriptural basis and practical application.

Definition and Purpose

Spiritual disciplines can be defined as intentional habits or practices that promote spiritual health and maturity. Their primary purpose is to help Christians grow in holiness, develop a Christlike character, and maintain a vibrant relationship with God. These disciplines function as spiritual exercises that strengthen faith and enable believers to live out their calling effectively.

Historical and Biblical Foundations

The concept of spiritual disciplines has deep biblical roots. Examples can be found throughout Scripture, including Jesus' practice of prayer and fasting, the apostle Paul's exhortations to live by the Spirit, and the psalmists' devotion to worship and meditation. Historically, church fathers and

reformers emphasized disciplines such as solitude, confession, and service as essential for spiritual formation. A comprehensive spiritual disciplines for the christian life pdf often highlights these examples to provide a rich theological context.

Key Spiritual Disciplines in the Christian Life

Several core spiritual disciplines are foundational to the Christian walk. These disciplines encourage believers to actively pursue God's presence and transform their lives according to His word. The spiritual disciplines for the christian life pdf typically covers these essential practices in detail, providing scriptural references and practical guidelines.

Prayer

Prayer is the cornerstone of the Christian spiritual life. It is a direct line of communication with God that allows believers to express worship, confession, thanksgiving, and requests. Engaging in daily prayer cultivates dependence on God and fosters spiritual sensitivity. The spiritual disciplines for the christian life pdf often includes structured prayer guides to help believers develop a consistent prayer life.

Bible Study and Meditation

Studying the Bible and meditating on its truths are vital for spiritual growth. These disciplines help believers understand God's will, gain wisdom, and apply biblical principles to daily life. Meditation involves thoughtful reflection on Scripture to internalize its message. A spiritual disciplines for the christian life pdf generally provides plans and methods for effective Bible study and meditation.

Fasting

Fasting is the voluntary abstention from food or other comforts for spiritual purposes. It demonstrates humility, dependence on God, and a desire for spiritual breakthrough. Fasting is often combined with prayer and is a powerful discipline for gaining clarity and strengthening faith. Resources in a spiritual disciplines for the christian life pdf outline different types of fasting and offer guidance for safe and meaningful practice.

Worship and Fellowship

Corporate worship and fellowship with other believers are crucial for encouragement and accountability. Worship focuses the heart on God's majesty and grace, while fellowship nurtures spiritual growth through mutual support. The spiritual disciplines for the christian life pdf frequently emphasizes the importance of community in the Christian journey.

Service and Stewardship

Serving others and managing God's resources responsibly are practical expressions of faith. These disciplines reflect Christ's love and humility and help believers live out their faith tangibly. A spiritual disciplines for the christian life pdf may include suggestions for volunteer opportunities, stewardship principles, and ways to integrate service into the daily routine.

The Role of a Spiritual Disciplines for the Christian Life PDF

A well-crafted spiritual disciplines for the christian life pdf serves as a comprehensive resource that consolidates teaching, instruction, and encouragement for practicing these vital habits. It is a versatile tool for personal devotion, small group study, or church-wide discipleship programs.

Accessibility and Convenience

One of the primary advantages of a spiritual disciplines for the christian life pdf is its accessibility. Users can easily download, print, and reference the material anytime and anywhere. This convenience supports consistent engagement and facilitates long-term spiritual growth.

Structured Guidance and Accountability

The pdf format allows for organized presentation of content, including daily or weekly plans, reflective questions, and progress tracking. Such structure fosters discipline and accountability, encouraging believers to persevere in their spiritual practices.

Comprehensive Coverage

Many spiritual disciplines for the christian life pdf resources provide thorough coverage of both individual and corporate disciplines. They incorporate biblical insights, historical perspectives, and practical applications, making them valuable for Christians at various stages of spiritual maturity.

Practical Tips for Implementing Spiritual Disciplines

Integrating spiritual disciplines into daily life requires intentionality and perseverance. The spiritual disciplines for the christian life pdf often includes practical advice to help believers overcome common challenges and build lasting habits.

Start Small and Be Consistent

Beginning with manageable practices and gradually increasing commitment helps prevent burnout. Consistency in even small disciplines yields significant spiritual growth over time.

Create a Dedicated Time and Space

Setting aside specific times and quiet places for prayer, study, and meditation enhances focus and minimizes distractions. Establishing routines supports the development of spiritual habits.

Use Accountability Partners or Groups

Sharing goals and progress with fellow believers provides encouragement and accountability. Group studies or prayer partners can offer support and motivation.

Incorporate Variety

Engaging in different disciplines prevents monotony and addresses multiple aspects of spiritual growth. Rotating practices such as worship, fasting, and service enriches the spiritual journey.

Reflect and Adapt

Regularly evaluating the effectiveness of spiritual disciplines and making necessary adjustments ensures continued relevance and effectiveness in one's walk with God.

- Begin with simple, achievable practices
- Set specific times for spiritual activities
- Find an accountability partner or group
- Include a variety of disciplines
- Regularly assess and adjust your spiritual routine

Benefits of Practicing Spiritual Disciplines Consistently

Engaging in spiritual disciplines consistently yields profound benefits for the Christian life. These practices not only deepen one's relationship with God but also transform character, strengthen faith, and empower effective ministry.

Spiritual Growth and Maturity

Regular practice of disciplines such as prayer, Bible study, and fasting cultivates spiritual maturity. Believers develop greater understanding, wisdom, and Christlike character.

Enhanced Intimacy with God

Spiritual disciplines foster a closer and more personal relationship with God. They create space for experiencing God's presence, guidance, and peace.

Increased Resilience and Faithfulness

Discipline builds spiritual resilience, enabling believers to withstand trials and remain faithful. It nurtures perseverance and trust in God's promises.

Effective Witness and Service

As believers grow spiritually, they become more effective witnesses and servants within their communities. Spiritual disciplines empower them to live out their faith with authenticity and love.

Frequently Asked Questions

What are spiritual disciplines in the Christian life?

Spiritual disciplines are practices such as prayer, fasting, Bible study, worship, and meditation that help Christians grow in their faith and deepen their relationship with God.

Where can I find a PDF guide on spiritual disciplines for the Christian life?

There are many free and paid resources available online. Websites like Desiring God, Ligonier Ministries, and Christian bookstores often offer downloadable PDFs on spiritual disciplines.

Why are spiritual disciplines important for Christians?

Spiritual disciplines help believers develop spiritual maturity, strengthen their faith, and cultivate a deeper connection with God, enabling them to live more Christ-centered lives.

Which spiritual disciplines are most commonly included in Christian life PDFs?

Common disciplines include prayer, fasting, Bible reading, worship, solitude, confession, service, and meditation on Scripture.

Can spiritual disciplines be practiced by new believers?

Yes, spiritual disciplines are beneficial for Christians at all stages of their faith journey and can help new believers grow and understand their relationship with God more deeply.

Are there recommended daily routines for spiritual disciplines in PDF guides?

Many PDF guides recommend daily practices such as morning prayer, scripture reading, journaling, and evening reflection to build consistency in spiritual growth.

How can I use a spiritual disciplines PDF to improve my Christian life?

By following the structured exercises and guidelines in the PDF, setting aside regular time for these practices, and reflecting on your growth, you can strengthen your spiritual walk.

Do spiritual disciplines PDFs include historical context or biblical references?

Most comprehensive PDFs include biblical references, explanations, and sometimes historical background to help believers understand the significance and biblical foundation of each discipline.

Additional Resources

1. Celebration of Discipline: The Path to Spiritual Growth by Richard J. Foster

This classic book explores the core spiritual disciplines such as meditation, prayer, fasting, and study. Foster presents these practices as essential pathways to deeper spiritual growth and intimacy with God. The book provides practical guidance and biblical foundations for integrating disciplines into everyday Christian living.

2. Spiritual Disciplines for the Christian Life by Donald S. Whitney

Donald Whitney offers a comprehensive overview of traditional spiritual disciplines including Bible intake, prayer, worship, and service. The book emphasizes the importance of discipline in cultivating spiritual maturity and a vibrant relationship with Christ. It is accessible for both new believers and seasoned Christians seeking to deepen their faith.

3. The Spirit of the Disciplines: Understanding How God Changes Lives by Dallas Willard

Dallas Willard challenges readers to embrace spiritual disciplines as transformative practices that shape character and renew the mind. The book goes beyond behavior modification and encourages an inner transformation through grace and intentional practice. It is a theological and practical guide to living a spiritually disciplined life.

4. Disciplines of a Godly Man by R. Kent Hughes

Targeted primarily at Christian men, this book outlines key spiritual disciplines that foster godliness, integrity, and leadership. Hughes discusses disciplines like prayer, Bible study, and accountability within the context of manhood and spiritual growth. It offers encouragement and practical advice for men seeking to live faithfully.

5. Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature by Peter Scazzero

Peter Scazzero links emotional health with spiritual disciplines, demonstrating that one cannot truly grow spiritually without addressing emotional well-being. The book introduces disciplines such as

solitude, silence, and Sabbath rest as vital to holistic Christian maturity. It challenges believers to pursue a balanced and healthy spiritual life.

6. The Celebration of Discipline Study Guide by Richard J. Foster

This companion study guide to Foster's seminal work offers structured lessons and questions to deepen understanding and application of spiritual disciplines. Ideal for individual or group study, it helps readers engage more intentionally with practices like fasting, simplicity, and confession. The guide encourages ongoing reflection and spiritual growth.

7. Spiritual Disciplines Handbook: Practices That Transform Us by Adele Ahlberg Calhoun

Adele Calhoun provides a practical and accessible resource on a wide variety of spiritual disciplines, from the well-known to the lesser practiced. The handbook includes historical background, biblical references, and contemporary applications. It is designed to help Christians develop a personalized rhythm of spiritual practices.

8. Celebration of Discipline: The Path to Spiritual Growth Workbook by Richard J. Foster

This workbook complements the original book by offering exercises, reflections, and journaling prompts to practice the spiritual disciplines actively. It is a useful tool for those who want to move from theory to practice in their spiritual journey. The workbook supports deeper engagement with disciplines such as meditation and service.

9. The Life You've Always Wanted: Spiritual Disciplines for Ordinary People by John Ortberg

John Ortberg writes with warmth and humor about the spiritual disciplines as means to experience God's presence in everyday life. He encourages believers to adopt disciplines not as burdens but as joyful practices that foster transformation. The book is practical, relatable, and inspiring for Christians at all stages of faith.

Spiritual Disciplines For The Christian Life Pdf

Spiritual Disciplines for the Christian Life PDF

Author: Brother Elias Thorne

Contents:

Introduction: The Importance of Spiritual Disciplines in the Christian Journey

Chapter 1: Prayer: A Conversation with God - Exploring different prayer styles and techniques.

Chapter 2: Bible Study: Engaging with God's Word - Methods for effective and meaningful Bible engagement.

Chapter 3: Fasting: A Spiritual Act of Self-Denial - Different types of fasting and their spiritual benefits.

Chapter 4: Simplicity: Living with Intention and Purpose - Decluttering life to prioritize spiritual growth.

Chapter 5: Silence and Solitude: Finding God in the Quiet - Techniques for cultivating inner peace and connection with God.

Chapter 6: Service: Loving God Through Others - Practical ways to serve and show God's love.

Chapter 7: Giving: Stewardship of God's Resources - Understanding biblical principles of generosity.

Chapter 8: Celebration: Joyful Worship and Gratitude - Cultivating a heart of thanksgiving.

Conclusion: Integrating Spiritual Disciplines for a Life of Faith.

Spiritual Disciplines for the Christian Life: A Journey of Growth and Transformation

The Christian life is not a passive experience; it's a dynamic journey of growth and transformation. This journey is fueled and nurtured through the consistent practice of spiritual disciplines. These are not legalistic rules but rather intentional practices that cultivate a deeper relationship with God, strengthen our faith, and empower us to live out our calling. This ebook, "Spiritual Disciplines for the Christian Life," explores various key disciplines and provides practical guidance on how to integrate them into your daily life. Understanding and practicing these disciplines isn't about earning God's favor, but rather about aligning our hearts and minds with His, allowing Him to work powerfully in and through us.

Chapter 1: Prayer: A Conversation with God

Prayer is the foundation of any vibrant spiritual life. It's more than just asking God for things; it's a two-way conversation, a communion with the divine. This chapter explores various approaches to prayer:

Intercessory Prayer: Praying for others, carrying their burdens before God. This strengthens empathy and fosters a sense of community within the body of Christ.

Confessional Prayer: Acknowledging our shortcomings and seeking God's forgiveness. This practice leads to humility and freedom from guilt.

Gratitude Prayer: Expressing thankfulness for God's blessings, both big and small. This cultivates a positive mindset and fosters contentment.

Contemplative Prayer: Focusing on God's presence, allowing Him to speak to our hearts through silence and stillness. This deepens our intimacy with God and provides clarity.

Lectio Divina: A method of prayerful Bible reading that involves reading, meditating, praying, and contemplating the scripture. This engages both our minds and hearts with God's word.

Effective prayer isn't about eloquent words but about a sincere heart. Consistent prayer, practiced with intentionality, transforms our perspective, strengthens our faith, and guides our steps.

Chapter 2: Bible Study: Engaging with God's Word

The Bible is the inspired Word of God, a living and active document that shapes our understanding

of God, ourselves, and the world around us. Effective Bible study goes beyond simply reading; it involves actively engaging with the text, allowing God to speak to us through His word. This chapter outlines several methods:

Inductive Bible Study: This method involves observing the text, interpreting its meaning, and applying its principles to our lives. It encourages critical thinking and in-depth understanding.

Topical Bible Study: Focusing on a specific theme or topic across multiple books of the Bible. This provides a broader perspective and deeper insight into biblical principles.

Chronological Bible Study: Reading the Bible in chronological order to gain a clearer understanding of the historical context and the unfolding of God's plan. This provides a narrative flow to the biblical story.

Devotional Bible Study: Reading and reflecting on a specific passage, allowing God to speak directly to your heart. This method fosters personal connection with God's word.

Regular and intentional Bible study nourishes our souls, equips us to live godly lives, and strengthens our understanding of God's will for our lives.

Chapter 3: Fasting: A Spiritual Act of Self-Denial

Fasting, abstaining from food or other pleasures, is a spiritual discipline that has been practiced by believers throughout history. It's not about self-punishment but about prioritizing God and seeking Him with greater intensity. This chapter explores various types of fasting:

Partial Fasting: Abstaining from certain foods or types of food for a specific period. This is a good starting point for those new to fasting.

Complete Fasting: Abstaining from all food and drink for a specific period. This requires careful consideration and should be undertaken with guidance.

Daniel Fast: A diet focused on fruits, vegetables, legumes, and water.

Social Media Fast: Abstaining from social media for a period.

The purpose of fasting is to humble ourselves before God, to heighten our awareness of His presence, and to demonstrate our dependence on Him.

Chapter 4: Simplicity: Living with Intention and Purpose

Simplicity involves intentionally decluttering our lives – material possessions, commitments, and activities – to prioritize what truly matters: our relationship with God and others. This chapter explores how to cultivate simplicity:

Minimalism: Intentionally reducing material possessions to focus on experiences and relationships.

Intentional Spending: Being mindful of how we spend our money and avoiding impulsive purchases.

Time Management: Prioritizing activities that align with our spiritual goals.

Digital Detox: Taking breaks from technology to focus on personal reflection and connection with God and others.

Simplicity frees us from the distractions and anxieties of material possessions, allowing us to focus on what truly enriches our lives spiritually.

Chapter 5: Silence and Solitude: Finding God in the Quiet

In our busy and noisy world, finding silence and solitude can be challenging, yet it is essential for spiritual growth. This chapter explores various techniques:

Meditation: Focusing on God's presence through quiet reflection.

Contemplation: Engaging with scripture or other spiritual texts through slow, reflective reading.

Nature Walks: Spending time in nature to appreciate God's creation and find peace.

Spiritual Retreats: Taking time away from daily responsibilities to focus on prayer and spiritual reflection.

Silence and solitude allow us to hear God's still, small voice and deepen our connection with Him.

Chapter 6: Service: Loving God Through Others

Serving others is a direct expression of our love for God. This chapter explores ways to serve:

Volunteering: Giving our time and skills to help those in need.

Acts of Kindness: Showing compassion and generosity to those around us.

Mentoring: Sharing our knowledge and experience to help others grow.

Community Involvement: Engaging in activities that benefit our community.

Serving others is a powerful way to live out our faith and experience the joy of giving.

Chapter 7: Giving: Stewardship of God's Resources

Giving is an essential aspect of the Christian life. This chapter explores the biblical principles of giving:

Tithing: Giving 10% of our income to support the church and its ministries.
Offering: Giving beyond our tithe to support specific ministries or causes.
Generosity: Giving freely and joyfully, without expecting anything in return.

Giving is not just about money; it's about giving of our time, talents, and resources to advance God's kingdom.

Chapter 8: Celebration: Joyful Worship and Gratitude

Celebrating God's goodness is an essential part of a healthy spiritual life. This chapter explores various ways to celebrate:

Corporate Worship: Participating in regular church services and praising God with others.
Personal Worship: Spending time in personal prayer and reflection, expressing our gratitude to God.
Celebrating Milestones: Recognizing and thanking God for significant events in our lives.

Celebration cultivates a heart of gratitude and reinforces our connection with God.

Conclusion: Integrating Spiritual Disciplines for a Life of Faith

Integrating spiritual disciplines into our lives is not a one-time event but an ongoing process. It requires commitment, intentionality, and perseverance. As we consistently practice these disciplines, we will experience deeper intimacy with God, greater spiritual maturity, and a more fulfilling Christian life. Remember that consistency is key, and it's okay to start small and gradually incorporate more disciplines into your routine. The goal is not perfection but progress, allowing God to transform you into the person He created you to be.

FAQs

1. What are spiritual disciplines? Spiritual disciplines are intentional practices that help Christians grow in their faith and relationship with God.
2. Why are spiritual disciplines important? They help us deepen our relationship with God, strengthen our faith, and live out our calling.
3. How do I choose which disciplines to practice? Start with one or two that resonate with you and gradually incorporate others as you grow.
4. What if I struggle to be consistent? Be patient with yourself, and don't get discouraged. God's

grace is sufficient.

5. Are spiritual disciplines legalistic? No, they are not about earning God's favor but about cultivating a deeper relationship with Him.

6. How can I make spiritual disciplines a part of my daily routine? Schedule specific times for prayer, Bible study, or other disciplines.

7. Can I practice spiritual disciplines with others? Yes, practicing disciplines with others can be very supportive and encouraging.

8. What if I don't feel like practicing spiritual disciplines? Sometimes, simply showing up and engaging in the practice is enough. God works through our obedience.

9. Where can I find more information on spiritual disciplines? There are many books and resources available, both online and in libraries.

Related Articles:

1. The Power of Prayer in the Christian Life: Explores the transformative impact of consistent prayer on various aspects of a Christian's life.

2. Effective Bible Study Methods for Deeper Understanding: A guide to different Bible study techniques and how to choose the best approach for personal growth.

3. The Significance of Fasting in Spiritual Growth: A detailed exploration of fasting's purpose, types, and potential benefits for Christians.

4. Living a Life of Simplicity: Decluttering Your Life for Spiritual Freedom: Practical steps and guidance on how to simplify your life for spiritual clarity and focus.

5. Finding God in the Silence: Cultivating a Contemplative Practice: Guidance on practicing contemplative prayer and other methods of finding God's presence in stillness.

6. Serving Others: A Pathway to Spiritual Fulfillment: Explores the importance of service in the Christian life and how it transforms both the giver and the receiver.

7. Biblical Principles of Giving: Stewardship of God's Blessings: A comprehensive look at the biblical principles of giving and generosity.

8. Cultivating a Heart of Gratitude: The Power of Thanksgiving in the Christian Life: Explores the importance of gratitude and practical ways to cultivate a thankful heart.

9. Spiritual Disciplines and Mental Health: Finding Balance and Wellbeing: Explores the connection between spiritual disciplines and mental well-being, offering practical advice for integration.

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Donald S. Whitney (Professor), 2014 Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines. By illustrating why the disciplines are important, showing how each one will help you grow in godliness, and offering practical suggestions for cultivating them, *Spiritual Disciplines for the Christian Life* will provide you with a refreshing opportunity to become more like Christ and grow in character and maturity. Now updated and revised to equip a new generation of readers, this anniversary edition features in-depth discussions on each of the key disciplines.

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Study Guide Donald S. Whitney, 2014-05-23 This updated companion guide to *Spiritual Disciplines for the Christian Life* (see description below) takes you through a carefully selected array of disciplines that will help you grow in godliness. Ideal for personal or small-group use. Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected

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spiritual disciplines for the christian life pdf: Disciplines of the Christian Life Eric Liddell, 2011 This reprint of the classic work is a practical guide to helping Christians grow spiritually through a daily practice of prayer and Bible study, structured around key topics Liddell believes are basic knowledge for any Christian. At the foundation of the book is a Bible reading plan with a suggested reading for each day of the year.

spiritual disciplines for the christian life pdf: Habits of Grace David Mathis, 2016-02-12 The Christian life is built on three seemingly unremarkable practices: reading the Bible, prayer, and fellowship with other believers. However, according to David Mathis, such “habits of grace” are the God-designed channels through which his glorious grace flows—making them life-giving practices for all Christians. Whether it’s hearing God’s voice (the Word), having his ear (prayer), or participating in his body (fellowship), such spiritual rhythms of the Christian life have the power to awaken our souls to God’s glory and stir our hearts for lifelong service in his name. What’s more, these seemingly simple practices grant us access to a host of spiritual blessings that we can only begin to imagine this side of eternity—and the incredible joy that such blessings bring to God’s children today.

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spiritual disciplines for the christian life pdf: *Celebration of Discipline* Richard J. Foster, 2009-03-17 Richard J. Foster’s *Celebration of Discipline: The Path to Spiritual Growth* is hailed by many as the best modern book on Christian spirituality with millions of copies sold since its original publication in 1978. In *Celebration of Discipline*, Foster explores the classic Disciplines, or central spiritual practices, of the Christian faith to show how each of these areas contribute to a balanced spiritual life. Foster, the bestselling author of several books (*Prayer and Streams of Living Water*)

and intrachurch movement founder of Renovaré, helps motivate Christians everywhere to embark on a journey of prayer and spiritual growth.

spiritual disciplines for the christian life pdf: The Spirit of the Disciplines - Reissue

Dallas Willard, 1990-12-07 How to Live as Jesus Lived Dallas Willard, one of today's most brilliant Christian thinkers and author of *The Divine Conspiracy* (Christianity Today's 1999 Book of the Year), presents a way of living that enables ordinary men and women to enjoy the fruit of the Christian life. He reveals how the key to self-transformation resides in the practice of the spiritual disciplines, and how their practice affirms human life to the fullest. *The Spirit of the Disciplines* is for everyone who strives to be a disciple of Jesus in thought and action as well as intention.

spiritual disciplines for the christian life pdf: Biblical Spirituality Christopher W. Morgan,

2019-06-24 What is spirituality? For some, it means nothing more than vague self-improvement pulled from the latest best-selling self-help book. For others, it refers to some generic religious practice. Shedding life-giving light on what often remains ill-defined and unclear, this book sets forth a vision of biblical spirituality—"a renewed sense of the momentousness of being alive in God's world as God's people are led by God's Spirit through God's Word unto godly, Christlike character." With careful exegetical work and theological reflection, the contributors—pastors and scholars such as Christopher W. Morgan, Paul R. House, Nathan A. Finn, and Gregg R. Allison—address spirituality from the perspective of the Bible, exploring topics such as the Trinity, divine sovereignty and human responsibility, the "already" and "not yet," and the church. This book also addresses practical questions about spirituality related to the workplace, disciplines of the body, and more.

spiritual disciplines for the christian life pdf: Ragged Gretchen Ronnevik, Elyse Fitzpatrick,

2021-05-11 When we mistake spiritual disciplines for to-dos, time slots on our schedule, or Instagram-able moments, we miss the benefits of Christ's continual and constant work for us. In *Ragged*, Gretchen Ronnevik aims to reclaim spiritual disciplines as good gifts given by our good Father instead of heavy burdens of performance carried by the Christian. Only when we recognize our failures to maintain God's commands do we also realize the benefit of our dependence on his promises. Gretchen uses this distinction on law and gospel, presented throughout Scripture, to guide readers through spiritual disciplines including prayer, meditation, Scripture reading, and discipleship among others. Despite our best efforts, the good news is that spiritual disciplines have less to do with what we bring before God and more about who Christ is for us, not only as the author but also as the perfecter of our faith.

spiritual disciplines for the christian life pdf: Spiritual Disciplines within the Church Donald

S. Whitney, 1996-09-10 'You're worth it.' 'You deserve a break today.' 'Do something nice for yourself.' Commonly heard phrases in this society committed to self-gratification and individual rights. Doing things for other people is a waste of precious time, and asking for help, weak. So how do we build the church described in the Scriptures? In this day and age, how can we be a genuine community based on self-sacrifice and mutual commitment? In *Spiritual Disciplines Within the Church*, seminary professor, author, and former pastor Don Whitney shows us how to build a sense of community and be active participants instead of passive attendees. Whitney looks at such frequently asked questions as: Why can't I get by on my own? Why should I go to church? Why should I give of myself to the church? Why do I need to worship in church? Couldn't I just worship in nature? Why does it matter whether I become a member of the church? Committed love must mark the local expression of the body of Christ. By putting spiritual disciplines into practice in the church, congregations can return to the depth of community present in the New Testament church, where they 'devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer.'

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Ahlberg Calhoun, 2015-11-19 Adele Calhoun's *Spiritual Disciplines Handbook* has become a standard for those who want to expand their knowledge of spiritual practices. Now this beloved resource has been revised throughout and expanded to include thirteen new disciplines along with a new preface by the author, giving us practical guidance in our continuing journey toward intimacy

with Christ.

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