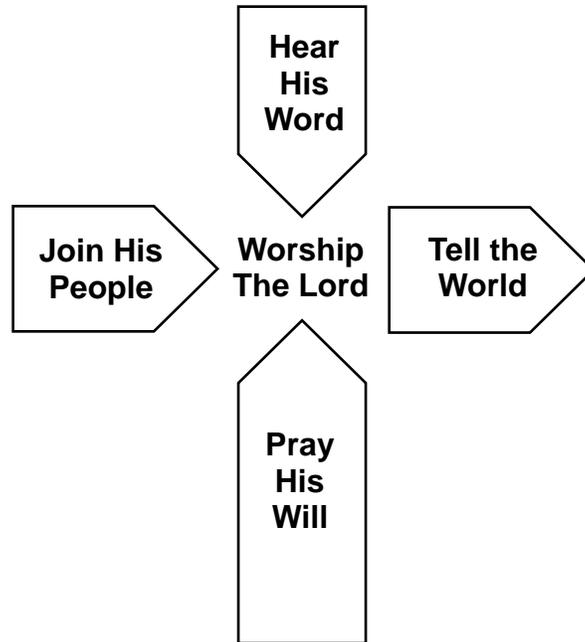


Spiritual Disciplines

The Spiritual Disciplines are a discipleship tool to help us live out our faith in God and with others. There are five disciplines, with each one supported by a Bible verse. *The Spiritual Disciplines* are presented in the form of a cross with worship at the center. The vertical axis (Hear His Word / Pray His Will) is our relationship with God; the horizontal axis (Join His People / Tell the World) is our relationship with people. Together they comprise the Great Commandment expressed by Jesus as love for God and for our neighbors as ourselves (Matthew 22:37-40).



<i>Discipline #1</i>	Worship the Lord	John 4:24
“God is spirit, and those who worship him must worship in spirit and truth.”		
<i>Discipline #2</i>	Hear His Word	John 8:31
“If you abide in my word, you are truly my disciples.”		
<i>Discipline #3</i>	Pray His Will	John 14:13
“Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.”		
<i>Discipline #4</i>	Join His People	John 15:12
“This is my commandment, that you love one another as I have loved you.”		
<i>Discipline #5</i>	Tell the World	John 20:21
“Peace be with you. As the Father has sent me, even so I am sending you.”		

* Verses displayed above are from the English Standard Version (ESV)

Spiritual health and growth in Christ require us to practice *Spiritual Disciplines* consistently. Discipline #1, which is central and most important of all, is worship. In John 4:24, Jesus said, "God is spirit, and those who worship him must worship in spirit and truth." We have been called to *Worship the Lord*. Authentic worship is not constrained by programs or rituals, but is an intimate experience with God.

Discipline #2 runs vertically down from the Father through the Son. God speaks through His written word, the Bible, and through His living Word, the Lord Jesus. We honor God by listening before speaking. He has called us to *Hear His Word*. In John 8:31, Jesus said, "If you abide in my word, you are truly my disciples." We hear God's word when we read the Bible, listening carefully for the voice of the Holy Spirit, humbly receiving all that He says, and responding accordingly.

Discipline #3 runs vertically up from us through the Son to the Father. Just as listening corresponds to reading God's word, speaking corresponds to praying. He has called us to *Pray His Will*. In John 14:13, Jesus said, "Whatever you ask in my name, this I will do, that the Father may be glorified in the Son." When we listen attentively to God's word, He leads us to pray accordingly. Therefore, we must be mindful not to seek our own will in prayer before first seeking God's will.

Discipline #4 runs horizontally from us to Christ, who unifies believers into one body. He has called us to *Join His People*. In John 13:34, Jesus said, "This is my commandment, that you love one another as I have loved you." To be united in Christ is to be joined to His people, the church, which means that participation in a local body of believers is not optional, but essential. Joining God's people involves gathering for worship, Bible study, prayer, fellowship and ministry.

Discipline #5 runs horizontally from Christ to a world of people who do not know the Lord. He has called us to *Tell the World*. In John 20:21, Jesus said, "Peace be with you. As the Father has sent me, even so I am sending you." Evangelism is about bringing the Gospel to a world that is without ultimate hope. Jesus calls all believers to tell the world the good news of His mercy and grace, which gives salvation to those who repent of their sins, and put their faith in Him.

All five *Spiritual Disciplines* are essential for a spiritually healthy and growing life in Christ. This does not mean that life will be easy, and without difficulties along the way, but with worship central, and the other disciplines in operation, we are empowered to overcome any obstacle by God's grace and through our faith.

The Spiritual Disciplines may be shared in this way: Five disciplines are key and essential for our spiritual health and growth. The disciplines form a cross with worship at the center, because our highest calling is to *Worship the Lord*. The next two disciplines form the vertical axis depicting our relationship with God, in which we are first called to *Hear His Word*, and then to *Pray His Will*. The last two disciplines form the horizontal axis depicting our relationship with others, both to *Join His People*, the church, and also to *Tell the World* God's good news.