



# Equipped Disciples Resource Series

## List of Spiritual Disciplines

As we train and equip Christians to know the Step By Step process of making disciples through our book resource [Now You Can Make Disciples](#), we write about the Spiritual Disciplines that help Christians grow spiritually. This worksheet is designed to help you grow in these disciplines as you grow in your love and intimacy with Christ. For additional context on this topic, please pick up a copy of *Now You Can Make Disciples*. The full list of our book resources can be found at [EquippingDepot.org](http://EquippingDepot.org).

### Bible Reading

It is essential that the disciple of Jesus is spending time daily in God's word. Simply put, if you want to know God and His Son Jesus better, God has given us, in written form, the perfect way to study what it means to know Jesus and know what He's asking us to do. Being a follower of Jesus is about being friends with Jesus. It constitutes a real relationship just like the one you have with your best friend or spouse. In all relationships we talk and we listen to each other. And this is what reading the Bible and praying is all about. When we read the Bible, we are listening to what God has to say to us (except it is written down like in a letter). In the Bible, God has made sure he has told us everything we need to know in order to be the best of friends with him. So when you pray and read, you are really having a good old conversation with God and that is definitely something worth doing every day! In addition, when we read the Bible daily, we can begin to stop doing the things God doesn't want us to do and start becoming more like Jesus everyday, which should be the goal of every Christian.

### Prayer

Prayer is simply talking to God, a joining of our soul with God, talking with Him directly. It can take on many forms. It is a 'beseeching of the Lord,' 'pouring out the soul before the Lord,' 'praying and crying before the Lord,' a drawing near to God. Prayer requires a belief in the personality of God, his ability and willingness to give us that time with Him, and a belief in His sovereignty, His control of all things. Acceptable prayer must be sincere, offered with reverence and godly fear, with a humble sense of our own insignificance as creatures. As the apostle Paul writes, "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

As you pray, the purpose of prayer is to get right with God and seek His protection against the enemy, to deepen our relationship with him and to pray for those who have not yet accepted Christ.

### Scripture Memory

One of my favorite spiritual disciplines in terms of how God has used it in my life. This is the memorization and mental retention of portions of Scripture that you remember 'by heart.' In my own life, God has used Scripture memory in a number of key ways: It has helped me conform to Christ, I've seen daily triumph over sin and it's a wonderful way to minister to others. As situations arise, to be able to call up Scripture, either in my own battle with a sin issue or as I encourage and minister to others, to have God's word 'hidden in my heart,' it's a wonderful Spiritual discipline to implement into your life. As David wrote in Psalm 119, "I have stored up your word in my heart, that I might not sin against you."



# Equipping Depot Resource Series

## Worship

As a spiritual discipline, worship should be done daily because of who God is. As the holy and almighty God, the Creator and Sustainer of the universe, the Sovereign Judge to whom we must give an account, He is worthy of all the praise and honor we can give Him. As Donald S. Whitney states, "To worship God means to ascribe the proper worth to God, to magnify His worthiness of praise, or better to approach and address God as He is worthy." John praises God as worthy in Revelation 4 as he states, "'Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.'" While worship often includes actions and words, it is actually being preoccupied with God. It is worship that comes from the mind and the heart: a God-centered response of the mind and heart.

## Evangelism

As a part of Jesus' ministry, He gave His followers 50 commands for us to follow. We find one of those commands in Mark 16 as Jesus is appearing to people after the resurrection. He commands his followers to, "Go into all the world and proclaim the gospel to the whole creation." As we recall what God has done in our lives through Christ, the disciple of Jesus is honored to maintain the discipline of a rhythm in their lives of intentional witness through evangelism. This sharing of the good news that Jesus came into the world to save the world through Him should be a part of our basic identity as disciples of Jesus. From the days of the early church in Acts until today, we are God's plan A for reaching the world for Christ and there is no plan B. Evangelism is considered a spiritual disciplines at least in part because as disciples of Jesus, we should be making time to be sharing the Gospel on a regular basis.

## Fasting

Biblical Fasting is the abstinence from food or drink for an extended period for the sake of some spiritual purpose. Almost always, fasting is combined with prayer, and is used to cast off any additional distractions to hear more clearly from God. Many times, fasting is done when one wants to go to God and seek clarity about a particular person, situation, or topic. Fasting can be for one meal or several days, but it's almost always used as a way to hear from God and get clarity on a particular situation.

## Journaling

The Spiritual discipline of Journaling is simply the discipline of adding a journal to your times alone with God and recording what comes about in those times. One of the things I love about journaling is that you can make it whatever you'd like to. For some, recording Scripture passages that come to mind, and having them in their journal to recall later is important. For others, praying to God through the written word and recording the answers God is giving back is super beneficial. Journaling has the appeal of combining the motions of our lives with the mind of God. Saturated with prayer, and permeated with God's word, it can be a powerful way to hear from God.

## Serving

Spiritual disciplines are practices found in Scripture that promote spiritual growth and formation among believers in the gospel of Jesus Christ, and serving others is a spiritual discipline that definitely can promote spiritual growth. Just the nature of serving requires us to die to ourselves and look after the needs of others. As we serve others, taking in the many menial tasks that it often requires, means disciplining ourselves to overcome sloth and pride. We must battle our flesh in order to accomplish it, which in part makes it

For More Information about our ministry, please visit [OneEightCatalyst.org](http://OneEightCatalyst.org)



# Equipping Depot Resource Series

such a great spiritual discipline. This is especially true for those of us who'd like to be in a leadership position. Jesus tell us that "But whoever would be great among you must be your servant, and whoever would be first among you must be your slave, even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many."

## Stewardship

This spiritual discipline is not one that we hear much about in our churches. But this is the spiritual discipline of a disciplined use of time and money, those things that God has given to us for the purpose of godliness. The apostle Paul encourages us to "Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is." Because we have only been given so many days, it's a disciplined process to make wise use of our time. As we all know, our days on earth are short and we want to make sure that we use those days God gives us well.

A disciplined use of the financial resources God gives us a similar discipline. There is a surprising amount of Scripture that addresses the use of wealth and possessions. Paul addresses those who, either through financial irresponsibility or in being lazy, do not provide for those in their own household, "But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever." To the degree that we as Christians use our money accordingly, we show our growth in Christlikeness.

## Silence and Solitude

The discipline of silence and solitude is a way for the Christian to temporarily stop speaking in order to either quietly read the Bible, or be in prayer, or both. Although this would include no speaking, praying to God, either silently or out loud, may still occur. In the resources section of this book, I have a worksheet on what I've often called a Time Alone with God (TAWG), which incorporates the spiritual disciple of silence and solitude within it. The purpose of this spiritual discipline is toward the advancement of spiritual purposes. The withdrawing in solitude and the quiet of the silence many times allow the participant to hear from God where otherwise it may not be possible. I've often said of my extended times alone with God that the first hour or so of Bible reading and prayer is for me just to clear my head of all the 'noise,' with all the busy thoughts and things I have to get done. It's beyond this first hour that I actually begin to hear from God in prayer and Bible reading. Jesus is our best example of this spiritual discipline. He is often retreating to get some silent time alone with God. In Luke 5, for example, as the crowds were gathering and things were happening, "he would withdraw to desolate places and pray."

## Perseverance in the Disciplines

After listing these spiritual disciplines, there is one more that requires our attention, which is simply the perseverance to continue in the other nine disciplines. This perseverance can be challenging at times because most of us are quite busy and finding the time to pray, to be memorizing and reading Scripture and finding time to have extended times alone in solitude and silence before the Lord can be hard. This is why the perseverance of these other disciplines is a discipline of its own. Through the power of the Holy Spirit, we can persevere. In fact, we desperately need the Holy Spirit's help with these other disciplines. While some may try to have the discipline to work at them in their lives, it is not possible to increase one's spirituality through these disciplines without the Holy Spirit. We also need each other to successfully practice the spiritual disciplines. As I've mentioned a number of times in this book, we need each other to be providing accountability and encouragement toward our own spiritual growth.

For More Information about our ministry, please visit [OneEightCatalyst.org](http://OneEightCatalyst.org)