

Spiritual Disciplines



Finding Connections with God



“The spiritual life is first of all a life. It is not merely something to be known and studied, it is to be lived”

Thomas Merton



“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

John 10:10



To Discuss...

Which (if any) of the following disciplines do you find easiest?

Which do you find hardest?

Which would you like to try more of?



Core:

Prayer

1 Thessalonians 5:16-18

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”



Core

Study

Psalm 119 v11

“I have hidden your word in my heart that I might not sin against you.”



Core

Meditation

Psalm 46:10

**“He says, “Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”**



Core

Fasting

Matthew 6:16

“When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting.



Outward

Simplicity

1 Timothy 6:6-9

“But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.”

Outward

Solitude

Luke 5:16

“But Jesus often withdrew to lonely places and prayed.”



Outward

Submission

Ephesians 5:21

“Submit to one another out of reverence for Christ.”



Outward

Service

John 13:35

“By this everyone will know that you are my disciples, if you love one another.”



Outward/Community

Generosity

John 3:16

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”



Community

Worship

Psalm 95:1-3

“Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song.”



Community

Celebration

Philipians 4:4

**“Rejoice in the Lord always. I will say it again:
Rejoice!”**



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