



Classical Spiritual Disciplines

Disciplines of Abstinence	Disciplines of Engagement
<p>Solitude The creation of an open, empty space in our lives by purposefully abstaining from interaction with other human beings, so that, freed from competing loyalties, we can be found by God.</p>	<p>Study The intentional process of engaging the mind with the written and spoken Word of God and the world God has created in such a way that the mind takes on an order conforming to the Kingdom of God</p>
<p>Silence Closing off our souls from “sounds,” whether noise, music, or words, so that we may better still the inner chatter and clatter of our noisy hearts and be increasingly attentive to God.</p>	<p>Worship Expressing in words, music, and silent adoration the greatness, beauty, and goodness of God, by means of which we enter the supranatural reality of the shekinah, or glory, of God</p>
<p>Fasting The voluntary abstention from an otherwise normal function—most often eating—for recognising that God is the source of our true sustenance.</p>	<p>Celebration Utter delight and joy in ourselves, our life, and our world as a result of our faith and confidence in God’s greatness, beauty, and goodness</p>
<p>Simplicity The inward reality of single-hearted focus upon God and his kingdom, which results in an outward lifestyle of modesty, openness, and unpretentiousness and which disciplines our hunger for status, glamour, and luxury.</p>	<p>Service Loving, thoughtful, active promotion of the good of others and the causes of God in our world, through which we experience the many little deaths of going beyond ourselves.</p>
<p>Chastity Purposefully turning away for a time from dwelling upon or engaging in the sexual dimension of our relationship to others—even our husband or wife—and thus learning how not to be governed by this powerful aspect of our life</p>	<p>Prayer Interactive conversation with God about what we and God are thinking and doing together.</p>
<p>Secrecy Consciously refraining from having our good deeds and qualities generally known, which, in turn, rightly disciplines our longing for recognition.</p>	<p>Fellowship Engaging with other disciples in the common activities of worship, study, prayer, celebration, and service, which sustain our life together and enlarge our capacity to experience more of God.</p>
<p>Sacrifice Deliberately forsaking the security of satisfying our own needs with our resources in the faith and hope that God will sustain us.</p>	<p>Confession Sharing our deepest weaknesses and failures with God and trusted others, so that we may enter into God’s grace and mercy and experience his ready forgiveness and healing.</p>
<p>Sabbath To stop working and enter a rest designed to restore our soul.</p>	<p>Submission Subordination to the guidance of God.</p>