



Classic Spiritual Disciplines

Disciplines of Abstinence

- ❖ **Solitude:** Spending time without any others or any distractions.
- ❖ **Silence:** No noise or conversation with others.
- ❖ **Fasting:** Abstain from food, media, entertainment, or anything else that occupies your time and focus.
- ❖ **Frugality:** Use your money only for essentials.
- ❖ **Chastity:** Abstain from sexual relations.
- ❖ **Secrecy:** Do not allow anyone to know of the good deeds you do in order to avoid doing them for the wrong motivations.
- ❖ **Sacrifice:** Deny yourself for the sake of someone in need.

Disciplines of Engagement

- ❖ **Study:** Take time to read and understand Scripture.
- ❖ **Worship:** Engage in corporate and personal worship of God.
- ❖ **Celebration:** Practice being grateful and thankful to God and to others for the blessings in and around your life.
- ❖ **Service:** Give your time and energy to help others.
- ❖ **Prayer:** Take time to pray regularly and with purpose.
- ❖ **Fellowship:** Take time to share life with others.
- ❖ **Confession:** Practice confessing your sins to trusted people who will pray with you and be spiritual allies.
- ❖ **Submission:** Submit to the proper people in appropriate ways—fight against the sin of pride.



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