

# Spiritual Disciplines

*Creating space for God to fill us and encounter others*

## Internal Disciplines

### **Discipline of Devotion**

Worship  
Prayer  
Study  
Meditation  
Scripture Memorization

*Practice: FaceTime with God*

### **Discipline of Purity**

Confession  
Repentance  
Forgiveness  
Abstinence  
Fasting

*Practice: Moderating Media Consumption*

### **Discipline of Health**

Sabbath  
Rest  
Solitude  
Soul Care  
Physical disciplines  
Healthy Relational Practices

*Practice: Sabbath (Day of Rest)*

## External Disciplines

### **Discipline of Community**

Fellowship  
Brotherly Confession  
Encouragement  
Gentle Correction  
Discipleship

*Practice: Life Group, Sunday Service,  
Discipleship*

### **Discipline of Investment**

Generosity  
Service  
Discipleship  
Intercession

*Practice: Become a Pillar*