



SOJOURN C H U R C H

SPIRITUAL DISCIPLINES

Prayer - A personal, communicative response to God. It is a means to relationally experience his love and nearness, and also bring to him personal confession, thanksgiving, and requests.

Fasting - The self-denial of good gifts, normally food, in order to intentionally attend to God in prayer. This physical awareness of emptiness is a catalyst to being satisfied in Christ.

Solitude - Creating space in your life to be completely free of distraction in order to be alone with God. Solitude creates space for many other disciplines (study, prayer, silence, meditation etc.).

Silence - The practice of attending and listening to God in quiet, without interruption, noise, or words. Silence is the simple stillness of the individual under God, producing a slowness to speak and quickness to listen.

Secrecy - Imitating Christ in a spirit of hiddenness, lack of display and public recognition, so as to act for God's sight only. Secrecy cultivates a desire for God to be known and glorified rather than ourselves.

Frugality - The practice of abstaining from using money or goods in ways that gratify our desires in order to free us to be satisfied in God rather than comfort, and to be generous in our relationships with others.

Study - The practice of engaging with God in his Word through reading, reflection, mediation, memorization and application. In study God meets us through his Word and shapes our hearts to see and savor Christ.

Worship - The process of orienting ourselves to God through celebration, praise and thanksgiving. Worship is both God's work in orienting our hearts towards him and our response in exalting him for his beauty.

Service - A way of sacrificing our resources, time, influence and expertise for the care, justice, and blessing of others. In service we

follow the example set by Jesus who came not to be served but to serve and give his life.

Fellowship - The engagement in intentional relationships with the family of God for the purpose of growing together in our love for Christ. We participate in worship, prayer, ministry, and accountability with others.

Confession - The practice of disclosing, with other brothers and sisters, our deepest weaknesses, failures and sins. Confession strengthens our trust in the Gospel, produces humility, and deepens our relationships.

Giving - Generously and sacrificially devoting personal resources to the church and those in need. A deep sense of gratitude and contentment in what God has given us is both the motivation and result of giving.

Evangelism - The verbal communication of the Gospel message to unbelievers. The Gospel has its strongest appeal when accompanied by a consistent demonstration of Christ-like love for the person.



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Training activities, empowered by grace,
which transform us.

Training activities – Just like you would train your body to run a race, you must choose to “train yourself in godliness” (1 Tim 4:7).

Empowered by grace – Even though we have to put effort into the training, God's grace is what creates the change. Disciplines, apart from the Holy Spirit, just turn us into whitewashed tombs.

Which transform us – The end result is that we are changed. We become who God made us to be. We are satisfied by him. We experience fuller life.

“Do not work for the food that perishes, but for the food that endures to eternal life...I am the bread of life” (John 6:27,35).

God “humbled you and let you hunger and fed you with manna...that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of God...Know then, in your heart that as a man trains his son, the Lord your God trains you” (Deut 8:3-5).

Following Christ is “at least as big a challenge as playing the violin or jogging” (Dallas Willard).

How do I choose which disciplines to embrace? It's good to begin by doing a spiritual inventory. Ask God, yourself and someone close to you - What areas of sin do I struggle in the most? Then choose a spiritual discipline which would train you in that area well.

For example, if you find yourself being prideful and judgmental in your thoughts and words towards others, you might choose to embrace

the disciplines of silence and service. Holding your tongue and listening to others has a humbling effect on the soul. Serving people often cultivates a heart of love towards people who you would otherwise be irritated or angered by.