

Spiritual Disciplines Worksheet

“Train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” (1 Timothy 4:7-8)

How do you grow your faith? While there is not a formula, there are principals that are laid out for us in the bible. If we put those principals into practice in our lives it produces godliness in us. Paul connects physical training to spiritual training which I think can be helpful for us. Training for sports or in the gym produces results in our physical body. Eating healthy and drinking water help your body as well. It takes work to get better or stronger. Some of these spiritual disciplines are ones that every Christian should do regularly. Others are ones that you may need to practice for a shorter season.

Let me also note that spiritual disciplines are a means to an end. We are not godly just because we practice the spiritual disciplines. That was the great error of the Pharisees. They felt by doing these things they were godly. No, the disciplines are means to godliness. It's like going to work out. I don't love working out, but I do want to be able to run up and down a soccer field and I do want to be able to ski hard for a full day. My working out is only a means to an end. So to the spiritual disciplines are a means to an end of godliness in our lives.

I've grouped 12 disciplines into 2 main groups: Disciplines of *self-denial* and disciplines of *engagement*. After reading each discipline, give yourself a score 1-5 (1 being you are great at it, 5 being you have never tried or focused on it before).

Disciplines of Self-Denial: These are ways of denying ourselves something we want or need to make space to focus on and connect with God.

- **Solitude and Silence:** Refraining from interacting with other people to be alone with God and be found by him. (Connected disciplines: Retreats and reflection.) _____
- **Fasting:** Going without food (or something else like media) for a period of intensive prayer — the fast may be complete or partial. _____
- **Sabbath:** Doing no work to rest in God's person and provision; praying and playing with God and others. (God designed this for once a week. We can practice it for shorter periods too.) _____
- **Generosity:** Giving of ourselves or our resources to grow in godliness because God is generous towards us. (Connected disciplines: Tithing and giving.) _____
- **Simplicity:** Seeks to counteract the strong cultural pull to find value and meaning in what you own and what you do by encouraging you to want less and to prioritize your focus and time better. _____
- **Repentance:** This discipline sets us free from the burden of hidden sin, but it requires transparency and vulnerability in the presence of one or more people whom we implicitly trust. When we uncover and name our secrets, failures, and weaknesses, they lose their dominion by virtue of being exposed and forgiven. _____

Disciplines of Engagement: These are ways of connecting with God and other people, conversing honestly with them in order to love and be loved.

- **Bible Reading:** Trusting the Holy Spirit-inspired words of Scripture as our guide, wisdom, and strength for life. (Connected disciplines: Bible study, Scripture meditation, and praying God's Word.) _____
- **Worship:** Praising God for who he is and what he has done, his greatness, goodness, and beauty in words, music, art, and life. _____
- **Prayer:** Talking with God about what we're experiencing and doing together. (Connected disciplines: Intercession, listening prayer, and prayer journaling.) _____
- **Christlike Community:** Engaging fellow disciples of Jesus in prayerful conversation or other spiritual practices. (Connected disciplines: Church, small groups, one on one discipleship, and mentoring relationships.) _____
- **Service:** Humbly serving God by overflowing with his love and compassion to others, especially those in need. _____
- **Celebration:** Celebration is essential because it creates opportunities to remember what God has done and it encourage the outward expression of delight. God encouraged regular festivals to commemorate His goodness, faithfulness and provision (Exodus 12:14-20). _____

If you have a bunch of 4 or 5's this may seem overwhelming. Rather than trying to add them all in at once, take a few minutes to celebrate (you get to practice this discipline right here) your 1 and 2's, then ask God which of these other disciplines he would like you to focus on to grow your relationship with him. He wants your relationship to grow too so he will be happy to help you if you ask and listen. Commit to being disciplined for the long haul. It takes on average of 66 days to create a new habit so hang in. And remember, as mentioned before, some of these disciplines may only be required for a season in your life while others should be a daily habit. Eventually, your goal should be to practice each of these 12 habits regularly throughout your year to grow in godliness. Our ultimate goal is God, not legalism or pride in our habits so make sure each discipline is pointing you to Jesus. I pray and expect that you will see fruit in your life as you seek Jesus through these 12 disciplines.