

A Rule of Life: It is not a rigid set of laws or disciplines but rather a supportive structure, like a trellis for a vine, that helps lift a person off the ground so they can flourish and bear fruit by abiding in Christ.

Discipline	Definition	Frequency/Notes
Scripture	One of the primary ways God has been revealed to us. Read it for wisdom, inspiration, guidance and as a window to see and connect with God more clearly.	
Prayer	A way to hear from God and speak to God.	
Fasting	A way to remove distractions and increase our dependence on God	
Solitude	Creating space to be alone with God free from the everyday static of our busy lives.	
Generosity	A way of reflecting God's heart to his creation using our resources for God's glory and our neighbors' good.	
Community	Doing life and faith with others. Faith is personal but never supposed to be private. We go further together than we do alone, in life and faith.	
Evangelism	Generously sharing the life giving and saving relationship we have with Jesus with others.	
Sabbath	A day to rest. connect with other believers and enjoy creation.	
Service	Putting God and other people first in practical ways to help and bless others.	

10 General Thoughts About Spiritual Disciplines

- Disciplines are not the goal in and of themselves but are practices that help us connect with God, which is our goal.
- Any thing worth doing is worth doing poorly at first! Don't let a new practice intimidate you, ask for wisdom and go for it!
- The disciplines do not make God love his followers more, God already loves you. The disciplines connect you to the God that loves you more and tap into his wisdom and perspective.
- All of us already have a "rule of life" or set of practices that are shaping us, the question is are yours drawing you closer into the God who loves you or not.
- Walk before you run. Don't try to add all of these at one time in your life, but layer them. Start with something that's sustainable and go from there.
- Scripture is a primary discipline, it's where we even get the information that the others exist and are beneficial in the first place.
- If a discipline gets stale try doing it a different way or with other people.
- Some of these disciplines will come easier to you than others based on your own unique wiring, do the ones you love but also try practicing the ones that also stretch you.
- Not every time you practice a discipline will it feel like the clouds are parting. Do them anyway. It's like exercise the results often show up overtime and sometimes even subtle.
- Adding in community (the 9th) typically reinforces the practice and value of 1-8.

Resources

Books

'Practicing The Way'

John Mark Comer

'The Good and Beautiful' Series

James Bryan Smith

'Celebration of Discipline'

Richard Foster

'Spiritual Disciplines Handbook'

Adele Ahlberg Calhoun

Mobile App

Lectio 365 - Free Daily Devotions

Websites

<https://renovare.org/about/ideas/spiritual-disciplines>

<https://www.practicingtheway.org/>