

Classic Spiritual Disciplines (Kenneth Boa)

Solitude

Moving away for a while from the world into the presence of God. In this place we discover a place of strength, dependence, reflection and renewal, and we confront inner patterns that are alien to the life of Christ within us. Mark 1,35, Luke 5,16, Matthew 26, 36 – 46

Silence

Preparing the way for a more inner seclusion that enables us to listen the quiet voice of the Spirit. James 1,19, Isaiah 30,15, Proverbs 10,19

Simplicity

A willingness to let go of using resources for our own gratification and a life of gratitude and dependence on God. This includes stewardship of **everything** in life. Matthew 6,33, Matthew 5,1-10

Study and Meditation

To study by reading, observation, interpretation and application of God's Word. To meditate, ponder a passage of scripture that fills our minds. Far from emptying the mind, biblical meditation focuses the mind on the nuances of revealed truth. 2 Timothy 3, 16 – 17, Psalm 1, 2-3, John 6,63

Prayer

Personal communion and dialogue with the living God alone and with others, and the keeping of a spiritual diary. It would be seen as a privilege rather than a burden or duty. Prayer should not be limited to structured time but should also become an ongoing dialogue with God. Hebrew 4,16, Ephesians 6,18, 1 Thessalonians 5,16 - 18

Sacrificial Service

Service that does not call attention to itself but concerns others. It is born out of love for Jesus Christ and does not need recognition. Philippians 3, 7 – 11, Galations 2,20, 1 Peter 2,1

Confession

Requires transparency and the letting go of sin before God and others. Psalm 139, 23-24, James 4,7 – 10

Fasting

Absention from physical nourishment for the purpose of spiritual sustenance. There are different methods and degrees of fasting, but all of them promote self-control and self-denial over anything that would control us (work, entertainment, sleep, social media, money, sex, etc..) Fasting is to honour God and to accomplish his sovereign will and is both effective individually and corporately. Matthew 6,6-18, Zechariah 7,1-5, Matthew 4,1-11

Submission and guidance

A voluntary submission to others as an expression of our submission to Christ. This also involves seeking recovery of spiritual direction through accountability to credible and mature people. Guidance is also a corporate discipline seeking Spirit directed unity. 2 Corinthians 12, 7-9, Proverbs 3, 5a6, Hebrew 13, 17

Fellowship, Worship and Witness

Our experience of God mediated through the body of Christ. Relationship with other believer's plays an essential role in our spiritual formation and choosing gratitude rather than grumbling, helps us to be fully occupied with the majesty, beauty and goodness of God that is then able to be shared with others. Acts 2, 42 - 47, Psalm 63, 1, Mark 12, 30 a 31, Psalm 42, 1-2