**Fresh Start Christianity 101.**

**Spiritual Disciplines**

The spiritual disciplines practices found in Scripture that promote spiritual growth among believers in the gospel of Jesus Christ.

There are those spiritual disciplines that we practice alone and those that we practice with other Christians. These are called personal and interpersonal spiritual disciplines.

**Memorize:** “Discipline yourself for the purpose of godliness” 1 Timothy 4:7

Not everything is a spiritual discipline. Real spiritual disciplines are modeled in the Bible by our spiritual ancestors.

So why discipline? If we say the thing we love most in life is God, but we spend four hours a day on the internet and five minutes reading our Bible then the lifestyle doesn’t add up to our words. Spirituality without discipline is sporadic. It requires little to no effort, but produces little to no sustained growth. The purpose of training the soul is to align our actions with our heart.

“Ask me not where I live and what I like to eat. Ask me what I am living for and what I think is keeping me from living fully for that.” – Thomas Merton

**Memorize:** Blessed is the manwho walks not in the counsel of the wicked,nor stands in the way of sinners,nor sits in the seat of scoffers;but his delight is in the law of the LORD,and on his law he meditates day and night. Psalm 1:1-2

**Memorize**: "Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts." Jeremiah 15:16

**List of Disciplines**

**Personal Disciplines**

* [Meditation](https://www.learnreligions.com/how-do-christians-deal-with-stress-700648)
* Prayer
* Fasting
* [Bible Study](https://www.learnreligions.com/how-to-design-your-own-bible-study-712291)
* [Purity](https://www.learnreligions.com/law-of-chastity-sexual-purity-2159000)
* Thankfulness
* Self-examination/Confession
* Rest/Solitude

**Interpersonal Disciplines**

* [Evangelism](https://www.learnreligions.com/principles-of-evangelism-for-christian-teens-712514)/Discipleship
* [Service](https://www.learnreligions.com/spiritual-gifts-helps-712403)
* [Fellowship](https://www.learnreligions.com/christian-life-for-teens-4684891)
* [Stewardship](https://www.learnreligions.com/what-does-the-bible-say-about-church-giving-701992)/Giving
* Celebration
* Worship
* Guidance/Submission

Spiritual disciplines do not make us godly. Rightly motivated, they are the means to godliness.

“Although God will grant Christlikeness to us when Jesus returns, until then He intends for us to grow toward it. We aren’t merely to wait for holiness; we’re to pursue it.” – Donald S. Whitney