



CELEBRATION OF DISCIPLINES

Here are all 12 disciplines, each paired with a Bible verse and a detailed guide on how to incorporate them into your daily life. If you're interested in learning more about these practices, feel free to check out the book they originate from by clicking this link.

[Celebration of Discipline](#)

The Inward Disciplines – practices that are focused on inner transformation and personal growth.

i. **Meditation** – Christian Meditation is the practice of focusing one's heart and mind on Scripture through quiet contemplation and reflection.

1. **Joshua 1:8** – *“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”*

2. **How to Meditate**

- a. **Find a quiet place** – Finding a place free from distractions is important for Christian meditation.
- b. **Find a Scripture** - Choose a short passage of Scripture and slowly read it several times, letting the words sink deeply into your heart and mind.
- c. **Nature Meditation** - Spend time in nature, observing and reflecting on God's creation, and allowing it to draw you closer to Him.

ii. **Prayer** – Having a conversation with God.

1. **Hebrews 4:16** – *“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”*

2. **How to pray**

- a. **Set a Regular Time** - Establish a daily prayer routine, whether in the morning, evening, or another convenient time.
- b. **Prayer Journal** - Keep a journal of your prayers and reflections, noting answers and insights you receive.
- c. **3 Praises, 3 prayers** – Enter prayer by thinking of three things to thank God for, followed by 3 things to ask God for.

iii. **Fasting** – Abstaining from food for spiritual purposes.

1. **Matthew 6:16-18** – *“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it*

will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

2. How to fast:

- a. **Regular Fast** - Determine an allotted time to fast and abstain from food for that set period of time. Allow hunger pangs to serve as a reminder to offer a quick prayer to God for the reason of the fast.
- b. **Partial Fast** - Give up a particular type of food or activity (like sweets or social media) for a set period to focus more on God.

iv. **Study** – Repeating, concentrating, comprehending, and reflecting on God’s word through reading the Scriptures.

- 1. **Romans 15:4** – *“For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.”*

2. How to study:

- a. **Start in John** – If you are unfamiliar with reading the Bible, a great starting point is the book of John.
- b. **Be consistent** - Consider reading a chapter a day (until you grow to a point where you can digest more) and be disciplined to do it regularly.
- c. **Pray for understanding** – Pray and ask the Holy Spirit to help you understand the text when you read.

The Outward Disciplines – practices that transform us inwardly but result in an outward lifestyle.

v. **Simplicity** – Living with a focus on *God’s priorities*, to create a life of balance, clarity and purpose. (the opposite of materialism)

- 1. **Hebrews 13:5** – *“Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”*

2. How to practice simplicity:

- a. **Make useful purchases** - Purchase things based on usefulness over status.
- b. **Avoid addictive things** – Refrain from purchasing things that might lead to undisciplined compulsions.
- c. **Give things away** – Giving things away will work towards growing a heart of simplicity

vi. **Solitude** – Withdrawing (physically and internally) from the busyness of the world in order to achieve increased sensitivity and compassion towards others.

- 1. **Mark 1:35** – *“And rising very early in the morning, while it was still dark, he **departed and went out to a desolate place**, and there he prayed.”*

2. How to practice solitude:

- a. **Enjoy the little solitudes of the day** – Instead of checking social media during the short breaks of the day, repurpose those moments for Godly contemplation.
- b. **Carve out time to get away** – You won’t find time, you’ll have to make time to intentionally get away for solitude.

vii. **Submission** – Laying down the burden of needing everything to go your way.

1. **1 Peter 2:21, 23** – *“For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps....When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.”*
2. **How to practice submission:**
 - a. **Practice Humility** - Regularly remind yourself of your dependence on God and others. Acknowledge your limitations and be open to feedback and correction from others.
 - b. **Serve Others** - Look for opportunities to serve others without expecting anything in return. This could be through volunteering, helping a neighbor, or simply being attentive to the needs of those around you.
 - c. **Seek Counsel** - When making decisions, seek the advice and wisdom of trusted mentors, friends, or spiritual leaders. Be willing to listen and consider their perspectives, even if it means setting aside your own preferences.

viii. **Service** – Using your spiritual gifts and performing acts of love for the sole benefit of others.

1. **John 15:35** – *“By this all people will know that you are my disciples, if you have love for one another.”*
2. **How to practice service:**
 - a. **Everyday helpfulness** – Look out for everyday “small” opportunities to be a blessing to others.
 - b. **Be intentional about regular service** – Think about your spiritual gifts and be intentional about regularly serving others.

The Corporate Disciplines – practices often done with others that impact the community.

- ix. **Confession** – Admitting our sins and shortcomings to God, trusted individuals, and those we’ve sinned against.
 1. **1 John 1:9** – *“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”*
 2. **How to practice confession:**
 - a. **Confession in Prayer** - Incorporate confession into your regular prayer time, honestly admitting your sins to God and asking for His forgiveness.
 - b. **Accountability Partner** - Find a trusted friend or mentor with whom you can regularly share your struggles and receive prayer and accountability.
 - c. **Admit when you sin against others** – When you know you’ve wronged someone, humble yourself and acknowledge the hurt, apologizing and asking for forgiveness.
- x. **Worship** – (the communal experience) – To know, feel, and experience the resurrected Christ amid gathered community.
 1. **Psalms 95:1-2** – *“Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!”*
 2. **How to practice corporate worship:**
 - a. **Gather regularly!** – Make it a priority to attend worship services regularly.

- b. **Engage in worship** - Participate in worship services, engaging fully in singing, prayer, and listening to the Word.
- c. **Expect to hear from God** - Enter worship with a heart that is expecting to hear from God!

xi. **Guidance** – Seeking and receiving guidance from God through others within the faith community.

- 1. **2 Chronicles 7:14** – “...if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.”
- 2. **How to practice guidance:**
 - a. **Seek Spiritual Direction:** Meet regularly with a spiritual director or mentor to discern God’s will for your life.
 - b. **Group Discernment:** Allow God to guide you through the sermons and decisions made in your local church.
 - c. **Get involved** – Be an active participant in the movement of God within your church (LIFEgroups, Outreach, etc).

xii. **Celebration** – Joyfully expressing gratitude and praise to God.

- 1. **Philippians 4:4** – *“Rejoice in the Lord always; again I will say, rejoice.”*
- 2. **How to practice Celebration:**
 - a. **Be thankful** - Find something to be thankful for every day, and vocalize your appreciation to God.
 - b. **Tell others** – Share the goodness of God in your life with others.
 - c. **Praise through song** – Find songs that emphasize the goodness of God and listen to them more often.