

SPIRITUAL DISCIPLINES

By: Pastor Ivan Feliciano

Spiritual disciplines are not the desired end product of spiritual life – but rather they are a means to an end. They are... the intentional development of authentic spiritual life and intimacy with God.

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3. Repetitious actions driven by spiritual decisions rather than natural environment reactions.
4. Spiritual exercises to develop "Sacred Rhythms" to engage in intentional spirituality in the pursuit of intimacy with God.

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3. Nurturing and cultivating spiritual maturity.

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- Prayer
- Fasting
- Study
- Meditation and Contemplation

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- Confession
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- Celebration

Simply put:

Spiritual disciplines: “We do what we CAN do, so that God can do what we CAN’T do...”



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We do what we CAN do, so that God can do what we CAN'T do!
...discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.” 1Timothy 4:7-8

Prayerfully consider the following steps as a way that you can partner with God, and open yourself up to allow Him to change your heart.

STEP 1: What is an area of your life God is inviting you to grow in? (Think about your heart & attitude, not just your actions)

STEP 2: Which of the following disciplines might help you grow in that area?
 Prayer, Meditation, Study, Fasting, Simplicity, Silence & Solitude, Service, Stewardship & Giving, Worship, Other: _____

STEP 3: What is one realistic thing you can change starting THIS week?

STEP 4: What is one long-term goal of a discipline that you want to incorporate into your life over the next 3 months? (Challenge yourself, but also set yourself up for success by not making it an unrealistic goal)

STEP 5: The person I will talk about my goal, and ask to hold me accountable, is: _____