

# Spiritual Disciplines

*With your facilitator discuss the Main Area, Its Definition. Using the scriptures provided, along with ones that you know, justify why each discipline is important in the believer's life. Next, discuss ways that the discipline can be applied in your life, in your church or home fellowship group. Lastly, using the Birthmarks of a Believer, determine which Birthmark Area applies to each Spiritual Discipline [Birthmarks Diagram is found on the Seek Page under the Born Again section].*

Discipline	Main Area & Definition	Scripture	Justification	Application	Birthmark Area
1. Solitude	<b>Discipline of Letting Go</b>  Definition: Time to get away and be quiet with God. Use the Bible as a source of companionship.	Mark 6:31 Psalm 46:10			
2. Silence	<b>Discipline of Letting Go</b>  Definition: Remove noisy distractions to hear from God.	Matthew 14:23			
3. Fasting	<b>Discipline of Letting Go</b>  Definition: Do without a meal or two to depend on God for nourishment.	Matthew 4:2 Matthew 6:16 – 18			
4. Frugality	<b>Discipline of Letting Go</b>  Definition: Learning to Live with Less	Proverbs 5:2			

<p><b>5. Purity</b></p>	<p><b>Discipline of Letting Go</b></p> <p>Definition: Maintaining 24/7 the choice and determination to be as guiltless, blameless, and have innocent behavior.</p>	<p>Philippians 4:6-8 James 1:27</p>
<p><b>6. Secrecy</b></p>	<p><b>Discipline of Letting Go</b></p> <p>Definition: Denying Self!</p>	<p>Luke 9:23 Titus 1:8</p>
<p><b>7. Sacrifice</b></p>	<p><b>Discipline of Letting Go</b></p> <p>Definition: Giving of resources beyond what seems reasonable to be more dependent on Jesus</p>	<p>Romans 12:1 – 2 Ephesians 5:2 Hebrews 13:15-16</p>
<p><b>8. Study</b></p>	<p>Discipline of Activity</p> <p>Definition: Reading Scripture 24/7 and not missing a single moment to invest in the Word of God</p>	<p>2 Timothy 3:16 – 17 Ezra 7:10 Proverbs 22:17</p>
<p><b>9. Worship</b></p>	<p>Discipline of Activity</p> <p>Definition: Giving unto God the 'divine honors in both reverence and homage, to praise</p>	<p>Psalm 81:9 Psalm 99:9 Luke 4:8 Romans 12:1</p>

	Him with reverence, adoration, confession, and thanksgiving.	Hebrews 12:28
<b>10. Prayer</b>	Discipline of Activity  Definition: Talking and Listening to God as relates to your relationship with Him and concerns about others.	1 Thessalonians 5:17  1 John 5:14
<b>11. Fellowship</b>	Discipline of Activity  Definition: Mutual caring and ministry in the body of Christ	Acts 2: 42  1 Corinthians 1:9  2 Corinthians 13:14  Hebrews 10: 24-25  1 John 1:6-7
<b>12. Confession</b>	Discipline of Activity  Definition: Part of Jesus 24/7 is the confession of our sins to maintain growth and relationship with Jesus and others.	Psalm 6  Proverbs 28:13  Romans 10:9-10  James 5:16  1 John 1:9

<b>13. Disciple-Making</b>	<p>Discipline of Activity</p> <p>Definition: There are three areas in the believer's life: disciple, discipleship, and disciple-making</p>	<p>5 Commissions</p> <p>Matthew 28:19-20</p> <p>Mark 15:16</p> <p>Luke 24: 45 – 49</p> <p>John 20:21-23</p> <p>Acts 1:8</p>
<b>14. Service</b>	<p>Discipline of Activity</p> <p>Definition: Putting into action in our daily lives; Walk-n-Talk w/Jesus &amp; Jesus 24/7 with the world around us.</p>	<p>Proverbs 11:25</p> <p>Mark 10:44-45</p> <p>John 13:12-14</p> <p>Galatians 5:13 – 14</p> <p>1 Peter 4:10 – 11</p>