

Disciplines of Abstinence (Self-Denial)

These are ways of denying ourselves something we want or need in order to make space to focus on and connect with God.

Solitude: Refraining from interacting with other people in order to be alone with God and be found by him (solitude is completed by silence).

Silence: Not speaking in a quiet place in order to quiet our minds and whole self and attend to God's presence. Also, not speaking so that we can listen to others and bless them.

Fasting: Going without food (or something else like media) for a period of intensive prayer — the fast may be complete or partial.

Sabbath: Doing no work to rest in God's person and provision; praying and playing with God and others (God designed this for one day a week. We can practice it for shorter periods too).

Secrecy: Not making our good deeds or qualities known to let God or others receive attention and to find our sufficiency in God alone (e.g, see Matthew 6).

Submission: Not asserting ourselves in order to come under the authority, wisdom, and power of Jesus Christ as our Lord, King, and Master (if you think of this as submitting to a person as unto Christ then it's a discipline of engagement).

Disciplines of Engagement (Christ in Community)

These are ways of connecting with God and other people, conversing honestly with them in order to love and be loved.

Bible Reading: Trusting the Holy Spirit-inspired words of Scripture as our guide, wisdom, and strength for life. (Related disciplines include Bible study, Scripture meditation, and praying God's Word. For instance, see the Soul Shepherding booklets on [Lectio Divina Guides](#), and [Breath Prayer Guides](#)).

Worship: Praising God's greatness, goodness, and beauty in words, music, ritual, or silence (we can worship God privately or in community).

Prayer: Conversing with God about what we're experiencing and doing together. As we see in the Lord's Prayer the main thing we do in prayer is to make requests or intercessions to our Father for one another.

Soul Friendship: Engaging fellow disciples of Jesus in prayerful conversation or other spiritual practices (related spiritual disciplines or practices include small groups, spiritual direction, and mentoring relationships).

Personal Reflection: Paying attention to our inner self in order to grow in love for God, others, and self (the Psalms in the Bible model this).

Service: Humbly serving God by overflowing with his love and compassion to others, especially those in need (also tithing and giving).