

## DISCIPLINES OF ABSTINENCE

1

### SILENCE & SOLITUDE

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

2

### SIMPLICITY

A lifestyle of modesty, openness, and unpretentiousness and which disciplines our hunger for status, glamour, and luxury.

3

### FASTING

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

4

### SABBATH

Doing no work to rest in God's person and provision; praying and playing with God and others.

5

### 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).

6

### SUBMISSION

Not asserting ourselves in order to come under the authority, wisdom, and power of Jesus Christ as our Lord, King, and Master.

## DISCIPLINES OF ENGAGEMENT

1

### BIBLE READING & MEMORIZATION

Trusting the words of Scripture as our guide, wisdom, and strength for life. (Related disciplines include memorization and praying God's Word.)

2

### WORSHIP

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

3

### PRAYER

Conversing with God about what we're experiencing and doing together.

4

### SOUL FRIENDSHIP

Engaging fellow disciples of Jesus in prayerful conversation or other spiritual practices.

5

### 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.)

6

### SERVICE

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