



Scriptures that call us to spiritual practices

Jesus says: “Why do you call me, ‘Lord, Lord,’ and do not do what I say? I will show you what he is like who comes to me and hears my words and puts them into practice. He is like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built.” (Luke 6: 46-48)

Disciplines of Abstinence: are practices that make more room for God in our beings and strengthen us to refrain from sin as individuals. These practices have a more inward focus.

Solitude: Matthew 13:1 **“That same day Jesus went out of the house and sat by the lake.”**
Matthew 14: 13, 23; Mark 1:12; Mark 6:45-47; Luke 5:16; Acts 10:9

Silence/Listening: Matthew 11:15 **“He who has ears, let him hear.”**
Exodus 15:26; Deuteronomy 30:20; 1 Kings 19:11-13; Psalm 27:14; Psalm 46:10; Isaiah 30:15;
Matthew 6:31; Mark 4:3-9; Mark 9:7; Luke 10:38-41; Luke 11:28; John 8:47; John 10:1-16; Romans 10:17; James 1:19; James 3:2

Fasting: Daniel 1:12 **“Please test your servants for ten days. Give us nothing but vegetables to eat and only water to drink.”**
Daniel 10:3; Matthew 4: 1-4; Matthew 16: 24-26; Luke 12:22-34; John 4: 31-34; Romans 16: 17-19; Philippians 3:17-21

Frugality/Simplicity: Micah 6:8 **“...And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.”**
Matthew 6:19-33; Luke 10:42; Luke 12:22-34; Romans 13:8; 1 Timothy 4:4-16; 1 Timothy 6:6-10

Chastity: 1 Thessalonians 4:4 **“...each of you should learn to control his own body in a way that is holy and honorable...”**
Romans 13:12-14; 1 Corinthians 6:18-20; 1 Corinthians 7:4-5, Galatians 5:13-25

Secrecy: Proverbs 27:2 **“Let another praise you, and not your own mouth; someone else and not your own lips.”**
1 Samuel 16:7; Psalm 31; Matthew 6:1-16; Luke 18: 9-14

Sacrifice: Hebrews 5:8 **“Although he [Jesus] was a son, he learned obedience from what he suffered”**
Mark 12:41-44; Romans 12:1; Romans 6:11-13; Philippians 3:7-11; 2 Timothy 2:3-10; Hebrews 12:7-11; Hebrews 13:15-16; 1 Peter 2:2-5

Disciplines of Engagement: are practices that ready our souls to be occupied with and by God. These are more outward and increase intimacy within relationship as the body of Christ.

Study: Proverbs 23:12 “**Apply your heart to instruction and your ears to words of knowledge.**”
Deuteronomy 4:1-9; Psalm 1:1-3; Psalm 119; Proverbs 1-9; Proverbs 16:16-23; Proverbs 22:17-19;
Ephesians 5:15-17; Philippians 4:8-9; Colossians 2:8; Colossians 3:1-3, 10; 2 Timothy 2:15

Worship: John 4:23-24 “**...the true worshipers will worship the Father in spirit and in truth, for they are the kind of worshipers the Father seeks...**”
Deuteronomy 10:12-22; Psalm 90-106, 145-150; Philippians 2:9-11; Hebrews 12:22-28; Revelation 4:9-11; Revelation 5:9-14; Revelation 19:1-10

Celebration: Psalm 30:11-12 “**You...clothed me with joy, that my heart may sing to you...O LORD my God, I will give you thanks forever.**”
Exodus 15:20; Deuteronomy 14:22-28; Deuteronomy 16:1-17; Judges 5; 2 Samuel 6:12-16; Isaiah 55:12; Luke 15; John 2:1-11

Service: 1 Peter 4:10 “**Each one should use whatever gift he has to serve others, faithfully administering God’s grace in its various forms.**”
Matthew 20:25-28; Luke 6:27-36; Luke 12:35-37; John 13:14-17; Romans 12:1-8; Colossians 3:17, 22-24; Hebrews 13:1-3; James 1:27

Prayer: Ephesians 6:18 “**And pray in the Spirit on all occasions with all kinds of prayers and requests...**”
Matthew 6:9-15; Matthew 19:13-15; Matthew 23:13-15; Luke 11:1-13; Luke 18:1-8; Ephesians 6:18; Philippians 4:6-7; Colossians 4:2; 1 Thessalonians 5:17; 1 Peter 5:7

Fellowship: Hebrews 10:24-25 “**And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together...**”
Acts 2:42, 46; Romans 12:9-21; 1 Corinthians 12:7-27; Ephesians 4:1-16; Ephesians 5:18-20; Philippians 2:1-2, 14-16; Colossians 3:15-16; Hebrews 10: 24-25

Confession: Proverbs 23:18 “**He who conceals his sins does not prosper; but whoever confesses and renounces them finds mercy.**”
Matthew 5:23-24; Matthew 18:15-35; Ephesians 4:32; Colossians 3:13; James 5:13-16; 1 John 1:9

Submission: Philippians 2:3-4 “**Do nothing out of selfish ambition...look not only to your own interests, but also to the interests of others.**”
Psalm 141:5; Luke 6:37-42; Galatians 6:1-6; Ephesians 5:21-6:9; Colossians 3:9-4:1; Hebrews 13:7; James 3:17-18; 1 Peter 2:13-3:7; 1 Peter 5:2-5.

This list of practices is taken from Dallas Willard’s book *The Spirit of the Disciplines: Understanding How God Changes Lives*. Willard says: “Following Christ is at least as big a challenge as playing violin or jogging.” (pg. 24)

