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.”

- **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.”

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.

Prayer: Ephesians 6:18 “And pray in the Spirit on all occasions with all kinds of prayers and requests...”

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.”

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)