

## **Formation: Practice**

1 Timothy 4:8-10

### **A few Practices of Jesus/Spiritual disciplines**

**Reading & Meditation**-*Spending time reading the Scriptures, meditating on its meaning, and allowing it shape you.*

**Prayer**-*Talking to and listening to God.*

**Worship**-*Offering Praise and Adoration to God.*

**Sabbath**-*Taking a day to rest and worship.*

**Fasting**-*Abstaining from food to find greater nourishment from God.*

**Solitude**-*Spending time alone to be with God.*

**Silence**-*Removing noise and distractions to hear from God.*

**Simplicity**-*Learning to live with less money or possessions.*

**Fellowship**-*Mutual caring and ministry in the body of Christ.*

Related resources that may be helpful

*Celebration of Discipline* – Richard Foster

*Spiritual Disciplines...* - Donald S. Whitney

*The Power of Habit* – Charles Duhigg

*The Spirit of The Disciplines* – Dallas Willard

*You Are What You Love* – James K.A. Smith

### **Philippians 4:8-9**

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*