

The Spiritual Disciplines



The “inward” spiritual disciplines produce
“outward” realities in spiritual practice.

Inward Practices “TO BE IN”

Prayer	Fasting	Meditation	Sabbath
Testimony	Healing	Worship	Study
Serving	Fellowship	Celebration	Hospitality

Outward Disciplines “TO DO”

Obedience (Lk 22:42, Jn 4:34)
Simplicity (Mt 8:20)
Humility (Mk 10:18)
Frugality (2 Cor 8; Mk 10)
Generosity (Mt 9:36)
Truthfulness (Mk 12:14)
Purity (Mt 5:8)
Charity (Love) (Luke 6:31, 35;
Romans 13:10)

*Adapted from:
Richard Foster – Identification of 12 Spiritual Disciplines*
