

Spiritual Disciplines of the Christian Faith (CM2)

*Fridays, 1-3 PM, Jan. 11-Mar. 1, 2013

*Required Texts:

- 1) Celebration of Discipline, Richard Foster – \$250.00 pesos
- 2) Spiritual Disciplines of the Christian Life, Donald Whitney – \$160.00 pesos

Ross Arnold, Winter 2013
Lakeside institute of Theology

Policies and Requirements

1. Classes are free, but all students seeking a certificate or degree must purchase books (paper, not electronic), which will be made available by the Institute.
2. Students in certificate or degree tracks may miss no more than one class per course, without arrangements made in advance with the teacher to make up missed work (at the discretion of the teacher).
3. Students in certificate or degree tracks will be required to take a pass/fail final exam in each course, based on study guidelines provided by the teacher.
4. Students in certificate or degree tracks must make a passing grade (based on "pass/fail") in each course in order to receive credit towards a certificate or degree.
5. Candidates for degrees (Master of Theology and Master of Theology & Ministry) must be approved by the Institute Director before final admission into a degree program.

Spiritual Disciplines of the Christian Faith (CM2)

1. Introduction to Christian Spiritual Disciplines
2. Bible Study & Meditation
3. Prayer & Journaling
4. Fasting & Simplicity
5. Worship & Confession
6. Service & Stewardship
7. Silence & Solitude
8. Conclusion: Practicing the Disciplines; Final Exam

What can and should you expect from this class on “Spiritual Disciplines of the Christian Faith?”

- By the end of this class, you should understand what the historic Spiritual Disciplines of Christianity are, what basis we have for them from Scripture, how and why they have been practiced throughout the life of the Church, and how to begin to practice them for your own spiritual growth.

What are the “Spiritual Disciplines?”

- Spiritual disciplines are practices that we willingly pursue in response to a God who created us, saved us, and guides us. Spiritual disciplines draw us closer to God, deepen our understanding of who he is, and help make us into the men and women he desires us to become.

“We mostly spend our lives conjugating three verbs: to want, to have and to do. Craving, clutching and fussing...we are kept in perpetual unrest.”

Eveylyn Underhill

The REAL Question...

How does one live the Spirit-filled life promised by Jesus in the New Testament?

“When it comes to living the Christian life, we somehow suppose that we are doing well if we attend church and crack open a Bible once or twice a week. If believers expended the same time and energy in cultivating their spiritual lives as they are willing to invest in becoming reasonably skillful at any sport or hobby, the world would look with wonder at the power of the body of Christ.”

Dallas Willard

“The job of a football coach is to make men do what they don’t want to do, in order to achieve what they’ve always wanted to be.”

Coach Tom Landry

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the man of God may be thoroughly equipped for every good work.

2 Timothy 3:16-17

Keep this Book of the Law
always on your lips; meditate
on it day and night, so that you
may be careful to do
everything written in it. Then
you will be prosperous and
successful.

Joshua 1:8-9

What are (some of) the Spiritual Disciplines?

- Bible Study
- Meditation
- Prayer
- Fasting
- Silence
- Solitude
- Simplicity
- Service
- Stewardship
- Confession
- Submission
- Fellowship

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. ⁹ This is a trustworthy saying that deserves full acceptance. ¹⁰ That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

1 Timothy 4:7-10

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2

This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words. ¹⁴ The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.

1 Corinthians 2:13-14

“To know the mechanics does not mean that we are practicing the Disciplines. The Spiritual Disciplines are an inward and spiritual reality, and the inner attitude of the heart is far more crucial than the mechanics for coming into the reality of spiritual life.”

Richard Foster

Celebration of Discipline