

## SPIRITUAL DISCIPLINES: THE MEANS OF CHANGE

### Exercise: Practicing a Life of Discipline

Some of the more traditional or often cited spiritual disciplines include the following:

- Silence
- Prayer
- Meditation
- Bible Reading
- Scripture Memorization
- Fasting
- Service
- Worship
- Solitude

1. Which of the above spiritual disciplines do you consistently practice? In which are you experiencing the greatest growth?

2. What obstacles hinder you from more fully engaging in the spiritual disciplines of prayer and Bible reading, in particular?

3. In your answer to question 2 above, are those obstacles primarily circumstantial-external (i.e. busyness, lack of time, etc.)? If so, ask yourself if there are any underlying heart issues which may be keeping you from fellowship with your Father. How might your obstacles be rooted in a heart-unbelief in your identity as one who is righteous and beloved, as one who is united with Christ by the indwelling Spirit, and a friend of God?