

I Dare You

Spiritual Disciplines – Overview

Spiritual disciplines have been a part of the tradition of the church for centuries. The central focus of Spiritual Disciplines has always been the desire to be more like Jesus. The spiritual disciplines have been categorized by countless authors and theologians. For the purpose of this module we will be looking at three spiritual disciplines that we **engage** in on a daily basis. Following this module there will be a second module that will cover spiritual disciplines that we **abstain** from (e.g. fasting, where we abstain from food for a time).

In Lesson 1 students will spend time learning the place of spiritual disciplines in our lives. They will gain an understanding of the difference between trying and training to be like Jesus. They will also be encouraged to make spiritual disciplines a regular part of their lives.

Lesson 2, The Discipline of Worship, will give students a better understanding of what is true worship. They will look at the difference between public and private worship. They will be challenged to make their daily lives an act of worship.

In Lesson 3, The Discipline of Prayer, students will look at what “real” prayer looks, sounds and feels like. They will be challenged to move away from a formula-based prayer life and into a continual life of prayer. The lesson will also seek to foster an attitude of praying for each other amongst the group members.

Lesson 4, The Discipline of Celebration, will get the students celebrating life. They will be reminded that the Christian life is to be enjoyed. This lesson will seek to help students understand that joy is not an emotion; it is a way of living. Students should walk away with the realization that the Christian life is not a boring exercise in following someone’s rules. Rather, the life of a Christian is to be filled with a hope that brings joy!