

Lesson 1: Which Discipline Am I?

Use the letters “E” (Discipline of Engagement) or “R” (Discipline of Restraint) to fill in the blank beside each of these common spiritual disciplines listed below.

Silence	_____	Meditation	_____
Chastity	_____	Simplicity	_____
Celebration	_____	Confession	_____
Solitude	_____	Worship	_____
Fasting	_____	Bible Study	_____
Servanthood	_____	Fellowship	_____
Secrecy	_____	Guidance	_____
Prayer	_____	Sacrifice	_____
		Submission	_____