

# Individual Spiritual Disciplines - Overview

Spiritual disciplines are more than just “going through the motions.” When one begins to look at the deep, spiritual roots of the Disciplines, we realize that they are about “breathing in Jesus,” then taking that breath and breathing it out in our everyday lives.

There are two types of Spiritual disciplines: community oriented and individual oriented. This module will focus on the individual disciplines and how they apply to the way we engage our community. We will look at how they reflect the teachings of Scripture, and how they draw us in closer to the Spirit of God by breathing in his presence, and breathing out his grace

Lesson one, **Intro to Spiritual Disciplines**, will try to do just that. The hope is that it will give students an introduction to spiritual disciplines and help them see how significant they are. If your students are already familiar with the disciplines, it will help them gain a deeper understanding, and explore and discuss some new disciplines.

The remainder of the lessons are focussed on specific disciplines. In all, we will look at **Prayer** (lesson two), **Silence and Solitude** (lesson three), **Fasting** (lesson four), and **Simplicity** (lesson five). Each lesson will leave the student with practical ideas on how they can make these disciplines a part of their everyday routine.

Your students may not resonate with every one of these disciplines, but it will give them some fresh ideas. During the weeks that you are going through this material, it is important to encourage your students to continue exploring and breathing in God’s presence.