

## *The Spiritual Disciplines*<sup>23</sup>

<b>Disciplines of Abstinence</b> <i>to abstain in some degree/time from fulfilling what is normally a legitimate desire</i> [thus counteracting sins of commission]		<b>Disciplines of Engagement</b> <i>to engage in those activities which nurture my growth and development</i> [thus counteracting sins of omission]	
Solitude	<i>from companionship — to discover perspective on my normal routine of life</i>	study	<i>Meditating on the Word — to discover God at work in my world</i>
Silence	<i>from sounds — to discover the place of God (and others) in my life</i>	worship	<i>proclaiming the greatness of God — to discover His presence with me</i>
Fasting	<i>from food — to discover a dependence upon God for each day's sustenance</i>	celebration	<i>enjoying my life and world — to discover God's goodness to me</i>
Frugality	<i>from self-gratification — to discover the simplicity of my needs before God</i>	service	<i>Promoting the good of others — to discover God's work in the world</i>
Chastity	<i>from sexuality — to discover my capacity to love the whole of another</i>	prayer	<i>Conversing with God — to discover His strength for His priorities</i>
Secrecy	<i>from the need for my good to be acknowledged — to discover humility before and confidence in God alone</i>	fellowship	<i>acting in community — to discover the graces of the Holy Spirit given through others</i>
Sacrifice	<i>from self-sufficiency — to discover how God meets my needs other than through my own resources</i>	confession	<i>offering honesty and openness — to discover integrity within the spiritual community created by God for us</i>
		submission	<i>engaging the experience of those over me — to discover the godly support and skill of the wise</i>

<sup>23</sup> Dallas Willard, *The Spirit of the Disciplines* (Harper & Row, 1988), 156-192. Willard's presentation is not one of the biblical spiritual disciplines, but of those disciplines which have been practiced through the centuries of Christian discipleship and which have found a place within the practices of Christian spirituality.