Spiritual Disciplines Exercise

Objective: Explore the Spiritual Disciplines.

Task: After looking over the Spiritual Disciplines in the "*Celebration of Discipline*" by Foster or "*The Spirit of the Disciplines*" by Willard, prayerfully choose 3.

Read the pages in each book about the chosen disciplines. Compile an understanding of each discipline while also writing 300 words on how this practice could impact your life.

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Discipline #1: _____

Understanding the practice: What is it?

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How would this impact your life?

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Discipline #2: _____

Understanding the practice: What is it?

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How would this impact your life?

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Discipline #3: _____

Understanding the practice: What is it?

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How would this impact your life?

Discuss your findings with the Pastor. *(Write thoughts down before you meet).*

What did God reveal to you?

How are you going to obey that?