

# Spiritual Disciplines

an introduction





From Merriam-Webster ...

**Spiritual** : of, relating to, consisting of, or affecting the spirit : incorporeal

**Discipline** : training that corrects, molds, or perfects the mental faculties or moral character

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A black and white photograph of a person sitting on a gym floor, leaning forward with their hands clasped together. They are wearing a dark tank top and shorts. In front of them are two kettlebells. The background is dark and out of focus.

**Spiritual Discipline:** training (practice) that molds  
my spiritual nature

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A person in athletic wear is shown from the waist down, sitting on the floor with their hands clasped in prayer. Two kettlebells are on the floor in front of them. The background is dark and moody.

# Spiritual Workouts

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose. (Philippians 2:12-13 NIV)

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# Spiritual Workouts

- Prayer
- Bible Study
- Worship
- Serving

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A person is shown from the waist down, sitting on the floor in a gym. Their hands are clasped together in a prayer position, held up towards their chest. They are wearing dark athletic shorts and sneakers. Two kettlebells are on the floor in front of them. The background is dark and out of focus, showing other gym equipment.

# Prayer

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. (Ephesians 6:18 NIV)

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# Bible Study

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is —his good, pleasing and perfect will.  
(Romans 12:2 NIV)

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A person is shown from the waist down, sitting on the floor with their hands clasped in a prayer position. They are wearing dark shorts and sneakers. Two kettlebells are on the floor in front of them. The background is dark and out of focus.

# Worship

Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. (John 4:23 NIV)

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A person in athletic wear is sitting on the floor with their hands clasped. In the foreground, two kettlebells are visible. The background is dark and out of focus.

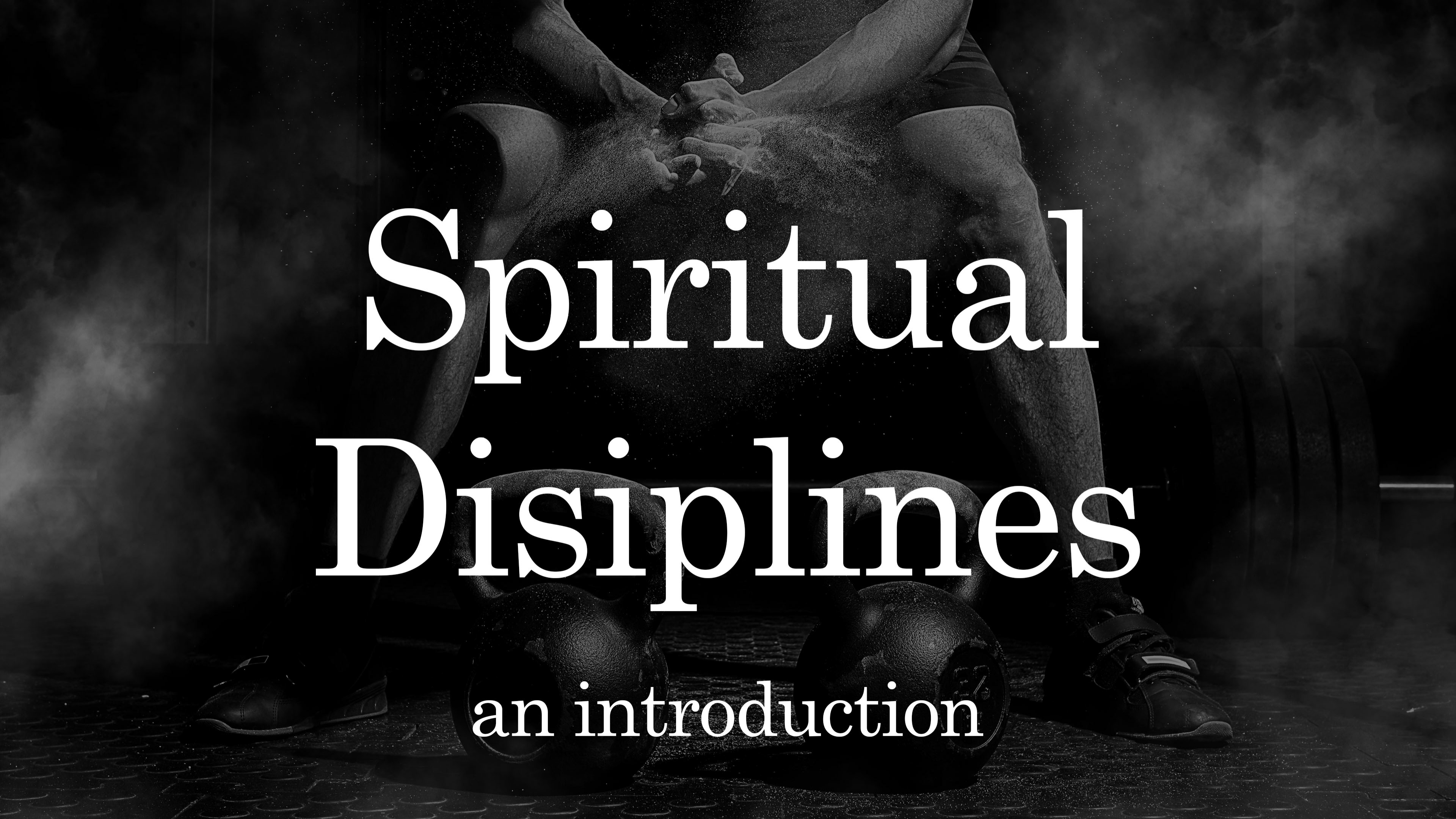
Serving

Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me. (John 12:26 NIV)

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