



# “Spiritual Disciplines for Life”

## The Top Ten Spiritual Disciplines For Increased Spiritual Growth and Empowerment



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☞ A Personal Spiritual Formation Core Curriculum for Believers in Christ ☞

Below are listed **10 Spiritual Disciplines** which when perfected and integrated as a regular part of one’s Christian life will cause spiritual growth and a closer personal relationship with God through His Word; increased fellowship with other believers; and greater active service for the Lord Jesus Christ. These are not the only Christian Disciplines (a recent study found some 76 such Disciplines), but these 10 are **central and foundational** for further development in the things of God, even assisting in the development and success of one’s own personal life’s journey. I trust this listing will be your springboard for Christian life prosperity and success.

I would suggest that in order to form a **more consistent pattern** in your spiritual life that you become a part of any of our West Angeles Discipleship Department’s **Spiritual Growth Experiences** – from mentoring with our trained **Christian Life Mentors** in *large groups, small groups or one-to-one*; OR our modern access to Christian mentoring by **Teleconferencing, Video Conferencing, or Internet PowerPoint Presentations** ; OR our **Through the Bible Book By Book** Sessions; OR any of our other Classes and Growth Experiences. I think you’ll find we are flexible in assisting you to meet your **KEY Two-fold Spiritual Growth Goal: To Be Conformed into the Image of Christ** and to **Perfect that which is Lacking in Your Life or that which Needs Strengthening in Your Faith Journey.**

*(Galatians 4:19, Romans. 8:29, James 1:4; 1 Thessalonians 3:10)*

### A LISTING THE TOP TEN SPIRITUAL DISCIPLINES

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**1. BEING COMMITTED TO: Personal-Mastery (Self-Discipline, Self-Control)**

This is the **CORE** Discipline of All Disciplines, both Spiritual and Personal.

I term the concept of mastering one’s self-discipline, as “**The Habit of Perfected Self-Mastery.**”

The Habit of Perfected Self-Mastery is a perfected [a **completely focused**] *inner resolve and control* where the practice of mastering oneself has become a *fully activated and steadfastly consistent life pattern*.

And thus, a **PERFECTED HABIT** (or **Perfected Discipline**) is a personal customary practice (life pattern) that has become a *fully activated and steadfastly consistent discipline in one’s life*.

Psalms 61:8; 119:101; Proverbs 1:3 (New International Version = for acquiring a **disciplined life**); Proverbs 25:28  
1 Peter 1:13; 5:8 (New Revised Standard) = “**discipline yourselves**”

**2. BEING COMMITTED TO: Having a Daily Quiet Time with God** Psalm 63:1; 68:19; Matthew 6:11

**3. BEING COMMITTED TO: Having an Active Prayer Life (Personal and Small Group)**

Mark 1:35; Luke 6:12; 18:1

**4. BEING COMMITTED TO: Studying and Living in the Word of God**

2 Timothy 2:15; Psalm 1:2; 119:105; 119:127; Job 23:12

**5. BEING COMMITTED TO: Food-Fasting (abstaining from food for spiritual purposes) and Life Style-Fasting (cutting back on all personal excesses that cause you to be out of line with a life of balance)**

Matthew 6:16-18; 17:21; Acts 14:23; Philippians 4:5

**6. BEING COMMITTED TO: Regularly Worshipping and Praising God (Personal and Corporate)**

Psalms 34:1; Acts 2:46-47; Hebrews 10:25

**7. BEING COMMITTED TO: Loving and Fellowshiping with Believers** Acts 2:42; John 13:35

**8. BEING COMMITTED TO: Serving Christ in the Church (A Ministry of Love to the Church)**

Romans 12:11; Acts 20:19; Colossians 3:24; Galatians 5:13

**9. BEING COMMITTED TO: Serving Christ in the World (A Ministry of Love to the Wider Non-Christian Community)** 1 Timothy 5:10; Galatians 6:10

**10. BEING COMMITTED TO: Witnessing to the World about the Work of Salvation in Christ**

Matthew 28:19-20; 1 Thessalonians 1:2-9

