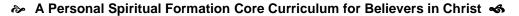


"Spiritual Disciplines for Life"

The Top Ten Spiritual Disciplines For Increased Spiritual Growth and Empowerment

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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 <u>modern access</u> 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*.

Psalm 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) Psalm 34:1; Acts 2:46-47; Hebrews 10:25
- 7. BEING COMMITTED TO: Loving and Fellowshipping 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

