

Practising Spiritual Disciplines

*A Spiritual Life
Development Focus,
Canada and
Bermuda Territory*



Download bulletin inserts,
worksheets and other resources.
A new discipline to explore every month!

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UPWARD DISCIPLINES



Solitude
Slowing • Silence •
Listening



Confession
Accountability •
Self-Examination



Sabbath
Resting • Health •
Trust • Community



Prayer
Submission •
Obedience • Presence



Scripture
Soul Food • Meditation •
Convictions



Worship
Holiness • Set Apart •
Priorities

OUTWARD DISCIPLINES



Self-Denial
Simplicity • Fasting •
Missional



Service
Servanthood • Others •
Supportive



Hospitality
Sharing • Relationships •
Thankfulness

ONWARD DISCIPLINES



Evangelism
Proclaiming •
Witnessing • Testimony



Tithing
Giving • Investing •
Kingdom-Building



Guidance
Mentors • Life Goals •
Discipleship

mobilize
UPWARD | OUTWARD | ONWARD

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