

Spiritual Disciplines For Life: A Chart of the 52 Disciplines in Seven Major Categories

(Compiled By: The Adult Ministries Division, West Angeles Church of God in Christ) Recommended Book: *Spiritual Disciplines Handbook*, A. Calhoun

Category 1: God's Holiness and Personal Retreat Spiritual Disciplines Embracing the Holiness of God and Withdrawal from Earthly Distractions (Nine Disciplines)	Category 2: Worship and Praise Spiritual Disciplines Embracing the Worship of and Praise to Our God (Eight Disciplines)	Category 3: Prayer and Communion with God Spiritual Disciplines Embracing Praying to and Communion with Our God (Eight Disciplines)	Category 4: The Word of God Spiritual Disciplines Embracing the Study and Meditation of the Word of God (Six Disciplines)	Category 5: Wisdom Spiritual Disciplines Embracing God's Wisdom for Everyday Living (Eight Disciplines)	Category 6: Witness Spiritual Disciplines Embracing Our Witness to the World Regarding Jesus Christ (Nine Disciplines)	Category 7: Fellowship Spiritual Disciplines Embracing the Fellowship of Believers in Christ (Three Disciplines)
1. Fasting (Denial of the Flesh) General - Food 	10. Giving (Generously, Sacrificially)	18. Prayer (General Introduction)	26. Scripture Reading for Meditation and Reflection (<i>Lectio Divina</i>) 	33. Reviewing the Past	41. Witnessing (Sharing the Good News)	50. Small Group Fellowship (Attending Small Group Events and Fellowships, Developing Church Friendships)
2. Fasting (Denial of the Flesh) - Non Food	11. Worship- Public	19. Confession (Of truth; Of Faults and Sins)	27. Reading Christian Literature (Devotional Resources, Christian Books, Commentaries)	34. Planning for the Future	42. Inviting Others to Church for Services or to Special Events	51. Larger Group Fellowship (Attending Church Larger Groups Social Events)
3. Submission	12. Worship – Private	20. Listening	28. Journaling	35. Engaging the Present	43. Secrecy – doing good deeds and acts of kindness with no mention to others	52. Hospitality
4. Control of the Tongue	13. Attending Church Worship Services	21. Praying in Tongues	29. Memorization of Scripture	36. Self-Care (General Health and Body Care)	44. Attending Other Wholesome Non-church Social Events and Healthy Environments	
5. Solitude (also including Silence)	14. Celebration (Private & Public)	22. Prayer for Inner-Healing	30. Visualization (Use of Imagination in Bible Reading)	37. Time Management	45. Service: The Voluntary Giving of Time, Talent and Resources	
6. Simplicity	15. Praising (Enjoying a Life of Praise)	23. Intercession	31. Attending Bible Teaching Classes	38. Financial Responsibility	46. Showing and Being Loving and Caring (Acts of Kindness in Word and Deed)	
7. Unplugging (also including Disconnecting)	16. Gratitude (Thanksgiving, Private & Public/Corporate)	24. Uniting with Prayer Partners (A Prayer Connection)	32. Studying the Scriptures and Christian Doctrine (Using Biblical Research, Literature, and Resources. Internet, Video, etc.)	39. Diligence in Work and Service	47. Going out with Evangelistic Teams or on Mission Trips	
8. Slowing	17. Practicing the Presence	25. Praying Scripture		40. Rule of Life	48. Friendship Evangelism	Revised: May 2013
9. Retreat (Rest)					49. Care of the Earth	

The Lost Art of Spiritual Disciplines

BEING FULLY COMMITTED