The following recommendations on spiritual formation are from a distinctively Christian viewpoint. Admittedly, there are many publications on the Disciplines that are useful. However, the list below reflects what I believe best accommodates putting on the character of Christ. Items are not listed in any order of preference.

**Recommended Reading on Spiritual Formation**


Renovation
The Spiritual Disciplines


Discipline is defined as "training expected to produce a specific character or pattern of behavior.". Discipline is not part of the sin nature, but it is a natural component of the Christian life. In fact, almost nothing of any significance in our lives is ever accomplished without it. Spiritual disciplines can be described as those behaviors that augment our spiritual growth and enable us to grow to spiritual maturity. Are you looking for a list of spiritual disciplines from around the world? In this article, you'll find over 60 practices, traditions, ceremonies, and rituals. Humans crave spiritual experience, and true spirituality is embedded in practice. Over millennia, this led to the development of dozens of spiritual disciplines and practices. The purpose of this article is to give you a glimpse of each without going into too much detail. After reading it, you'll know what's out there, and investigate further if you wish to do so. What are the spiritual disciplines? When Christians speak of spiritual disciplines they usually mean regular practices that benefit our lives and produce fruit. Much like the discipline of daily exercise or reading will produce benefits in our lives. The Bible has no comprehensive spiritual disciplines list we should practice, but it does give us commands to do certain things on a regular basis. And when we do, they produce fruit in our lives. The spiritual disciplines are regular practices that benefit our lives and produce fruit. Much like the discipline of daily exercise or reading will produce benefits in our lives. The Bible does not have a spiritual disciplines list we should practice, but it does give us commands to do certain things on a regular basis. And when we do, they produce fruit in our lives. Here are a few practices that will always produce fruit and blessings in our lives. But before you read these and feel overwhelmed…