

Renovation

The Spiritual Disciplines

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

A. W. Tozer, *The Pursuit of God*. Christian Publications, 1992.

A. W. Tozer, *Echoes from Eden: The Voices of God Calling Man*. Christian Publications, 1981.

Arthur G. Bennet, *The Valley of Vision: A Collection of Puritan Prayers & Devotions*, 1983.

Bruce Demarest, *Soul Guide: Following Jesus As Spiritual Director*. NavPress, 2003.

_____, *Satisfy Your Soul*. NavPress, 1999.

D. A. Carson, *For the Love of God: A Daily Companion for Discovering the Riches of God's Word, Volumes 1, 2*. Crossway, 2006.

D. A. Carson, John D. Woodbridge, *Letters Along the Way*. Crossway, 1993.

Dallas Willard, *Renovation of the Heart*. Colorado Springs, NavPress, 2002.

_____, *The Divine Conspiracy*. HarperSanFrancisco, 1998.

_____, *The Spirit of the Disciplines*. HarperSanFrancisco, 1988.

_____, *Hearing God: Developing a Conversational Relationship with God*. InterVarsity, 1999.

Donald S. Whitney, *Spiritual Disciplines of the Christian Life*. Colorado Springs, NavPress, 1991

Philip Yancey, *Reaching for the Invisible God*. Grand Rapids: Zondervan, 2002.

Dietrich Bonhoeffer, *Cost of Discipleship*. New York: MacMillan, 1963.

Jerry Bridges, *The Discipline of Grace*. NavPress, 1994.

_____, *The Pursuit of Holiness*. NavPress, 1996.

J. P. Moreland, *Kingdom Triangle: Recover the Christian Mind, Renovate the Soul, Restore the Spirit's Power*. Zondervan, 2007.

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John Piper, *The Dangerous Duty of Delight: The Glorified God and the Satisfied Soul*. Multnomah, 2001.

Jonathan Edwards, *Religious Affections*. Multnomah, 1984.

_____, *The Life and Diary of David Brainerd*, Kessinger Publishing, 2007.

Henri J.M. Nouwen, *Can You Drink the Cup?* Ave Maria, 1996.

_____, *Making All Things New*. HarperCollins, 1981.

Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*. HarperSanFrancisco, 1988.

_____, *Prayer: Finding the Heart's True Home*. HarperSanFrancisco, 1992.

Smith, James K. A., *You Are What You Love: The Spiritual Power of Habit*. BrazosPress, 2016.

Answer. 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 doesn't 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 "Spiritual Disciplines" or practices that will always produce fruit and blessings in our lives. But before you read these and feel overwhelmed!