

# TAKE away →

What has been your “best learning” from the “Spirituality” series?  
If needed you can review the series at [www.hospitalchurch.org](http://www.hospitalchurch.org) under  
“resources”

On your spiritual journey what tools have helped you develop?

How have you witnessed or practiced making a good tool into a rule?

What is your reaction to the idea of God as central to our lives instead of  
just being first on a list?

How do you react to the idea of loosing the division of sacred and secular  
in the life of a follower of Jesus, that all of life is to be lived to God’s glory?

How do we “raise the bar” on would be followers of Jesus? What can help  
us give greater access? We got access all by unmerited favor should we  
offer the same?

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# Spiritual Disciplines

(See Richard Foster, Celebration of Discipline)

## Inward Disciplines

Meditation – Be still, and quiet, and know God is God  
Prayer – Conversation with God as with a friend  
Fasting – Deny self some right for a time to focus the mind  
Study – Concentrate on material that can transform

## Outward Disciplines

Simplicity – Detach, let go, un-clutter, find freedom  
Solitude – Spend a chunk of time alone focus on God  
Submission – Let go of always needing to get your way  
Service – Do something ordinary to serve another

## Corporate Disciplines

Confession – Admit we are all sinners together  
Worship – The human response to divine initiative  
Guidance – Allow corporate authority to guide the individual  
Celebration – God is our Savior rejoice together

## Other Boosts to Spiritual Growth

Memorization of Scripture  
Good Books or Film  
Visiting Bible lands  
Spiritual Poetry  
Mentorship of a spiritual friend  
Time in nature  
Small group fellowships  
Singing spiritual songs  
Acting/Drama

Try as many tools for spiritual development as possible. Those that work for you, continue; those that don't lay aside and try another tool. You may come back to one of those set aside at a future time when it is just what speaks to you.

**EXPERIMENT and GROW SPIRITUALLY!**

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