

SOUL TRAINING DISCIPLINES

A. The Inward Disciplines

1. Praising God – Taking time to remember and exalt God for his character and faithfulness especially during difficult times.
2. Reminding ourselves of who we are in Christ - Taking time to speak to our spirit and remind ourselves of who we are in Christ.
3. Fasting: making oneself available to God. Depriving ourselves of food or some other pleasure for a period of time to draw close to God, strengthen our hunger for Him and understanding more about ourselves.
4. Scripture Reading (Lectio Divina) - Intentional savouring of small fragments of Scripture to fully digest their transformational power.
5. Scripture imagination - Using our imagination to enter into the narrative of Scripture (particularly the Gospels) so that we might personally encounter the living Christ.
6. Taking up the armour of God – visualising taking up the armour of God in Ephesians 6:10-18, standing firm against the enemy.
7. Scripture classics - Reading the inspiring writings of devout Christians of past centuries - tasting their wisdom and experience.
8. Prayer of awareness - Reflecting on the activities of the day so that our sense of the God's presence is fully engaged.
9. Centring prayer - A time of deep inner stillness and intentional meditation on God to extend our sense of union with him.
10. Examine of conscious - A daily time of examination of the heart in order that one might be more fully aware of our moral standing before God.
11. Journaling - Recording and reflecting on our spiritual journey with God.
12. Retreats and solitude - Taking time out from the regular rhythm of life in order to realign oneself with God's values, directions and purposes.
13. Thankfulness and trust – Choosing to be thankful, joy filled and trust God in any circumstance no matter how difficult.
14. Prayer walking – Praying to God during exercise, proclaiming his promises over your life or city.
15. Sleep – Getting sufficient rest in your day.
16. Prayer exchange – identifying what lies you are believing about yourself and replacing them with God's truth based on His word. Proclaim these truths over yourself.
17. Praying in tongues – receiving and using the personal gift of tongues of another language to build up your spirit (refer 1 Cor 14:4 and 1 Cor 14:18)

B. The Corporate Disciplines

18. Confession: confessing our shortfalls and sins to another and seeking God's mercy together.
19. Worship: coming together to humble ourselves before God and exalt his name.
20. Fellowship: coming together as God people to encourage one another and build each other up.
21. Teaching: coming together to hear the word of God taught respond in faith.
22. Sharing communion: participating in taking the Lords Supper together as a community of faith
23. Guidance: seeking wisdom from God as a community of faith.
24. Celebration: expressing delight in God as a community of faith.
25. Spiritual mentoring - Exploring the inner movements of God with another person (the mentor) who facilitates the depth and clarity of the exploration.
26. Hospitality – Being hospitable to people (Christian or non-Christian) by inviting them over for a meal.

C. The Outward Disciplines

27. Simplicity: Freeing ourselves for God and simplifying life so that we can focus on what really matters.
28. Submission: recognising God in others and submitting to the position of authority that God has placed them in.
29. Service: being Christ to others who are in need.
30. Sharing the gospel: seeking to share the gospel in an appropriate ways with non-Christians God has placed around you.

Wherever possible, one should choose a number of disciplines to practice in areas of interest or greatest personal weakness. For example:

- If your tongue is troublesome- choose to practice the disciplines of silence or secrecy.
- If your attentiveness is dull- choose the disciplines of contemplation or meditation.
- If your desires are forceful- choose the discipline of fasting.
- If you are feeling anxious practice centring prayer and prayer of exchange.