

## Spiritual Disciplines

“Staying connected to the vine”

**John 15** “I am the true vine, and my Father is the gardener. <sup>2</sup>He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. <sup>3</sup>You are already clean because of the word I have spoken to you. <sup>4</sup>Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

<sup>5</sup>“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. <sup>6</sup>If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. <sup>7</sup>If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. <sup>8</sup>This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

### What is our call as Christians?

- \_\_\_\_\_—which is demonstrated by fruitfulness
- Who is responsible for bearing the fruit? \_\_\_\_\_
- What is the responsibility of Christians? \_\_\_\_\_

### Various Spiritual Disciplines

Discipleship in the Christian world has always been represented by disciplines that help the believer commune with Jesus—and there are many (and here’s a few):

1. Solitude & Silence—the contemplative life of Prayer
2. Sabbath Rest
3. Scripture Reading, Meditation, Study
4. Sacramental: Lord’s Supper
5. Giving/Tithing
6. Fasting
7. Social Justice: Helping the Poor
8. Seeking Virtue
9. Serving
10. There are many other disciplines used by the church throughout the centuries: abstinence, confession, spiritual guidance, corporate worship and/or celebration, voluntary poverty, singleness, pilgrimage, etc.

### Great Resources:

Willard, Dallas “Spirit of the Disciplines”

Foster, Richard “Celebration of the Disciplines”