

# GOD-GIVEN FRUIT THAT COMES THROUGH SPIRITUAL DISCIPLINES <sup>1</sup>

1. Keeping company with Jesus no matter what happens
2. Living out of a mentality of abundance rather than scarcity
3. Participating in the celebration and love of the Trinity
4. Rejoicing always in the God who rejoices over you (Zephaniah 3:17)
5. Enjoying every good and perfect gift as coming from God
6. Living out of the joy of your salvation
7. Cultivating a spirit of gladness
8. Taking yourself less seriously
9. Freedom from the addiction to criticism or negativity
10. Having holiday traditions that guide your celebration
11. Being aware of the abundance of gifts, benefits, mercies and grace that have been poured into your life
12. Curbing critical tendencies by upstaging them with Thanksgiving
13. Seeing what you have as quickly as you see what you don't have
14. Treasuring and valuing people by thanking them often and clearly for who they are to you or to someone else
15. Daily thanking the Lord for His presence in your life
16. Noticing your lack of gratitude and repenting of the idol that has your heart at that moment
17. Receiving everything you have as a gift rather than as an entitlement
18. Having nourishment for the journey
19. Developing a deeper love for Jesus
20. A growing awareness of your own spiritual poverty
21. More fully appreciating Jesus' sacrificial love to rescue you
22. Appreciating the diversity of other believers who take the Lord's supper with you
23. Having a passion for unity of the church worldwide
24. Partnering with the Holy Spirit for deep-down change
25. Living out of rhythms that cooperate with the Holy Spirit's work in your life
26. Keeping the chaotic "whatever life" at Bay
27. Intentionally and practically loving God with all your mind, heart, soul and strength
28. Choosing personal disciplines in response to hearing from God and with the awareness of your heart's deep desires
29. Resting and freedom to not do it all
30. Having a God-accessible and obedience-centered life
31. Keeping company with Jesus through the Sabbath
32. Freedom from the addiction to busyness, rush and hurry
33. Acknowledging your human limits and living within them
34. Honoring the way God created you by living a healthy and intentionally rested life
35. Living a weekly rhythm of rest followed by 6 days of work
36. Delighting in God, family, the seasons, meals and all good gifts of creation
37. Trusting God for all that you are not doing and taking care of on Sunday
38. Fulfilling your God-given longing to adore and praise your Creator
39. Meeting God in bringing God pleasure
40. Filling your mind and heart with the wonder and mystery of God
41. Joining the company of saints in heaven and on earth to continually magnify the Lord
42. Delighting in the Lord and living out of gratitude
43. Doing your part in growing your relationship with God
44. Growing in faith, hope, and love by basking in the presence of God
45. Focusing on God so you taste more of God's goodness and worthiness
46. Loving God and enjoying God forever

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<sup>1</sup> Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices that Transform Us* (Downers Grove: IVP Books, 2005).

47. Keeping company with Jesus all the time
48. Freedom from a preoccupation with self that keeps you from focusing on others
49. Living the tensions of life reflectively rather than avoiding them
50. Relishing your humanness in the beauty of each of your brothers and sisters
51. Seeing that there is more to life than efficiency and productivity
52. Being patient with life
53. Being, not just doing
54. Developing an awareness of the richness of the interior life
55. Knowing through faith, hope, and love, not just the mind
56. Keeping company with Jesus throughout all the highs and lows of the day
57. Recognizing God's presence in your experiences
58. Developing more discernment and receptivity to God's voice
59. Freedom from trying to be a guru; pointing others toward listening to God and not to me
60. Fostering gratitude
61. Being aware of your growing edges
62. Being aware of God-given desires
63. Being aware of invitations to prayer that God offers throughout the day
64. Keeping company with Jesus through reflective journaling
65. Listening to God and praying your life
66. Slowing down and reflecting on where God shows up in ordinary routines
67. Remembering God's faithfulness throughout your journey
68. Leaving a legacy for others
69. Awareness of God's way of turning all things for the good of those who love Him
70. Awareness of phases and stages in your personal pilgrimage
71. Keeping company with Jesus all day long
72. Having a deeper union with Christ
73. Living a new way of being by letting go of your need to manipulate, compete, and control
74. Living as though the present moment has no competition
75. Receiving each moment as sacred
76. Abiding in Christ so that you see Him in those who drain, irritate and anger you
77. Seeing yourself through God's eyes rather than through the eyes of others
78. Finding Christ as your joy, sorrow, emptiness, and fullness
79. Remaining open and teachable at all moments
80. Growing in awareness of your constant need for God
81. Keeping company with Jesus by curbing your addictions to busyness, rush, and hurry
82. Freedom from the compulsion to take your identity from what you do
83. Honoring the way God created you by living a healthy and intentionally rested life
84. Resting every day, every week, every month, and every year of your life
85. Taking regular retreats for silence and time alone with God
86. Taking time to delight in God, your family, the seasons, meals, and all good gifts of creation
87. In the company of Jesus, being able to quiet the noise inside and out
88. Making space in your hectic schedule for the Lover of your soul
89. Developing the ability to hear the still, small voice of God
90. Freedom from the need to be seen and to produce
91. Resting in God
92. Gaining perspective on God's work in ways in your soul
93. The ability to *be*, not just to *do*
94. Valuing yourself as Jesus values you
95. Having a sane and proper view of yourself
96. Practicing self-awareness rather than self-absorption
97. Freedom from the "Messiah trap" and trying to save the world to the detriment of your health
98. Living within limits without burnout
99. Having a deep awareness of God's love for you
100. Freedom from addictions that destroy your health and relationships

101. Being comfortable in your own skin
102. Living an uncluttered life
103. Becoming clearer and more distilled as a person
104. Creating more space in your life for loving and serving God
105. Using simple, honest speech without dissembling and double meanings
106. Experiencing freedom from envy and entitlement
107. Being able to let go
108. Staking your identity in God's love, not in accumulation and possessions
109. Keeping company with Jesus as you live at a saner pace
110. Freedom from an addiction to hurry or spiritual shortcuts
111. Patients – waiting with grace
112. Living the present moment to the full
113. Trusting God's unhurried time schedule
114. Freedom from an addiction to cell phones, email, instant messages, and anything that speeds you up
115. Living the truth that love and hurry are fundamentally incompatible
116. Receiving interruptions graciously
117. Realizing that the work of the Spirit is not an instant work
118. Openness to the Holy Spirit's doing a new thing
119. Being a more perceptive listener, and a more eager learner
120. Developing humility
121. Becoming aware of hardness of heart and unwillingness to love and grow
122. Realizing that you don't know it all and that you don't have everything right; the ability to say, "I'm sorry. I messed up." "Can you help me?" "What do you think?" "That's helpful to me."
123. Being a lifelong learner
124. Freedom from attachment to your own opinions, your own words, your own authority; attachment to Jesus and His love and care for others
125. Freedom to resist being the teacher in social settings
126. Settling into *uninterrupted* quiet with Jesus
127. Creating space for face-to-face encounters with others
128. Freedom from the compulsive and demanding nature of technological communication and its toll on the soul
129. Freedom from addictions, accidental or otherwise, to cell phones, the Internet, video games, etc.
130. Giving the gift of Presence
131. Keeping company with Jesus as He helps you with how much or how little you change
132. Being transformed into Christlikeness
133. Thinking of yourself with sober judgment and with awareness of your blind spots
134. Gaining insight into your temptations and God's work in your life
135. Having compassion toward others in their faults
136. Seeing yourself as God's beloved and forgiven child, no matter what you have done
137. Living in thankfulness for God's work in your life
138. Savoring the gift of salvation
139. Keeping company with Jesus in the letting go
140. Freedom from an identity attached to image, possessions, and achievements
141. Quickness to repent and center your identity and Jesus
142. Freedom from addiction to your children, your family, your house, your money, or your job
143. Less need for temporal security and more trust in God
144. Freedom to live as God's beloved
145. Living out of your True Self in Christ
146. Dying to self; losing your life to find it

147. Realizing that following Jesus includes descent, loss and death, and living in a way that finds God in the midst of these things
148. Learning the lessons of letting go so that you will be prepared for the final letting go of death
149. Listening and prayer for the nudging's of the Spirit
150. Ability to wait for God rather than just making decisions
151. Freedom from rationalizing your choices
152. Seeking the Guide rather than a map for your life
153. Recognizing your motivations and the source of your deep gladness
154. Being able to read both your mind and heart when making decisions
155. Being attached to God's love and will alone
156. Developing a secret place of intimacy with Jesus
157. Maintaining confidences
158. Practicing spiritual disciplines in secret
159. Freedom from the hunger for notoriety, fame, and recognition by keeping your achievements to yourself
160. Governing self-centered conversation
161. Bearing being misunderstood without seeking to justify yourself or rationalize your behavior
162. Living from peace rather than competing for attention
163. Demonstrating that what is important in life is not what is found on your resume
164. Receiving praise and recognition well and then moving on without needing to add any self-deprecating comments
165. Being attentive to the voice of Jesus
166. Having freedom from negative habits of speech such as deception, gossip, impulsive chatter, small talk, impression management, the need to express your opinion or your critique
167. Freedom from addictions to noise or sound such as the radio, television, telephone, etc.
168. Receiving quiet from the chaos and the noise in your life
169. Having deeper intimacy with God
170. Growing and self-awareness is the silence invites the subconscious to move into deeper levels of knowing
171. Developing increased listening skills
172. Freedom from the need to be occupied and stimulated
173. Moving away from letting the world squeeze you into its own mold (Romans 12:2)
174. Liberation from constantly living your life in reference to other people
175. Quieting the internal noise so you can better listen to God
176. Giving yourself time and space to internalize what you already may know
177. Speaking only what you hear from God rather than out of your own store of opinion
178. Including solitude and retreat as part of your lifestyle
179. Walking with a companion who can help you hold your soul before God
180. Noticing your experiences of God
181. Attending to and recognizing God's voice in your life
182. Mending the split between your head and your heart
183. Fostering deeper union with God
184. Growing in prayer
185. Learning to better discern the Holy Spirit's movements and decisions you make
186. Finding Jesus and the wounds as well as the joys of life
187. Receiving deeper inner healing
188. Being free from the need to be in charge
189. Teachability
190. Esteeming and honoring others more than yourself
191. Being free from a rebellious and autonomous spirit

192. Surrendering and losing your life in order to find it
193. Developing approachability, gentleness, and humility
194. Expressing a deep regard for others and what they might have to offer
195. Honoring the truth of being a beloved child of God, in community with another
196. Loving the truth and living in freedom
197. Experiencing God's love and forgiveness more fully through the love and acceptance of a faithful friend
198. Being aware of how denial, rationalization and blame take over your life when left to your own self-assessment
199. Being free from pretense and dishonesty
200. Being humble
201. Sharing your motivations, goals and priorities with another who can help you keep these things in line with biblical values
202. Having appropriate interdependence, self-disclosure and trust
203. Keeping company with Jesus in the midst of met and unmet desire
204. Maintaining healthy, life-giving relationships
205. Developing deep self-acceptance
206. Routing your own gender in biblical truth rather than in sexual practices
207. Practicing purity
208. Having a healthy sexual relationship in marriage
209. Celebrating yourself as a sexual being
210. Keeping company with Jesus and everything that does and doesn't happen in community
211. Working against the spirit of isolation and independence that cripples the church by practicing the "one another's" within the body of Christ
212. Moving from independence and self-absorption to other-centeredness
213. Growing in love and concern for others
214. Having a relational rather than a functional definition of identity
215. Practicing Matthew 18:15 by offering and receiving forgiveness and reconciliation
216. Revealing God's love through caring for others
217. Speaking the truth in love
218. Participating in a small group where you are known and encouraged to grow in faith
219. Becoming part of a community that is larger than yourself and your own goals, possessions and achievements
220. Keeping company with Jesus and others
221. Journeying with others in transparent and authentic ways that lead deeply into the reality of being God's family
222. Experiencing the gifts of the body of Christ in ministry to one another
223. Building appropriate interdependence on others
224. Gathering around the person of Christ and sharing his Word and Spirit with others
225. Merging into community rather than emerging into independence
226. Committing to a long-term journey with others
227. Practicing the biblical "one another's"
228. Developing discernment
229. Keeping company with Jesus as you fulfill His command to go and make disciples
230. Becoming a model of service, faith, obedience, and worship of Christ
231. Becoming a trainer, equipper, and encourager of others
232. Using your gifts for the sake of the Kingdom
233. Obediently following Jesus in making disciples
234. Investing in what lasts – the growth and fruitfulness of others
235. Passing on what you have been given
236. Becoming a lifelong learner and a lifelong lover
237. Keeping company with Jesus; offering His welcoming heart to others

238. Displaying God's welcoming heart to the world (children, foreign students, neighbors, teachers, colleagues)
239. Living the truth that all you have belongs to God
240. Providing safe places for people in an unsafe world
241. Loving people rather than impressing them
242. Developing conversational skills that put others at ease
243. Opening your home to others
244. Expressing your love for God through celebrating and honoring others
245. Learning from example
246. Practicing teachability and humility
247. Building others up in Christ
248. Opening my calling, vocation, gifting, and limits to a mentor's wise attention
249. Garnering the wisdom of those who have walked with God for many years
250. Developing and encouraging new leaders and disciples
251. Seeing others grow and change
252. Giving yourself to others in the service of Jesus
253. Seeing your neighbors as real and important; loving them as you love yourself
254. Recognizing the difference between a Messiah complex and knowing how to love others well and sacrificially
255. Walking your talk
256. Rooting out injustice
257. Seriously caring for widows, orphans, and the oppressed
258. Receiving interruptions as opportunities to do good
259. Volunteering time, talents, and treasure for the good of others
260. Being free to leave your comfort zone and risk yourself in service
261. Keeping company with God and others
262. Being known in a safe and supportive community
263. Being part of something larger than your own independent journey
264. Growing in personal transformation
265. Caring for others beyond my personal family and immediate friends
266. Increasing openness to people who are different from you
267. Gaining the perspective and support of a trusted Christian friend
268. Being open about your highs, lows, temptations, and joys
269. Experiencing God's love through the love of a friend
270. Appreciating and being thankful for the giftedness of your spiritual friend
271. Allowing a trusted friend to stretch and challenge you
272. Laying down your life for love of another
273. Having more than allies, colleagues, and acquaintances in your journey
274. Having fewer divisions between and more love among Christians
275. Focusing on the essentials, being gracious in the nonessentials
276. Growing in appreciation for the diversity of the Body of Christ
277. Living by Jesus' prayer for the church in John 17
278. Continually praying for peace and unity within the church
279. Leaving others with the fragrance of Christ wherever I go
280. Expressing God's heart for the world
281. Seeing people around me come to know Jesus
282. Keeping company with Jesus no matter how little or much God speaks to me through His Word
283. Loving God with my mind
284. Learning and internalizing what Scripture teaches about God
285. Having Scripture shape and form my thinking and lifestyle so they are increasingly redemptive and life-giving
286. Using my understanding to build the community of faith

287. Putting myself in a place where God can instruct and correct my behavior and attitudes
288. Growing in my ability to rationally defend and express my faith
289. Keeping company with Jesus whether or not He speaks to you
290. Seeking and listening for a personal word from God
291. Dwelling in a text until it begins to live in and master you
292. Responding to God's Word with your heart and spirit, not just your rational, cognitive, and intellectual prowess
293. Softening of your heart so that the head-heart schism is mended and you live more and more out of love
294. Having Scripture guide your dialogue with God
295. A growing receptivity in submission to God's Word
296. Developing sight for the interior things of God in the natural and external world
297. Seeing beyond the 1<sup>st</sup> glance and 1<sup>st</sup> impression to the heart of God
298. Developing depth of insight
299. Developing a love for gazing on God
300. Experiencing calmness, serenity, and quietness stemming from an awareness of the nearness of God
301. Keeping company with Jesus by hiding His Word in your heart
302. Recollecting God-given encouragement and exhortation
303. Developing a habit of remembering that anchors your life in biblical truth
304. Committing to memory Scripture, hymns, poems, and quotes that God is using in your life
305. Knowing where well-loved portions of Scripture are located
306. Keeping company with Jesus no matter what this planet undergoes
307. Honoring the Creator and celebrating His handiwork
308. Contributing to the beauty than mending the brokenness of this planet
309. Sharing God's earth – my yard, the harvest from my garden, my flowers, my private property – with others
310. Witnessing to Christ through wise stewardship of our ecological resources
311. Growing in the realization that all created things belong to God and not ultimately to humans
312. Keeping company with Jesus and showing His compassion whether or not it is received or recognized
313. Learning what it means to have a love that keeps no record of wrongs, does not delight in evil, always protects, always trusts, always hopes, always perseveres
314. Becoming a source of comfort and encouragement to others
315. Understanding and supporting those you are quick to judge
316. Loving others, not just in Word but in deed and in truth
317. Opening your heart and God's heart to others
318. Sharing your resources and time with others who are in need
319. Noticing those who are ill, hurting and in need of jobs; praying for them with a willingness to meet their needs as God directs
320. Keeping company with Jesus and all your speech
321. Building others up through words
322. Noticing how the words you speak affect others
323. Apologizing and forgiving with words
324. Meaning what you say and saying what you mean; no double meanings
325. Letting go of verbal defense mechanisms
326. Revealing Christ in the use of your tongue
327. Keeping company with Jesus so your identity rests with Him alone
328. Having Jesus increase while you decrease
329. Being liberated from the need for others' approval

330. Taking your identity from being God's dearly loved child rather than from your possessions
331. Being free from ostentation and pretense
332. Loving your neighbor as yourself; taking as much interest in others as in yourself and your opinions
333. Living an authentically grateful life
334. Becoming like Jesus, "who made himself of no reputation"
335. Keeping company with Jesus, living out His concern for the poor and oppressed
336. Living sacrificially in order to bring justice and freedom to others
337. Having concern and praying for the oppressed
338. Being able to see others through Jesus' eyes of love
339. Being other-centered rather than self-centered
340. Being liberated from greed, self-centeredness, money, and other things so that the generous spirit of Jesus grows in you
341. Embracing generous hospitality toward those in need
342. Modeling God's goodness and generosity
343. Awareness of your selfishness and lack of love for others
344. Living from the conviction that nothing belongs to you; you didn't deserve it or earn it; it all came from God
345. Investing in the Kingdom of God, building up treasure in heaven
346. Loving God with all your heart, soul, strength, and mind, and loving your neighbor as yourself
347. Stewarding the earth and all your resources; freedom from the toxic disease of affluenza
348. Having integrity and being honest
349. Being freed from rationalization, denial, and blame
350. Being aware of when and how you manipulate the truth
351. Being sensitive to the convicting work of the Holy Spirit in your conscience when you lie or stretch the truth
352. Telling the truth even when it hurts
353. Not taking your bearings on the truth from what the culture finds acceptable
354. Keeping company with Jesus whether or not you feel His presence
355. Abiding in Christ, opening yourself to constant union all day long
356. Putting into a phrase the deepest desire of your heart and praying out of that desire
357. Reminding yourself that God is present and living in you
358. Guarding self-talk so your thoughts, feelings, and behavior flow from an ongoing dialogue with God
359. Regulating your imagination and fantasy life
360. Breathing in the life of Christ and breathing out the work of Christ
361. Developing a rhythm of turning to God at any time of the day
362. Developing a constant, inner, unbroken, perpetual habit of prayer
363. Keeping company with Jesus trusting that He is working in you while you pray
364. Living in more awareness of your union with Christ
365. Bringing stillness into the busyness of life
366. Learning to listen to God
367. Seeking God's presence and assistance in all things
368. Learning to hold Scripture in your heart
369. Resting in God's will rather than your own agenda
370. Developing a quiet center within that is not attached to outcomes
371. Developing prayer that depends on trust more than giving God information about what God should do
372. Living in the awareness of God's presence within me
373. Move out of "doing" prayer into "being" prayer
374. Learning to let go of distractions and prayer



375. Letting God love me
376. Keeping company with Jesus and others in prayer
377. Growing in verbal prayer with others
378. Being free to pray spontaneously with others
379. Receiving support in prayer for the burdens and cares of your heart and for the world
380. Modeling simple ways of talking to God without pretense or flowery speech
381. Keeping company with Jesus and relinquishment
382. Praying for needs in the Body of Christ
383. Identifying and fellow shipping with Jesus by choosing to follow His sacrificial example
384. Freeing up more time for prayer
385. Repenting of self-indulgent, addictive, or compulsive behaviors
386. Letting these small deprivations remind you of Jesus' great sacrifice on your behalf
387. Seeking strength from God for obedient love and service
388. Keeping company with Jesus throughout the hours of the day
389. Turning the heart and mind to God at specific hours of the day and night
390. Growing detached from the all-absorbing compulsiveness of work
391. Integrating being and doing into your daily life
392. Developing the ability to hear a word from God in the midst of daily activities
393. Joining the timeless prayer rhythms of the church throughout the ages
394. Keeping company with Jesus and the wounded
395. Entering into Jesus' prayer for the healing of others
396. Praying from the healing presence of Christ
397. Calling forth the true Christ-in-you identity
398. Listening to where the diseased thoughts and words come from: the world, the flesh and the devil; praying for healing
399. Listening with others to discern false and true guilt; seeking God for forgiveness and freedom in Christ
400. Proclaiming God's forgiveness of dark and burdensome sins and bondage
401. Bringing past hurts into the healing light of God
402. Praying consistently over a period of time for healing and renewal of another
403. Identifying areas where one is cut off from God; prayerfully and lovingly opening these places to God
404. Responding to Jesus' invitation to pray with Him and for others
405. Converting all anxieties, fears, sorrows, and concerns into dialogue, not monologue, with God
406. Replacing my tendency to control with prayerful trust
407. Partnering with God in God's concern for the world
408. Training my heart in expectancy
409. Learning to find God in every answer: yes, no, and wait
410. Developing a regular rhythm of turning to God with requests and petitions
411. Gaining discernment and how the Spirit intercedes – and to intercede as the Spirit leads
412. Supporting others in need of healing, care, courage and patience
413. Keeping company with Jesus in a prayer labyrinth
414. Visualizing the convoluted nature of the spiritual journey
415. Slowing down and leaving behind the noise and busyness of life
416. Listening receptively
417. Intentionally seeking God and God's guidance by bringing the concerns of your heart to the Lord
418. Returning to the world with a deeper sense of God's power at work in you and your circumstances
419. Gaining perspective on your journey and how God is at work in your comings and goings
420. Keeping company with Jesus through the prayers and writings of others

421. Allowing yourself to be led in prayer rather than leading in prayer
422. Detaching from my own prayer agenda and to-do list for God
423. Entering into God's heart for the world as found in the Liturgy of the Hours
424. Allowing the prayers of others to become your own when your heart feels empty
425. Allowing the repetitive nature of the liturgy to shape your life
426. Joining with believers throughout the world in voicing an account of your sins and failures
427. Staying in dialogue with God when spontaneous prayers run dry
428. Keeping company with Jesus through sharing my prayers with Him and others
429. Growing in bringing all aspects of my life to God in prayer
430. Sharing my journey into burdens with another in prayer
431. Developing a rhythm of prayer with others
432. Learning to pray out loud
433. Practicing thankfulness
434. Sharing my joy over answered prayer with another
435. Letting Jesus lead you into prayer through Scripture
436. Growing in your love for God and God's Word
437. Receiving guidance in prayer
438. Allowing a biblical story to give voice and action to inner needs, desires, and feelings
439. Entering into prayer through the touch, confrontation, healing, invitations, and challenges of Scripture
440. Releasing your agenda in prayer and responding to God's agenda as revealed in Scripture
441. Slowing down Scripture reading to a pace that serves listening
442. Personalizing Scripture by substituting your name where it is appropriate to do so
443. Resting in God alone
444. Discovering how scattered and distracted you are
445. Honestly confessing disordered passions and surrendering them to God
446. Living your true identity as the beloved of Christ
447. Accepting your limits
448. Recognizing the motivation for your spiritual practices
449. Seeing places through Jesus' eyes
450. Becoming quiet and listening to God's prayer for a particular place
451. Allowing the visual nature of this journey to prompt prayers
452. Gaining a perspective on the larger activity of God
453. Holding a place or person before the Lord when you don't know how to pray for them; growing awareness that the Spirit is praying for him or her – and you are with the Spirit in His prayer
454. Becoming aware of people and places that you ignore, don't care about, or have hard feelings toward; repenting of these things
455. Praying with others in environments of shared concern
456. Exploring God's vision for places and people who gather there

## SPIRITUAL DESIRES AND THEIR ACCOMPANYING DISCIPLINES <sup>1</sup>

	<b>Spiritual Discipline</b>	<b>Spiritual Desire</b>
1.	<b>Accountability Partner</b>	To give a regular and honest account of my choices, priorities and temptations to a godly and wise companion who points me to Christ
2.	<b>Bible Study</b>	To know what the Bible says and how it intersects with my life
3.	<b>Breath Prayer</b>	To pray a simple, intimate prayer of heartfelt desire before God
4.	<b>Care of the Earth</b>	To honor the Creator by loving, nurturing and stewarding His creation
5.	<b>Celebration</b>	To take joyful, passionate pleasure in God and the radically glorious nature of God's people, Word, world and purposes
6.	<b>Centering Prayer</b>	To quiet the heart and rest in God alone
7.	<b>Chastity</b>	To revere God by receiving and honoring my body and the bodies of others with purity of thought and action
8.	<b>Community</b>	To express and reflect the self-donating love of the Trinity by investing in and journeying with others
9.	<b>Compassion</b>	To become the healing presence of Christ to others
10.	<b>Confession &amp; Self-Examination</b>	To surrender my weaknesses and faults to the forgiving love of Christ and intentionally desire and embrace practices that lead to transformation
11.	<b>Contemplation</b>	To wake up to the presence of God in all things
12.	<b>Contemplative Prayer</b>	To develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am
13.	<b>Control of the Tongue</b>	To turn the destructive way I use words into authentic, loving and healing speech
14.	<b>Conversational Prayer</b>	To talk naturally and unselfconsciously to God in prayer times with others
15.	<b>Covenant Group</b>	To enter into authentic, confidential and healing relationships with a committed group of fellow pilgrims
16.	<b>Detachment</b>	To nurture the spirit of trust that is attached to God alone
17.	<b>Devotional Reading</b>	To prayerfully encounter and surrender to the Living God through attending to Scripture
18.	<b>Discernment</b>	To delight in and recognize the voice and will of God
19.	<b>Discipling</b>	To be in a relationship where I am encouraged or where I encourage another to become an apprentice of Jesus
20.	<b>Examen</b>	To notice both God and my God-given desires throughout the day
21.	<b>Fasting</b>	To let go of an appetite in order to seek God on matters of deep concern for others, myself and the world
22.	<b>Fixed-Hour Prayer</b>	To stop my work and pray throughout the day
23.	<b>Gratitude</b>	To be sensitive to the Holy Spirit's prompting to live with a grateful heart, cognizant of God's work in my life and my abundant resources

<sup>1</sup> Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices that Transform Us* (Downer's Grove: IVP Books, 2005), pp. 11-13.

24.	<b>Holy Communion</b>	To be nourished by Christ, tasting the sweet depths of redemption
25.	<b>Hospitality</b>	To be a safe person who offers others the grace, shelter and presence of Jesus
26.	<b>Humility</b>	To become like Jesus and His willingness to choose the hidden way of love rather than the way of power
27.	<b>Inner-Healing Prayer</b>	To assist the emotionally broken and wounded as they seek God for the healing that only He can give
28.	<b>Intercessory Prayer</b>	To turn my concerns and worries into prayer; to enter God's heart for the world and then pray from there
29.	<b>Journaling</b>	To be alert to my life to writing and reflecting on God's presence and activity in, around and through me
30.	<b>Justice</b>	To love others by seeking their good, protection, gain and fair treatment
31.	<b>Labyrinth Prayer</b>	To make a quiet, listening pilgrimage to God
32.	<b>Liturgical Prayer</b>	To open myself to God through established patterns or traditions of written prayers and reading
33.	<b>Meditation</b>	To more deeply gaze on God in his works and words
34.	<b>Memorization</b>	To carry the life-shaping words of God in me at all times and in all places
35.	<b>Mentoring</b>	To accompany and encourage others to grow to their God-given potential
36.	<b>Practicing the Presence</b>	To develop a continual openness and awareness of Christ's presence living in me
37.	<b>Prayer of Recollection</b>	To rest in God, allowing Him to calm and heal my fragmented and distracted self
38.	<b>Prayer Partners</b>	To share the journey of prayer with a trusted companion
39.	<b>Praying Scripture</b>	To allow God to shape my prayer life through the words of Scripture
40.	<b>Prayer Walking</b>	To align myself, while walking in particular places with Christ and His intercession for the Kingdom to come
41.	<b>Rest</b>	To honor God and my human limitations through restful rhythms
42.	<b>Retreat</b>	To make space in my life for God alone
43.	<b>Rule for Life</b>	To live a sane and holy rhythm that reflects a deep love for God and respect for how He has made me
44.	<b>Sabbath</b>	To set apart one day a week for rest and worship of God
45.	<b>Secrecy</b>	To follow the simple and often hidden Way of Christ
46.	<b>Self-Care</b>	To value myself as my heavenly father values me
47.	<b>Service</b>	To reflect the helping, caring and sharing love of God in the world
48.	<b>Silence</b>	To free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words
49.	<b>Simplicity</b>	To un-complicate and untangle my life so I can focus on what really matters
50.	<b>Slowing</b>	To curb my addiction to busyness, hurry and workaholism; to learn to savor the moment
51.	<b>Small Group</b>	To make my spiritual journey with a community of trusted friends
52.	<b>Solitude</b>	To leave people behind and enter into time alone with God

53.	<b>Spiritual Direction</b>	To give caring attention to my relationship with God, accompanied by the prayerful presence of someone who helps me listen well to God
54.	<b>Spiritual Friendship</b>	To develop a friendship that encourages and challenges me to love God with all my heart, soul, strength and mind
55.	<b>Stewardship</b>	To live as a steward of God's resources in all areas of life to me: to live out of the awareness that nothing I have is my own
56.	<b>Submission</b>	To have Jesus as the Master of my life and absolutely every way
57.	<b>Teachability</b>	To remain a lifelong learner who is continually open to the fresh wind of the Holy Spirit
58.	<b>Truth Telling</b>	To live an authentically truthful life
59.	<b>Unity</b>	To live in harmony with Christ's desire for the church to be one; to be a bridge-builder and peacemaker in the Body of Christ
60.	<b>Unplugging</b>	To be fully present to and uninterrupted in my interactions with God and others
61.	<b>Witness</b>	To reveal the life-changing love of Jesus to others
62.	<b>Worship</b>	To honor and adore the Trinity as the supreme treasure of life

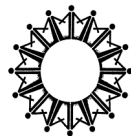


## END NOTES

- i Donald K. McKim, *Westminster Dictionary of Theological Terms* (Louisville: Westminster John Knox Press, 1996), 102.
- ii Horatio Richmond Palmer, "Yield Not to Temptation," *Songs of Zion* (Nashville: Abington Press, 1982), 62.
- iii Christian J. Gardner, "Hungry for God," *Christianity Today* Vol. 43 Issue 4 (April 5, 1999): 32.
- iv Ibid.
- v John Piper, *A Hunger for God: Desiring God Through Fasting and Prayer* (Wheaton, IL: Crossway Books, 1997), 42.
- vi John Piper, *A Hunger for God: Desiring God Through Fasting and Prayer*, 44 - 45.
- vii Ibid., 49.
- viii Ibid., 48.
- ix Clarence Jordan, *Sermon on the Mount: Revised Edition* (Valley Forge: Judson Press, 1970), 77.
- x Ibid., 80.
- xi James Lee Beall, *The Adventure of Fasting: A Practical Guide* (Old Tappan, NJ: Fleming H. Revell Company, 1974), 22 - 23.
- xii Joseph F. Wimmer, *Fasting in the New Testament: A Study in Biblical Theology*, ed. Lawrence Boadt, (Ramsey, NJ: Paulist Press, 1982), 52.
- xiii Ibid., 53.
- xiv Ibid., 32 - 33.
- xv Mark Buchanan, "Go Fast and Live," *Christian Century* Volume 118 Issue 7 (February 28, 2001): 16.

Another moderate fasting option involves eliminating the following from your diet:

- Sugar
- Red meat
- Caffeine
- Alcohol



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## FASTING

### DEFINITION

"Fast or fasting is the abstinence from food for the purposes of religious devotion and spiritual discipline."<sup>i</sup> The following verses to the hymn, "Yield Not to Temptation," provide an introduction to the question, why fast?

*"Yield not to temptation, for yielding is sin;  
each victory will help you some other to win;  
Fight valiantly onward, dark passions subdue;  
Look ever to Jesus, He'll carry you through.  
To those who o'er cometh, God giveth a crown;  
Thro' faith we will conquer, tho' often cast down;  
He who is our Savior, our strength will renew;  
Look ever to Jesus, He'll carry you through."*<sup>ii</sup>

### BACKGROUND

Christians refer to the Old and New Testament for Biblical support for spiritual fasting. Two passages in the Old Testament that highlight fasting are "Exodus 24:18; 34:28, where Moses went on two 40-day fasts during his mountaintop experience with God; and Esther 4:16, where Esther asked the Jews to fast from food and water for three days, culminating in their dramatic rescue."<sup>iii</sup>

In the New Testament, certainly the best-known account of fasting is Jesus' 40-day fast. It came after his baptism, ended with his temptation by Satan, and was a prelude to his public ministry (Matthew 4:1-2; Luke 4:1-2). Another mention of fasting is Jesus' instructing his disciples on what to do "when you fast" (Matthew 6:16-18).<sup>iv</sup> Protestants refer to these scriptures when providing a biblical rationale for spiritual fasting.

### PROTESTANT FASTING

For Protestants, "Christian fasting is a hunger for all the fullness of God" (Ephesians 3:19).<sup>v</sup>

According to John Piper, a dedicated Baptist, Christian fasting is a way of demonstrating, periodically, that experiencing God more fully exceeds possessing the gifts God gives. Protestants feel that Christians should fast from time to time to examine whether they have begun to love God's gifts in place of Him.<sup>vi</sup>

God draws Protestant Christians to the practice of fasting in order to know more of God in Jesus. Protestants seek to experience more of His presence and power, as well as be centered in Him.<sup>vii</sup> This is what Paul makes clear in his portrayal of the Christian life – including fasting: “I press on in order that I may lay hold of that for which also I was laid hold of by Christ Jesus.”<sup>viii</sup>

Fasting serves several purposes for Protestants, but not all Protestants agree with all the outcomes of fasting. Prayer and fasting enable Christians to tap into their internal sources of power in order to be truthful and genuine and without pretense in their transactions with others.<sup>ix</sup>

Clarence Jordan, a Baptist New Testament Scholar, asserts that fasting will eliminate time consuming practices enabling people to move faster or speed up their progress toward spiritual growth, achieve a major purpose and/or other goals. Fasting enables people to focus and be open to receiving God. Jesus’ desire was that people fast “toward the Father.” When the spirit of Jesus Christ lives in Christians, fasting enables them to make the kingdom of God their main focus. Total faithfulness to Jesus and his kingdom is the heart of the Protestant Christian’s fast.<sup>x</sup>

### **FASTING AS A SPIRITUAL DISCIPLINE**

Fasting unlocks pathways of spiritual insight and understanding that are not obtainable during the rapid pace of routine living according to prominent fasters (Martin Luther, John Calvin, John Knox, John Wesley, and many more). They discovered that through thoughtful self – control they could listen to God and achieve clarity of direction from God. Because eating represents that which is very important, by foregoing food in order to seek out God, Christians are acknowledging that He is more critical than everything else.<sup>xi</sup>

Known for his messages on fasting, St. Leo the Great affirmed: “There are three things which most belong to religious actions, namely prayer, helping the needy, fasting – these three things are really one; fasting is the soul of prayer, and helping the needy is the life-blood of fasting.”<sup>xii</sup> Matthew 6:2–6 and 16–18 provide the basis for this connection between almsgiving, prayer, and fasting, which has lasted until today.<sup>xiii</sup> Prayer, alms, fasting – if done with the heart paying attention to God – will transform our hearts. We will not only be moved toward God, but toward loving and helping our brother. <sup>xiv</sup> In other words, by fasting we are taught in a practical way to care for the oppressed, the homeless and less fortunate.<sup>xv</sup>

### **CONCLUSION**

The foundation for fasting is Biblically based. While Catholics have formal guidelines and expectations for fasting written into their rules for all faithful members, Protestants are free to fast or not. Today, Catholics and liturgical Protestant denominations share similar days for fasting (Advent and Lent), but Christians also exercise freedom to fast for their personal spiritual growth, development, and relationship with God. Catholics and Protestants who fast value the spiritual discipline because of its profound impact on their lives.

Having fasted, many Christians experience an enhanced prayer life, forgiveness for their sins, an eagerness to help those in need, spiritual renewal, an ability not to yield to temptation, an increased capacity to overcome challenges, clarity on issues, and a clearer understanding of the path appropriate for them. These are exceptionally good reasons to fast!

### **LEVELS OF FASTING**

Traditional Christians recognize five levels of fasting:

1. Abstaining from meat
2. Abstaining from meat, eggs, milk, butter, and cheese
3. Abstaining from meat, eggs, milk, butter, cheese, and fish
4. Abstaining from meat, eggs, milk, butter, cheese, fish, oil, and wine
5. Abstaining from all foods and beverages except bread, water, juices, honey, and nuts.

Note that the fifth and strictest level describes John the Baptizer’s diet, and it may very well have been the fast that Jesus undertook for forty days in the wilderness. To fast, just omit an item or two from your diet—something that you would normally eat during the course of the day. Every time you get an appetite for those items, you will be reminded of your fast and that will remind you of the reason for your fast, and you can pray instead of eating. This can have immense spiritual benefit. You are simply using your belly as a spiritual snooze-alarm.

\*Fast whenever you need intensive prayer. Your appetite acts as a prayer alarm; instead of eating your usual treat, you pray. That keeps you focused all day long.

# AN APPROACH TO BEGINNING A SPIRITUAL DISCIPLINE

From Adele Ahlberg Calhoun,  
***Spiritual Disciplines Handbook: Practices that Transform Us***  
(Downers Grove: IVP Books, 2005), pp. 22-23.

1. Set aside 20 minutes for the practice of your chosen discipline. (Some disciplines can't be done in a 20-minute time slot, but 20 minutes is a good starting point for many of them.)
2. Pray a short prayer of dedication, such as, "Here I am, Lord. I want to be with you. Open me up." Express your desire to be with God.
3. Unhurriedly read the Scripture preceding your discipline. Let it settle into your heart. You may want to copy it and place it somewhere your eyes normally land in the course of a day.
4. Turn to the desire at the top of the chart. Thank God for giving you the fuel of desire. Offer your desire and your body to Jesus. Acknowledge that while the desire does not entitle you or obligate God, you are open to take the path desire has opened before you.
5. Follow the guidelines for the practice. Respond to any invitation you sense from the Holy Spirit. *Don't hurry.* You can pick up where you left off on another day.
6. The reflection questions offer you ways of searching your heart in the presence of Christ the questions take your spiritual pulse and enable you to explore resistance you may feel, past experiences – positive and negative – that might affect your practice of the discipline or areas of confusion that might bog you down.
7. You may find that some of the questions make you uncomfortable. Remember Jesus' words to His disciples in John 16:12: "*I still have many things to tell you, but you can't handle them now. But when the Friend comes, the Spirit of truth, he will take you by the hand and guide you into all the truth there is.*"
8. The more intentionally open we are to the truth about ourselves, the more authentic our dialogue with the Trinity can be. You are not wasting time by answering the questions. John Calvin wrote in *The Institutes*: "without knowledge of self, there is no knowledge of God. Nearly all the wisdom we possess, that is to say, true sound wisdom, consists of two parts: the knowledge of God and of ourselves." Our partnership with the Holy Spirit is the linchpin of the transformation process.
9. You do not need to take the questions in order or to do more than one at a time. Take your time with them, listening deeply to the Spirit and to what your life wants to tell you. If you process your thoughts well on paper, journal your response. If you think best when you walk, then go for a walk. You may find that when you return to the same question at a later time, the Holy Spirit has taken you to a deeper place of self-awareness so the dialogue with God can deepen even more.
10. The spiritual exercises provide hands-on ways to begin practicing the discipline. Read through the exercises, choosing one that is possible for you at this time. Don't try to do a different exercise every day. You can stay with one exercise for as long as you want.
11. Set aside the last 5 minutes to respond to God in prayer. Tell God what it was like for you to practice the spiritual discipline. Express your thoughts and feelings freely. Gratitude, anger, frustration, impatience – bring it all to God. Ask the Holy Spirit to seal in your memory what you need to remember.
12. Take one word or thought with you into the rest of your day. Returning to this word over time develops soul reflexes of attention to God. The practice of noticing God throughout our day shapes the way we live and the way we interact with others.
13. Offer yourself to God and place yourself in God's hands for the remainder of your day.

