

## **Introduction to the Spiritual Disciplines**

**Time: Wednesday 6:30-8:00 PM**

**Location: Sanctuary at Grace Baptist Church**

**Instructor: Rev. Dr. Joe Mixie**

### **Course Objective:**

**In this course you will be introduced to some of the Classical Spiritual Disciplines that have been practiced by Christians throughout church history. These spiritual disciplines have been proven to help Christians develop a closer personal relationship with Jesus Christ, spiritual maturity, and a deeper understanding and appreciation of the Christian faith.**

**You will be learning about the spiritual disciplines and also practicing them. It is very important that you make a commitment to practice the disciplines.**

### **Class Time:**

**We will begin each class with 15-20 minutes of Praise and Worship, and 5-10 minutes of Prayer. After each lecture, we will spend time sharing our home work with one another.**

### **Texts:**

**The Bible (any translation)**

***The Spirit of the Disciplines* by Dallas Willard**

***The Celebration of Discipline* by Richard Foster**

### **Requirements:**

- 1. Class attendance**
- 2. Class Participation**
- 3. Doing your homework**
- 4. Sharing homework assignments**
- 5. Practicing the spiritual disciplines**

**Introduction to the Spiritual Disciplines Class Schedule:**

1. 9/10 (W)      **Introduction to the Course**  
**Introduction to the Classical Spiritual Disciplines**  
*Celebration of Discipline* p. xii-xx  
*The Spirit of the Disciplines* p. viii-xii  
**Homework Assignments**
2. 9/17 (W)      **Part 1: The Inward Spiritual Disciplines**  
**Prayer: Part 1**  
**The Purpose of Prayer**  
**Biblical References**  
**Methods of Prayer**  
**ACTS / The Lord's Prayer**  
**Homework**  
*Celebration of Discipline* p. 33-46  
*The Spirit of the Disciplines* p. 1-10
3. 9/24 (W)      **Prayer: Part 2**  
**Praying thru the Psalms / Bible**  
**Homework**  
*Celebration of Discipline* p. 33-46  
*The Spirit of the Disciplines* p. 1-10
4. 10/1 (W)      **Bible Study**  
**Principles of Biblical Interpretation**  
**Biblical References**  
**Bible Study Helps**  
**Homework**  
*Celebration of Disciplines* p. 62-76  
*The Spirit of the Disciplines* p. 11-27
5. 10/8 (W)      **Meditation**  
**Principles & Practice**  
**Biblical References**  
**Breathing**  
**Scripture Focus**  
**Homework**

- Celebration of Discipline* p. 15-32  
*The Spirit of the Disciplines* p. 28-43
6. 10/15 (W) **Fasting**  
Principles & Practice  
Biblical References  
Homework  
*Celebration of Discipline* p. 47-61  
*The Spirit of the Disciplines* p. 44-55
7. 10/22 (W) **Part 2: The Outward Spiritual Disciplines**  
**Simplicity**  
Principles & Practice  
Biblical References  
Homework  
*Celebration of Discipline* p. 79-95  
*The Spirit of the Disciplines* p. 56-74
8. 10/ 29 (W) **Solitude**  
Principles & Practice  
Biblical references  
Homework  
*Celebration of Discipline* p. 96-109  
*The Spirit of the Disciplines* p. 75-94
9. 11/5 (W) **Submission**  
Principles & Practice  
Biblical references  
Homework  
*Celebration of Discipline* p. 110-125  
*The Spirit of the Disciplines* p. 95-110
10. 11/12 (W) **Service**  
Principles & Practice  
Biblical References  
Homework  
*Celebration of Discipline* p. 126-140  
*The Spirit of the Disciplines* p. 111-129

11. 11/19 (W) **Part 3: The Corporate Disciplines**  
**Confession**  
 Principles & Practice  
 Biblical References  
 Homework  
*Celebration of Discipline* p. 143-157  
*The Spirit of the Disciplines* p. 130-155
12. 11/26 (W) **Thanksgiving Eve Worship Service**
13. 12/3 (W) **Worship**  
 Principles & Practice  
 Biblical References  
 Homework  
*Celebration of Discipline* p. 158-174  
*The Spirit of the Disciplines* p. 156-192
14. 12/10 (W) **Guidance**  
 Principles & Practice  
 Biblical References  
 Homework  
*Celebration of Discipline* p. 175-189  
*The Spirit of the Disciplines* p. 193-219
15. 12/17 (W) **Celebration**  
 Principles & Practice  
 Biblical References  
 Homework  
*Celebration of Discipline* p. 190-201  
*The Spirit of the Disciplines* p. 220-254  
 Course Evaluations
16. 12/24 (W) **Christmas Eve Service**
17. 12/31 (W) **New Year's Eve (OFF)**