



Elmwood Park Bible Church
Spiritual Disciplines for the Christian Life
Tuesdays, 7-8:30pm
Summer, 2015

Course Description: This course utilizes Donald S. Whitney's *Spiritual Disciplines for the Christian Life* to survey the integration of Christian spiritual disciplines into everyday life. Spiritual disciplines are the fiber of a personal relationship with Christ and the way in which we obey him. Emphasis will be placed on training believers to practice these disciplines as a vital part of their daily lives. Believers who practice these disciplines relationally and by faith will increasingly manifest the fruit of the Spirit and live the abundant life that is found in Christ alone. Furthermore, believers who practice these disciplines relationally and in faith will not only grow personally but will be equipped and prepared for genuine Christian community.

Course Structure: This course will essentially be a weekly discussion of *Spiritual Disciplines for the Christian Life* with emphasis on:

- Understanding and evaluating the contents of each chapter
- Concrete application
- Sharing your experience of practicing the spiritual disciplines.
- Learning from the experience of others

Course Objectives:

- Students will gain a greater understanding of what the spiritual disciplines are and how they function in the life of a believer.
- Students will be trained to practice the spiritual disciplines and will be given the opportunity to discuss the practice of the spiritual disciplines.
- Student will be given the opportunity to bless others with the provision they receive from their personal relationship with God and humbly receive the blessing of the provision others have received from God.

Course Text:

Whitney, Donald S. *Spiritual Disciplines for the Christian Life*, Revised Ed.
Colorado Springs: NavPress, 2014. ISBN 978-1-61521-617-8
\$13.41 new on amazon.com

See Reverse Side for Course Schedule



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Each week's reading should be completed **before** class

Date	Reading to be completed <u>before</u> class
6/9/15	Chapter 1: The Spiritual Disciplines
6/16/15	Chapter 2: Bible Intake (Part 1)
6/23/15	Chapter 3: Bible Intake (Part 2)
6/30/15	No Class - SBR Family Camp
7/7/15	Chapter 4: Prayer
7/14/15	Chapter 5: Worship
7/21/15	Chapter 6: Evangelism
7/28/15	Chapter 7: Serving
8/4/15	Chapter 8: Stewardship
8/11/15	Chapter 9: Fasting
8/18/15	Chapter 10: Silence and Solitude
8/25/15	Chapter 11: Journaling
9/1/15	Chapter 12: Learning
9/8/15	Chapter 13: Perseverance in the Disciplines