

## Spiritual Disciplines For Spiritual Success

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1. **Prayer** - To have a robust spiritual life, you must talk with God about what is going on in your life. Prayer should include adoration, confession, thanksgiving, and requests. You should also pray for others, not just yourself. This practice is called intercessory prayer.
2. **Bible Reflection** - To have a solid spiritual life, studying and meditating on God's Word, called the Bible, is indispensable. We recommend that you start with the book of John.
3. **Christian Fellowship** - To have a fulfilling spiritual life, you must spend time with other believers. You can do this by joining a church family.
4. **Fasting** - For a healthy spiritual life, setting aside some periods where you replace temporal things, such as food, social media, etc., with prayer and bible study is helpful. This practice is called fasting.
5. **Worship** - To be spiritually prosperous, spend time worshipping God. Worship combines singing praises to God, listening to him through reflection or exhortation, talking to him through prayer, and surrendering yourself to him in obedience.
6. **Christian Service and Witnessing** - To have a vibrant spiritual life, it is important to share Jesus with others. Furthermore, it is essential to discover your spiritual gifts and use them to serve those already believers in Jesus and those not yet in Jesus.
7. **Giving** - To have a strong spiritual life, being a giver of your time, talents, temple, and treasure to God is critical. Jesus says, "It is more blessed to give than to receive." (Acts 20:35)

**Key Point:** At its core, spiritual success is all about having a relationship with Jesus based on faith and love. These disciplines are just avenues to connect and receive from Jesus. The goal is not to become fixated on the disciplines but to focus on Jesus.