

# Celebration of Discipline

The Path to Spiritual Growth

## 1 Overview

This course covers 3 domains of discipline: the inward discipline, the outward discipline, and the corporate discipline. Each domain consists of 4 subdomains of discipline. Throughout 7 weeks, we shall explore, exercise, experiment with, and embody the various disciplines and observe how they transform our lives and our relationship with God.

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*“And yet I am struck even more profoundly by the fact that God can take something so inadequate, so imperfect, so foolish as words on paper and use them to transform lives. How this happens I do not know.”*

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## 2 Weekly Assignments

Each week, you are required to **read** the chapters assigned for that week and **write** a short paragraph discussing what you have read. In your paragraph, be sure to include the following:

- ① Your understanding of the material (Summarize what you learned in your own words)
- ② Questions, counterclaims, or topics for discussion (At least one)
- ③ Changes in your life (Observe the changes that result from exercising discipline that week)

## 3 Tentative Schedule (7 weeks)

Week	Chapters
<b>1</b> (32 pages)	1. The Spiritual Disciplines: Door to Liberation 2. Meditation
<b>2</b> (29 pages)	3. Prayer 4. Fasting
<b>3</b> (34 pages)	5. Study 6. Simplicity
<b>4</b> (30 pages)	7. Solitude 8. Submission
<b>5</b> (32 pages)	9. Service 10. Confession
<b>6</b> (32 pages)	11. Worship 12. Guidance
<b>7</b> (12 pages)	13. Celebration <i>Summary</i>