

**“Exploring the Disciplines”
Hillside Wesleyan Church
Kory Kleinsasser**

Text: “Celebration of Discipline” by Richard Foster

“...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance.”

-- 1 Timothy 4:7

Week 1—Introduction to Spiritual Disciplines (June 7th)

Reading Assignment for next week:

- Introduction, 1, 2, 7

Practice Assignment:

- Schedule a “day” of solitude some time during the 5 weeks.
- Schedule a daily time for prayer/meditation/reflection (at least 20 minutes)

Week 2—Meditation and Solitude (June 14th)

Reading Assignment for next week:

- Chapters 8-9

Practice Assignment

Week 3—Submission and Service (July 21st)

Reading Assignment for next week:

- Chapter 5

Practice Assignment:

Week 4—Study (June 28th) Carol

Reading Assignment for next week:

- Chapters 3-4

Practice Assignment:

Week 5—Prayer and Fasting (July 5th) Cathy Wiseman

Reading Assignment for next week:

- Chapter 6

Practice Assignment:

Week 6—Simplicity (July 12th)

Reading Assignment for next week:

- Chapter 12

Practice Assignment:

Week 7—Guidance (July 19th)

Reading Assignment for next week:

- Chapters 11, 13

Practice Assignment:

Week 8—Worship and Celebration (July 26th)

Practice Assignment:

