

Syllabus for Class on Personal Spiritual Disciplines

I. Class Description

This class on personal spiritual disciplines is a 6-week equipping class that helps the student firmly grasp the habits of grace that are taught in Scripture. We will study the disciplines of Bible intake, prayer, worship, evangelism, serving, stewardship, fasting, silence and solitude, journaling, and learning. These disciplines are not ends in and of themselves, but they are disciplines that are purposed to lead us into godliness (1 Tim 4:7) and conformity to Christ (Rom 8:29).

II. Class Objectives

This class aims:

- A. To familiarize the student with biblical spiritual disciplines.
- B. To encourage the practice of these disciplines in a way that honors the Lord's purpose of sanctification in our lives in the context of the local church.
- C. To stir within our hearts from the words of Scripture a desire to grow in godliness and conformity to the likeness of Christ.

III. Class Textbooks

A. Recommended Books

- 1. Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. Revised and Updated. Colorado Springs, CO: NavPress, 2014. [Abbreviated as **SD**]
- 2. Whitney, Donald S. *Spiritual Disciplines for the Christian Life Study Guide*. Revised and Updated. Colorado Springs, CO: NavPress, 2014. [Abbreviated as **SDSG**]

B. Additional Recommended Books

- 1. Henry, Matthew. *A Way to Pray: A Biblical Method for Enriching Your Prayer Life*. Edited & Revised by O. Palmer Robertson. Edinburgh: Banner of Truth, 2020.
- 2. MacArthur, John. *The Keys to Spiritual Growth: Unlocking the Riches of God*. Wheaton: Crossway, 2001.

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Personal Spiritual Disciplines
Fall 2025
Thursdays 12pm-12:45pm

3. Mathis, David. *Habits of Grace: Enjoying Jesus Through the Spiritual Disciplines*. Wheaton: Crossway, 2016.
4. Whitney, Donald S. *Praying the Bible*. Wheaton: Crossway, 2015. [**PTB**]

IV. Class Schedule & Optional Reading Assignments

Session Dates	Topic	Reading
August 21 st , 12pm-12:45pm	Introduction & Bible Intake	<i>SD, 1-36</i>
August 28 th , 12pm-12:45pm	Bible Intake	<i>SD, 37-78</i>
September 4 th , 12pm-12:45pm	Prayer	<i>SD, 79-100</i>
September 11 th , 12pm-12:45pm	Prayer	<i>PTB</i>
September 18 th , 12pm-12:45pm	Worship	<i>SD, 101-118</i>
September 25 th , 12pm-12:45pm	Evangelism	<i>SD, 119-140</i>