

Syllabus for Class on Personal Spiritual Disciplines

I. Class Description

This class on personal spiritual disciplines is a 10-session 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.

Matt Harkey
Location: Jenks Bible Church Facility
matt@jenksbible.org

Personal Spiritual Disciplines
Spring 2023
Designated Thursdays 6:30-7:45pm

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
January 26, 6:30-7:45pm	Introduction & Bible Intake	SD, 1-36
February 9, 6:30-7:45pm	Bible Intake	SD, 37-78
February 23, 6:30-7:45pm	Prayer	SD, 79-100
March 9, 6:30-7:45pm	Prayer	PTB
March 23, 6:30-7:45pm	Worship	SD, 101-118
April 6, 6:30-7:45pm	Evangelism	SD, 119-140
April 20, 6:30-7:45pm	Serving	SD, 141-158
May 4, 6:30-7:45pm	Stewardship	SD, 159-190
May 18, 6:30-7:45pm	Fasting, Silence & Solitude	SD, 191-248
May 25, 6:30-7:45pm	Journaling & Learning	SD, 249-286