

The Interior Disciplines Reviewed!

The interior disciplines focus on spiritual practices (means of grace) we Christians individually practice as members of the Church of God. Richard Foster uses “Celebration of Discipline” as his title because, by the grace of God, these practices can help liberate us from patterns of sin and grow in sainthood. To guide us in the journey, Foster warns of *The Narrow Ledge*: To the left, Moralism (obedience to the law with rigor, without understanding or love. See Colossians 2:20-23); to the right, Antinomianism (no law, no obedience, cheap grace. See Romans 6:1-2, 5-6). The safe center: Discipline (we can freely obey in light of the work of Christ. See Romans 5:17, Galatians 6:7-10). The spiritual disciplines offer tangible ways by which we can be obedient to God, free from the Law’s condemnation.

Four Interior Disciplines

Meditation <ul style="list-style-type: none">• Hearing and obeying God. Unlike Eastern mediation, we look for union and communication with God’s presence.• Includes meditation of the times• Passages: Psalm 1:1-3, Joshua 1:8, Luke 11:24-26.	Prayer <ul style="list-style-type: none">• Communication with God. “To pray is to change”.• Includes prayers of guidance, relinquishment, and intercession• Passages: Luke 22:42, John 15:7, Romans 8:26-27.
Fasting <ul style="list-style-type: none">• Deliberately abstaining from food or other pleasures so that God can demonstrate our dependency on Him and reorient our passions.• Passages: Matthew 6:16-18, Matthew 9:14-17, Acts 9:8-9, 1 Corinthians 9:27.	Study <ul style="list-style-type: none">• “Study is a specific kind of experience in which through careful attention to reality the mind is enabled to move in a certain direction” (Foster)• Spirit of humility is necessary. Include verbal (literature) and non-verbal (environment) study.• Passages: Romans 12:2, Philippians 4:8, Matthew 6:22-23.

Reflection

- Have you practiced any of these disciplines throughout this quarter? If so, what was the experience like?
- Which disciplines do you want/ought to practice more? How could you make these a regular discipline in your life?