

Why?

Spiritual disciplines should bring us close to God and should help us to understand His will and then put it into practice through the power of the Spirit.

When?

We will be working on these spiritual disciplines with the children this year. Periodically we will be sending home things for you to discuss and try at home. We look forward to partnering with you this year as we endeavor to shape young hearts and minds for Jesus.



If you do not have a church home, please join us at St. Luke Lutheran Church:

Saturday Evening: 6:00 PM

Sunday Morning: 8:00 AM, 10:30 AM, and 10:45 AM

Sunday School for Children and Adults: 9:15 AM



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Spiritual Disciplines

➤➤ What are they? Why are they important?



Prayer
God's Word
Worship
Service

What are Spiritual Disciplines?

Spiritual disciplines—What are they? How do you practice them? What is their purpose?

When I asked my 8th graders to define discipline, it wasn't pretty. Most of them defined it as some kind of punishment. They used phrases such as "go to your room" or "give me your phone". But spiritual disciplines are not supposed to be punishment—but rather encouragement.

There are many spiritual disciplines. This year at St. Luke we have decided to focus on four:

Prayer
God's Word
Worship
Service



Prayer (October and May)

The act of communicating with God. Prayer is a word that describes a relationship. Practices of prayer provide patterns for attending to God throughout the day. (1) Prayer is a time to seek communication with God to strengthen our faith. There is no right or wrong way to communicate as long as we are communicating as honestly as we can. (2)

Intimacy—prayer is a means in which we draw close to God and He to us.

God's Word (January and February)

Reading God's Word, listening to Scripture, or singing biblical texts all put us in a place to listen to God as he speaks to us. God speaks and guides us personally and intimately through His Word. (1) Regularly being with God in His Word is a way we open ourselves to the voice and will of our Father.

- (1) *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun.
- (2) *Habits of a Child's Heart* by Valerie E. Hess and Marti Watson Carlett, PH.D

Worship (December and April)

In worship we fall into the arms of God and say "Have your way with me." Worship is a response to God's invitation to join the dance. Practices of worship put us in a place to be receptive and responsive to the Holy Spirit's movements and invitations. (1) Worship helps us develop a life dedicated to giving God honor and glory in all that we say and do. It reminds us that we are not the center of the universe—God is, and therefore He is worthy of our worship. (2) Worship is more than one hour a week, it is a way of life 24/7.

Service (November and March)

The goal of service is an attitude of servanthood. Our motivation for serving others comes solely out of our love for God and others and our desire to be like Jesus. (2) God intends to bless the nations through us and our lives of service. Christians are the very presence of God to others. We become God's vehicle of blessing on planet earth. (1)

