The lifestyle – attitude, actions, thoughts, expressions – that connect us to God were known throughout the early Christian Church. So well understood, that they didn’t need to be explain. Meditation, prayer, worship, simplicity, confession, and many more of the “Spiritual Disciplines” were practice readily and a continual part of a Christian’s journey to spiritual maturity. However, and sadly, many of those disciplines have been forgotten.

Part of the confirmation process will be to encourage students to discover and explore the spiritual disciplines. Confirmation is all about relationships (relationship with each other…class time, with the church and community…ministry projects, with the body of Christ…mentorship, and with God…spiritual discipline). By practicing and exploring a spiritual discipline the students will develop their relationship with God.

* The Inward Disciplines: Meditation, Prayer, Fasting, Study
* The Outward Disciplines: Simplicity, Solitude, Submission, Service
* The Corporate Disciplines: Confession, Worship, Guidance, Celebration\*

During the confirmation process students will be encouraged to choose one of these Spiritual Disciplines to explore and practice this year. There are four steps to doing so:

1. Choose one of the Spiritual Disciplines that you would like to explore and practice
2. Research the Spiritual Discipline that you have chosen to discover its roots in the Bible and in Christian tradition. Discover some saints of the past who have focused on this Spiritual Discipline in their life.
3. Practice the Spiritual Discipline you have chosen on a daily, weekly, monthly basis – whatever is appropriate.
4. Keep a journal of your discovery and practice of your spiritual Discipline to be shared with the Pastor during your personal interview at the end of the Confirmation program in May.

\*There are many more Spiritual Disciplines that have been identified and practiced in the Church over the centuries. This listing is taken from Richard J. Foster’s *Celebration of Discipline*, 1988.