

Spiritual Disciplines Workshop

**Bellaire church of Christ
Winter 2024-25**

This Booklet Belongs to:

Schedule of Classes

Date	#	Topic
December 1	1	Salvation & Spiritual Formation
December 8	2	Disciples & Spiritual Formation
December 15	3	Spiritual Disciplines in Formation
December 22*	4	Observations of Jesus (Daniel gone)
December 29	5	Practicing the Presence of God
January 5	6	Solitude, Silence, & Sabbath
January 12	7	Fellowship & Worship
January 19	8	Confession
January 26	9	Prayer
February 2	10	Scripture
February 9	11	Fasting
February 16	12	Simplicity & Generosity
February 23	13	Progressing in Spiritual Formation

Student Commitments:

- I come as a beginner, eager to learn and make progress.
- I will honestly consider the teaching and ask questions.
- I will practice the disciplines and reflect on my efforts.
- I will share my experiences with the class to help & encourage.

Class #1 - Salvation & Spiritual Formation

- What is “Spiritual Formation”?
 - “Spiritual” -
 - 2 Corinthians 4:16-18
 - Galatians 5:16-26
 - “Formation” -
 - Romans 12:1-2
 - 2 Corinthians 3:18
- Typical view of salvation:
 - “Salvation” = _____ → _____
 - What are the requirements?
 - What’s the attitude toward spiritual transformation?
- Biblical concept of salvation
 - Salvation as _____ (see Exodus 14:13; Colossians 1:13-14)
 - Salvation as _____ (see Matthew 8:25 + 9:21-22)
 - Salvation brings ...

- **Key Passages:**
 - **John 3:1-15**

 - **Romans 6:1-11**

 - **Romans 7:14 - 8:14**

 - **Ephesians 2:1-10**

 - **Titus 2:11 - 3:7**

- **Homework:**
 - **Journal about where you are in the process of spiritual formation.**
 - **Write down the sins and deficiencies that have shaped your heart, mind, behavior, and habits in an unhealthy way.**
 - **Write down a vision of the progress you want to make in Christ.**

 - **Spend a few minutes in prayer each day asking God to help you. Commit to Him that you desire to make progress but cannot do so without Him.**