

# THE PRACTICE OF SPIRITUAL DISCIPLINES

You are invited to enter into a study of Spiritual Disciplines—to learn what they are and why they are vital to living the Christian life in these times.

This study will be offered beginning on Wednesday night, February 22, at 7 PM. Each session will last for about an hour. Lent is a time when Christians focus on the practice of spiritual disciplines in repentance and preparation for celebration of the death and resurrection of our Lord. It is a time when individual believers “give up something” for the sake of the Lord. I ask you to give up some of your time by participating in this study.

If you cannot possibly be present with us on Wednesday nights, I invite you to share in this study by way of the internet. One thing I ask of you as you do is to practice the discipline of patience and not rush ahead of the rest of us in this study. John Ortberg has written that our greatest enemy in the spiritual life is hurry. Please do not hurry ahead of the rest of us by advancing more than one session for one week at a time in this study. You will not gain the full benefit of what spiritual disciplines are by rushing through a study. I believe it is important that we all stay together, learn together and grow together. Our goal is to practice the spiritual disciplines we study and not just learn what they are.

I also ask that you sign up for this study and let us know that you will be participating with us by way of the internet or by being present on Wednesday nights.

The web site we will use for this study is: [http://www.watersedge.tv/disciplines\\_intro.htm](http://www.watersedge.tv/disciplines_intro.htm). You can go there and read what we will be talking about on each Wednesday night. Again please do it with us one subject for one week at a time. Our first session will be an introduction to spiritual disciplines. Sign up forms are available in the narthex.

Give the sign-up form below to the minister

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Yes, I will join with the Church in this study of spiritual disciplines.

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(Your name)

I will be present on Wednesday nights \_\_\_\_\_. (check here if you will be with us)

I will participate in the study by way of the internet \_\_\_\_\_. (check here)