

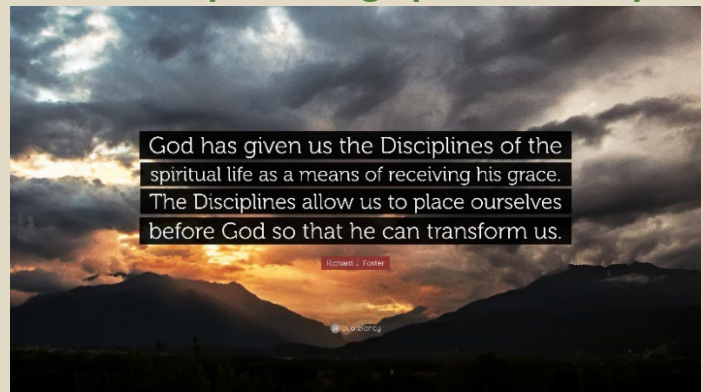
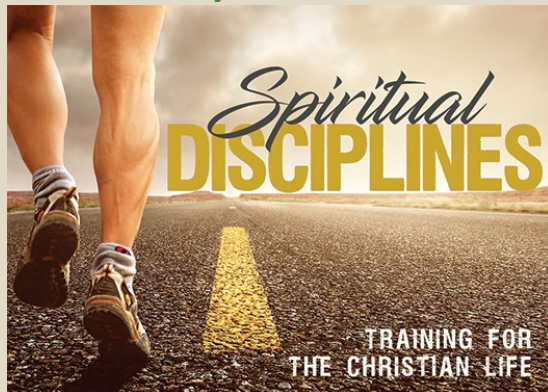
# Spiritual Disciplines

4 Videoconference Seminars:

February 17, March 17, April 21, May 19

**Presenters:** Dr. Bill Pitts, Professor Emeritus, Baylor University

Susie Jaynes, Bible teacher experienced in practicing Spiritual Disciplines



## What You Will Learn

Spiritual disciplines enable individuals and communities to “practice their faith”. They are the tools by which Christians seek to know God and yield to the *Divine Will* in their lives. The disciplines can be instrumental tools we seek to “tune” ourselves to God’s desires and kingdom. These holy actions have been practiced by believers since the earliest times, and are firmly rooted in Christ’s commands and examples in the Gospels.

### The Inward Disciplines:

Avenues for self-reflection, quiet contemplation, growth, and renewal



MEDITATION



PRAYER



FASTING



STUDY

### The Outward Disciplines:

Avenues for making a positive impact on others and the world



SIMPLICITY



SOLITUDE



SUBMISSION



SERVICE

### The Corporate Disciplines:

Avenues for strengthening our relationships with others and God



CONFESSION



WORSHIP



GUIDANCE



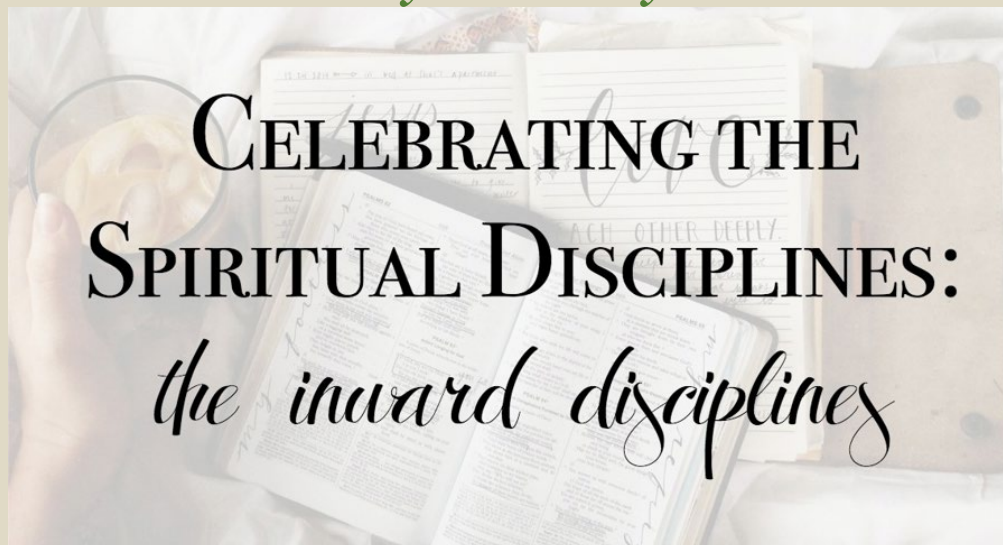
CELEBRATION

# Spiritual Disciplines: Seminar 2

March 17, Zoom V/C 10 -11:30 AM

## ***THE INWARD DISCIPLINES***

*Led by: Susie Jaynes*



This seminar discusses four methods for self-reflection and contemplation

- Meditation
- Prayer
- Fasting
- Study

*Definition & Scriptural Basis*  
*Importance for Christian Development*  
*How & When to Practice the Discipline*  
*Benefits to Practicing the Discipline*

Susie's understanding, practice and experiences in Inward Spiritual Disciplines

- Why she became interested in Spiritual Disciplines.
- When she became interested in Spiritual Disciplines.
- How she began to learn about and practice Inner Spiritual Disciplines.
- How understanding and practicing Spiritual disciplines affected her life.

To Register for The Spiritual Disciplines - Seminar 2 go to:

<https://www.twptx.org/event/4910138-2022-03-17-spiritual-disciplines-seminar-2/>

