

Vision & Commitment Course Session 10 – “Growing in God” ADDENDUM

Disciplines of Abstinence

Solitude
 Silence
 Fasting
 Frugality
 Chastity
 Secrecy
 Sacrifice

Disciplines of Engagement

Study
 Worship
 Celebration
 Service
 Prayer
 Fellowship
 Confession
 Submission

This chart gives some practical insight into the use and benefit of spiritual disciplines:

Natural Drives, Passions Or Pleasures	Corresponding Sinful Abuses	Corresponding Disciplines
Eating and Drinking	Gluttony and Drunkenness	Fasting, Abstinence
Sleeping	Laziness/Slothfulness	Exercise, Manual Labor
Companionship	Over-Dependency, Co-Dependency (inordinately needing to be needed)	Solitude
Working	Workaholism, Selfish Ambition, Performance-based Self-Worth	Resting, Tithing, Service, Fellowship
Sex	Adultery, Fornication, Emotional Affairs, Pornography	Chastity, Abstinence
Earning Money	Greed	Giving, Frugality
Communication	Slander, Lies, Gossip	Silence, Tongues, Confession
Recreation, Entertainment	Living for Toys, Fun & Games, TV, etc	Media or Hobby Fast
Clothing	Dressing to Impress or Flaunt	Simplicity, Modesty
Social Influence	Manipulation, Control	Acts of Secret Service