

SELECTING THE SPIRITUAL DISCIPLINES THAT GROW OUR CHARACTER & GLORY

*Consider the following spiritual disciplines in light of specific sin patterns with which you wrestle and desire to replace with godly character. For a fuller list of disciplines see Adele Calhoun's book, **Spiritual Disciplines Handbook** by InterVarsity Press. Ruth Halley Barton's book, **Sacred Rhythms** is also very helpful.*

SIN PATTERN	HELPING DISCIPLINE	CHARACTER TRAIT DEVELOPED
* Pride - excessive belief in one's own abilities, that interferes with the individual's recognition of God's grace.	Confession, community, secrecy, submission, gratitude, Sabbath rest	Humility
* Greed/Avarice or Covetousness -desire for material wealth or gain.	Generosity, fasting, simplicity	Contentment
* Gluttony - inordinate desire to consume more than that which one requires.	Fasting, generosity, secrecy, confession	Self-control
* Anger/Wrath /Bitterness	Silence, self-examination, journaling, confession, gratitude, Sabbath rest, rule of life	Patience
* Envy/competitiveness - desire for others' traits, status, abilities, or situation.	Solitude, self-examination, gratitude	Kindness
* Lethargy & laziness - avoidance of physical or spiritual work	Caring for the body, exercise	Faithfulness
* Lust - inordinate craving for the pleasures of the body.	Attending to desire in God's presence, confession, fasting, rule of life	Love
Gossip/sins of speech	Silence, self-examination, confession, rule of life	Kindness
Anxiety/worry	Prayer, meditation, journaling, scripture reading, study, confession, gratitude	Peace
Discontent	Attending to desire, journaling, fasting, gratitude, confession	Contentment

Self-reliance	Silence, prayer, community, confession, fasting, confession, gratitude	Dependence
Over busyness	Solitude, discernment, Sabbath rest, rule of life	Peace
Guilt, shame	Solitude, confession, forgiveness	Purity
Restlessness & Stress	Solitude, silence, prayer, journaling, Sabbath rest	Contentment
Lack of faith	Prayer, Scripture reading, community	Faithfulness
Feelings of isolation	Examen of consciousness, community, worship	Love
Selfishness	Prayer, worship, community, gratitude, study, service, rule of life	Love
Lack of direction, purpose	Discernment, community, fasting, Scripture reading, meditation, prayer, gratitude	Joy

* These are referred to as the “Seven Deadly Sins” – those sins that are considered fatal to spiritual progress.