

	Description	Key Verses
Bible Intake	Bible intake is the discipline of hearing the Bible taught, reading the Bible, studying the Bible, memorizing the Bible, meditating on the Bible, and applying the Bible to your life.	2 Timothy 3:16-17
Prayer	Prayer is the discipline of communicating with God both at consistent times each day and throughout the day. Prayer should involve speaking and listening.	Colossians 4:2, 1 Thessalonians 5:17
Worship	Worship is the discipline of attributing worth to God by focusing on God and responding to Him. This is most commonly done through music.	1 Chronicles 16:23-34
Evangelism	Evangelism is the discipline of sharing the gospel with people and letting them know how they can be saved from their sins. You can share with both strangers and people you have a relationship with.	Romans 10:13-15
Serving	Serving is the discipline of meeting needs and helping one another. Each believer has been given spiritual gifts and we are called to use these gifts to serve others. You can also serve in areas you are not 'gifted' in if there is a need.	1 Peter 4:10, Mark 10:45
Stewardship	Stewardship is the discipline to use your resources well. This includes both your time and your money, because you have realized that all you have is given to you by God.	Matthew 25:14-30
Fasting	Fasting is the discipline where you voluntarily abstain from food so that you can focus on God and how He sustains us more than food. You can do a full fast (no food at all) or a partial fast (none of a specific type of food, or only allowing yourself to eat certain foods).	Joel 2:12-13
Silence and Solitude	Silence and solitude is the discipline when you abstain from sound or people to help you hear from God.	1 Kings 19:9-13
Journaling	Journaling is a discipline that helps you remember what God has taught you and write about how God has answered your prayers.	Psalms 111:2, Psalms 107-108
Learning	Christians should be involved with learning. Disciple is the same word as "student" so we ought to be learning from God as we continue in our Christian lives.	Matthew 28:19-20, Colossians 2:6-7