

## The Disciplines of Discipleship

JEWEL Bible Institute Fall 2025

Course Textbook: *Celebration of Discipline* by Richard J. Foster

Facilitator: Rev. Kevin Nichols

Duration: 8 Weeks

### Course Objective

This course is designed to help students experience a more intimate relationship with God through understanding and practicing the inward, outward, and corporate disciplines.

### Course Overview

The course is structured around three movements of the Spirit:

- Inward Disciplines: Meditation, Prayer, Fasting, and Study—leading to personal examination and transformation.
- Outward Disciplines: Simplicity, Solitude, Submission, and Service—enabling Christian witness through action.
- Corporate Disciplines: Confession, Worship, Guidance, and Celebration—building community and spiritual unity.

Students will discover how each of these spiritual practices contributes to a balanced and growing Christian life.

### Student Responsibilities

1. Attendance and Participation: Students must attend at least 6 of the 8 weeks to receive course completion. Week 8 is mandatory. Active participation is expected.
2. Reading Assignments: Complete each week's assigned reading prior to class.
3. Homework Assignments: Includes journal reflections, practical applications, and weekly projects.
4. Final Exam: A written paper or presentation on how you will implement the three areas of disciplines in your life.

### Grading Method

Component	Percentage
Attendance	10%
Weekly Reading & Discussion	20%
Homework Assignments	20%
Final Exam	50%

## Week 1: Introduction to the Spiritual Disciplines

Objective: Understand the importance of spiritual disciplines in Christian formation.

Reading: Introduction & Chapter 1

Discussion Topics:

- • What are spiritual disciplines?
- • Why do they matter?
- • What common challenges do people face?

Assignment:

- • Reflective journal: Describe your current spiritual habits.
- • Choose one inward discipline to focus on this week.

## Week 2: Meditation

Objective: Explore Christian meditation and listening to God's voice.

Reading: Chapter 2

Discussion Topics:

- • How is Christian meditation different from Eastern practices?
- • What challenges hinder meditation?

Assignment:

- • Meditate daily on Scripture (e.g., Psalm 1, John 15).
- • Journal your experiences.

## Week 3: Prayer

Objective: Deepen prayer life as relational communion with God.

Reading: Chapter 3

Discussion Topics:

- • How does prayer foster intimacy with God?
- • What does it mean to pray with expectation?

Assignment:

- • Practice daily prayer using the ACTS model.
- • Write a personal prayer letter to God.

## Week 4: Fasting and Study

Objective: Develop spiritual focus and depth through fasting and study.

Reading: Chapters 4 & 5

Discussion Topics:

- • What is the purpose of biblical fasting?
- • How do we approach Scripture to be transformed?

Assignment:

- • Try a partial fast (food or technology).
- • Deeply study a Bible passage; journal your findings.

## Week 5: Simplicity

Objective: Embrace simplicity to find freedom and focus.

Reading: Chapter 6

Discussion Topics:

- • How does simplicity oppose cultural excess?
- • What does it mean to live "uncluttered" before God?

Assignment:

- • Declutter an area of your life.
- • Reflect: How did this affect your spiritual peace?

## Week 6: Solitude and Submission

Objective: Cultivate inner quietness and spiritual humility.

Reading: Chapters 7 & 8

Discussion Topics:

- • Solitude vs. loneliness
- • Submission as strength, not weakness

Assignment:

- • Spend two 30-minute sessions in solitude.
- • Identify and practice biblical submission in one relationship.

## **Week 7: Service**

Objective: Understand service as Christ-like action.

Reading: Chapter 9

Discussion Topics:

- • How does service reflect God's heart?
- • How are both giver and receiver changed?

Assignment:

- • Perform one act of intentional service.
- • Journal your reflections on the experience.

## **Week 8: Confession, Worship, Guidance & Celebration**

Objective: Experience the power of spiritual practices in community.

Reading: Chapters 10–13

Discussion Topics:

- • Why are corporate disciplines vital?
- • How do confession and celebration build unity?

Assignment:

- • Attend a group worship or prayer gathering.
- • Final Paper or Presentation: Reflect on transformation and how you will apply the disciplines.