

Overview of the Spiritual Disciplines and How They Lead to Mission based on Philip Nation's book, *Habits for Our Holiness*

Name	Definition	How It Leads To Mission
Worship	Worship is focusing our heart's affection on God, while rejecting everything else.	Worship is an opportunity for the unbelieving world to see a celebration of the gospel.
Bible Study	Bible study is regularly engaging the Scriptures in a way that produces a habitual holiness that is fueled by God's truth and grace.	Bible study allows us to grow up so that we can reach out, while at the same time, reach out so that we can grow up.
Prayer	Prayer is two-way communication between humans and God, and it's initiated by love.	Prayer informs us of our role in God's mission, and is a way for us to seek God's kingdom to reign in the hearts of those living in our community.
Fasting	Fasting is completely or partially eliminating food or drink to spend time in prayer for biblical purposes.	Fasting reveals what's underneath our heart and motives by showing us the barriers that are preventing us from engaging in the missional task ahead of us.
Fellowship	Fellowship is spending time with others and mutually submitting to one another for disciple making and mission.	Fellowship provides us with the opportunity to work together to share the gospel with others.
Rest	Resting is submitting to God's presence, in order to be sustained and get fulfilled.	Resting is a testimony to our world that we are delivered from the need of self-reliance.
Simple Living	Simple living is loving God, rather than the abundance of things.	Simple living declares that our money and possessions are merely tools to assist us as we participate in God's kingdom.
Servanthood	Servanthood is allowing the love of God to motivate our way of life.	Servanthood transforms us into a signpost that points people to Jesus.
Submission	Submission is surrendering to God's love, grace, mercy, and his salvation.	Submission allows us to become showpieces of God's grace to the world.
Spiritual Leadership	Spiritual leadership is birthed from God, and is about leading others with discernment.	Spiritual leadership gives us the opportunity to guide others to submit to God, and participate in his mission.
Disciple Making	Disciple making is being intentional and single-minded to help others follow Jesus as the Lord of their lives.	Disciple making is mission.