

# **Essential Practices of a Healthy, Growing, Reproducing Disciple of Jesus Christ**

## **Personal Spiritual Disciplines:**

A relationship with God develops like many other relationships: one day at a time. That's why it is so important to connect with God personally on a daily basis. Two of the most common spiritual disciplines are reading the Bible and prayer. But there are many others, such as fasting, meditation, confession and solitude. As you practice these personal spiritual disciplines, you will find God nourishing your soul in ways that simply don't happen in any other practice.

## **Weekly Worship:**

The relationship between God and His people has always included the component of the community coming together for worship. In these large group gatherings, we are reminded that in Christ, we are part of something much bigger than ourselves. As we gather for worship on a weekly basis, we are living out together what it means to be the Body of Christ.

## **Small Group Participation:**

Being a disciple of Jesus was never intended to be a "do-it-yourself" project. God has given us the gift of each other for friendship, for encouragement, for support. That's why being part of a small group is so important. It gives us a way to share life together, interacting with others who are on the same journey we are on.

## **Ministry Participation:**

The life of faith is not only one of belief; it's also one of action. Participating in ministry gives us the opportunity to live out the things we believe by using the gifts God has given us to do the work He has called us to do. There are many lessons about being a disciple that can only be learned through this way.

## **Building Relationships with pre-Christians:**

As Christ-followers, the greatest gift we can give the people around us is an introduction to the God who created them, who loves them, and who has a purpose for them. As we spend time with people who are far from God, people notice the changes God is making in our life. It makes them curious. And it opens doors to point people to Jesus.