

BEING DISCIPLED

Spiritual Disciplines.

"Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way."

1 TIMOTHY 4:7–8 · ESV

FIRST, THE HEART

Habits that shape a life.

Spiritual disciplines are simply the things Christians have always done to stay close to God — prayer, Scripture, rest, generosity. They're not about impressing God or earning His love. You already have that.

Think of them less like rules and more like a trellis — the structure a vine grows on. They don't produce the life themselves; they position you to receive it. You can't make a plant grow, but you can put it where the light is. That's what a discipline does for your soul.

So read this without pressure. You don't have to do all of these, and you definitely don't have to do them perfectly. Start with one. Keep it small. Let God do the growing.

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me."

JOHN 15:4 · ESV

THE PRACTICES

Six places to start.

01 Prayer

Talking and listening to God as you go through your day. Honest, ordinary, constant. Start with thank you.

1 THESSALONIANS 5:17

02 Scripture

Letting God's Word read you, not just the other way around. A little, daily, thought about.

PSALM 1:1–3

03 Fasting

Going without something (often food) for a time to feed your hunger for God instead. It clarifies what you're really after.

MATTHEW 6:16–18

04 Solitude & silence

Getting alone and quiet long enough to actually hear God over the noise. Jesus did this often.

MARK 1:35

05 Sabbath & rest

One day in seven to stop, worship, and trust that God runs the world while you rest. A gift, not a rule.

EXODUS 20:8–10

06 Generosity

Holding your money and time with open hands. Giving breaks money's grip and grows a trusting heart.

2 CORINTHIANS 9:7

HOW TO BEGIN

Start small. Stay consistent.

The goal isn't intensity — it's consistency. A few honest minutes every day will form you more than an occasional heroic effort.

- **Pick one.** Choose a single discipline to focus on for the next month.
- **Make it small.** Five minutes of prayer beats an hour you never actually do.
- **Attach it to a habit.** Right after you wake, or right before bed.
- **Do it with others.** A group or a friend keeps you going on the hard days.
- **Expect dry spells.** Faithfulness over feelings. Show up anyway.

TAKE A MINUTE

Which one discipline will you practice this month, and what will it look like on an ordinary day?

GROW WITH OTHERS

You'll grow faster together.

Disciplines are easier to keep when you're not alone. A small group or a discipling relationship is the best place to build these habits. Let us help you find one.

GET CONNECTED

connect@valiantchurch.com

GATHER

Sundays · 10:00 AM

FIND US

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