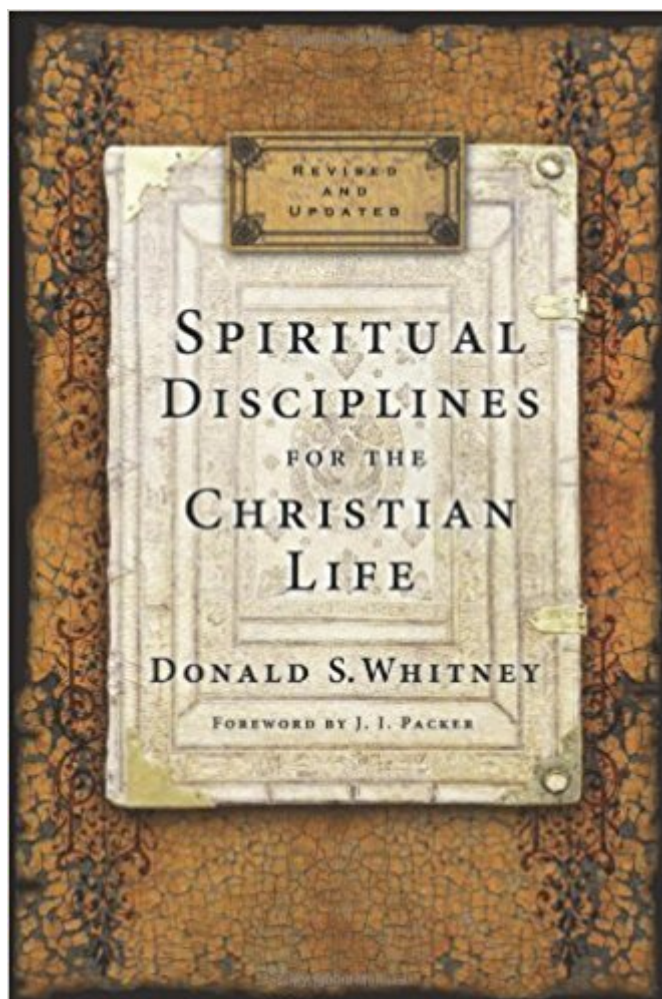


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# Spiritual Disciplines For The Christian Life



## Synopsis

Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines. By illustrating why the disciplines are important, showing how each one will help you grow in godliness, and offering practical suggestions for cultivating them, *Spiritual Disciplines for the Christian Life* will provide you with a refreshing opportunity to become more like Christ and grow in character and maturity. Now updated and revised to equip a new generation of readers, this anniversary edition features in-depth discussions on each of the key disciplines.

## Book Information

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## Customer Reviews

DON WHITNEY has been Professor of Biblical spirituality and Associate Dean at The Southern Baptist Theological Seminary in Louisville, KY, since 2005. Before that, he held a similar position (the first such position in the six Southern Baptist seminaries) at Midwestern Baptist Theological Seminary in Kansas City, MO, for 10 years. He is the founder and president of The Center for Biblical Spirituality. Don is a frequent speaker in churches, retreats, and conferences in the U.S. and abroad. Don grew up in Osceola, AR, where he came to believe in Jesus Christ as Lord and Savior. After graduating from Arkansas State, Don planned to finish law school and pursue a career in sportscasting. While at the University of Arkansas School of Law, he sensed God's call to preach the gospel of Jesus Christ. He then enrolled at Southwestern Baptist Theological Seminary in Fort Worth, TX, graduating with a Master of Divinity degree in 1979. In 1987, Don completed a Doctor of Ministry degree at Trinity Evangelical Divinity School in Deerfield, IL. He earned a PhD in theology

at the University of the Free State in Bloemfontaine, South Africa in 2013. Prior to his ministry as a seminary professor, Don pastored Glenfield Baptist Church in Glen Ellyn, IL (a Chicago suburb), for almost 15 years. Altogether, he's served local churches in pastoral ministry for 24 years. He is the author of *Spiritual Disciplines for the Christian Life*, which has a companion Study Guide. He has also written *How Can I Be Sure I'm a Christian?*, *Spiritual Disciplines Within the Church*, *Ten Questions to Diagnose Your Spiritual Health*, *Simplify Your Spiritual Life*, and *Family Worship*. His hobby is restoring and using old fountain pens. Don lives with his wife, Caffy, in their home near Louisville. She teaches classes for seminary wives and is an artist, muralist, and illustrator. The Whitneys are parents of Laurelen. Don's website is [BiblicalSpirituality.org](http://BiblicalSpirituality.org). He's on Twitter @DonWhitney and on Facebook.

It is a question I often receive: What books do you recommend for new Christians? There is a short list of books I would love for every Christian to read shortly after they put their faith in Christ: Jerry Bridges' *The Discipline of Grace* and R.C. Sproul's *The Holiness of God*, to name just a couple. Another one I recommend widely is Donald Whitney's *Spiritual Disciplines for the Christian Life*. First published in 1991, the book has finally been expanded and updated in a second edition. It is better than ever. Whitney bases the book around a simple command from 1 Timothy 4:7: "Discipline yourself for the purpose of godliness." Whitney explains, "If your purpose is godliness and godliness is your purpose if you are indwelt by the Holy Spirit, for He makes godliness your purpose then how do you pursue that purpose? According to this verse, you discipline yourself for the purpose of godliness. It is absolutely crucial that the Christian discipline himself to live a distinctly Christian life. In the first chapter Whitney dives right into the concept of spiritual disciplines, explaining that they exist for the purpose of godliness. They do not save us and do not make God love us more; rather, they are the means God uses to conform us to Christ's image. "The Spiritual Disciplines are those personal and interpersonal activities given by God in the Bible as the sufficient means believers in Jesus Christ are to use in the Spirit-filled, gospel-driven pursuit of godliness, that is, closeness to Christ and conformity to Christ." Through eleven chapters Whitney explains and unpacks ten important disciplines. He covers the disciplines of Bible intake (which receives two chapters), prayer, worship, evangelism, serving, stewardship, fasting, silence and solitude, journaling, and learning. As he does this, he provides a framework for living a God-glorifying Christian life. The book has several notable strengths. First, it is bounded by Scripture. It would be easy to go far beyond the limits of Scripture, and to make every good idea a biblical discipline.

Whitney allows Scripture to speak and always submits to its authority. This is especially noteworthy since so many similar books tend to tip into mysticism or to advocate practices that are unbiblical. Whitney teaches nothing but what is modeled in Scripture. He advocates a sola scriptura spirituality. Second, the book draws deeply from the Puritans and other Christians who have been committed to lives of godliness. Whitney pulls out many powerful quotes and illustrations drawn from days gone by. Third, the book is broad, covering ten important disciplines ranging from those done in quiet and secrecy (fasting and solitude) to those done in public view (worship and evangelism). Through the eleven chapters, the reader will receive Bible-based guidance that will impact every area of life. Fourth, the final chapter is a powerful call to persevere in these disciplines. If you are like me, you find it simple enough to maintain a discipline for a week or two, but then find your self-control lapsing and your old habits returning. These disciplines may bear some fruit if practiced for a week, but they will bear much better and much more lasting fruit if practiced over an entire lifetime. *Spiritual Disciplines for the Christian Life* was a book I read almost a decade ago—*the first book I ever read on the subject of the spiritual disciplines*. It proved foundational to my life and faith, and its lessons remain with me to this day. I am thrilled that there is now a second edition that has been both improved and expanded. I cannot commend it too highly.

Folks: Dr. Whitley hit a homerun with this one. He identifies in 13 chapters exactly why the Western Church is filled with problems, lethargy, and even heresy at times. But he does more than just identify the problem, he gives an answer for every believer to first fix himself, and then spread this cure. If you are serious about loving God, if you want more, but don't know how to get there, if your church lacks a mentorship or disciple program, this is your book. Dr. Whitney does not sugar coat anything, and rest assured following these disciplines to be more godly require work. This is not a works argument; far from it, but a willingness by the believer to serve the most amazing God who deserves nothing less than His creation's love, worship, and obedience. May this book convict, edify, and bless every church in America and the world.

*Spiritual Disciplines* by Whitney is one of the best books I have read in a long time. It is easy to read, straight forward and to the point, and covers topics every Christian needs to know. This book has been the inspiration I needed to do what I should have been doing all along. Whitney addresses reading your bible, meditating on scripture, prayer, worship, evangelism, serving, stewardship, fasting, solitude, journaling, learning and perseverance in the above disciplines. Whitney gets right down to business and matter-of-factly explains what each discipline entails, why it's important and

how to get started or improve upon it. He backs his recommendations with appropriate scripture references and other solid sources, and he uses memorable stories that paint lasting visual images to drive home the main points. Some of them - like the shelf full of unread bibles - really 'get you where you live', yet he doesn't guilt you into obedience, but rather he inspires you into a great relationship with the Lord. I made a profession of faith at the tender age of 10 and have been a Christian for years, but I never really developed the disciplines like I should have. How many years I wasted! Sometimes I find myself unsure of things and need someone to 'spell it out' for me. This book did just that. If you have been imitating other Christians and yet find yourself feeling like you are just going through the motions and wondering what it's really all about, this book makes everything clear. You'll kick yourself for not figuring it out because it's so simple, yet you'll be glad you finally understand what everyone else seems to naturally know. Most people, upon making a profession of faith, receive a gift bible. If churches would also hand them a copy of this book to go with it, we'd have a lot more Christians out there living like they ought to live.

This book is very useful for those that are trying to maintain a consistency with God in the Christian life. It was first recommended by a professor of mine and it has personally allowed me to figure out more ways in maintaining a consistent relationship with God. It is a easy read and it is a book which, in my opinion, does require for you to take your time.

Any Christian willing to become a real disciple of our Lord and Savior, must take very seriously the practice of the spiritual disciplines. Paul encouraged Timothy to exercise for the godliness. This book shows us how.... Each discipline is explained with so much clarity that it is almost impossible to delay any other minute before start their practice. In Jesus name...

This book is one of those that will need to be read and studied several times as there is so much information in it. Every Christian should read this.

I am amazed, perplexed, and so thankful for the insight to the spiritual disciplines. I have been disciplined in so many things but appealed to spontaneity for godliness. What a contradiction I have been living! Read this and practice these things and find the joy of real freedom in Christ!

This guy is a must-read for anyone serious about honoring God in their daily life. So much more truth and wisdom than I expected!

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