



# Spiritual Disciplines for the Christian Life (Pilgrimage Growth Guide)

*Donald S. Whitney*

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**Spiritual Disciplines for the Christian Life (Pilgrimage Growth Guide)** Donald S. Whitney

Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines, including:

- Scripture reading
- Prayer
- Worship
- Scripture meditation
- Evangelism
- Serving
- Stewardship of time and money
- Scripture application
- Fasting
- Silence and solitude
- Journaling
- Learning

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.

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