

# MCC Disciplemaker's Plan Book

**Key Thought:** Disciplines of Discipleship

## **The Inward Disciplines**

- Meditation
- Prayer
- Fasting
- Study

## **The Outward Disciplines**

- Simplicity
- Solitude
- Submission
- Service

## **The Corporate Disciplines**

- Confession
- Worship
- Guidance
- Celebration

Source:

*Celebration of Discipline: The Path to Spiritual Growth*, Richard J. Foster

## **Disciplines of Abstinence**

- Solitude
- Silence
- Fasting
- Frugality
- Chastity
- Secrecy
- Sacrifice

## **Disciplines of Engagement**

- Study
- Worship
- Celebration
- Service
- Prayer
- Fellowship
- Confession
- Submission

Source:

*The Spirit of the Disciplines: Understanding How God Changes Lives*, Dallas Willard

Jesus' example, other corroboration

Illustrations, object lessons, metaphors, quotes