

Connect360: Get in the Habit!

Spiritual Disciplines and Practices

July 22, 2025

- *Lesson Nine in the Connect360 unit "DiscipleMaking: Patterns of Discipleship and Evangelism for the Contemporary Church" focuses on John 15:6-10; Hebrews 12:10; Acts 13:2-3; Colossians 4:2-4.*

Foundational Habits of Discipleship

Bible study serves as the bedrock of spiritual growth. Engaging with Scripture not only deepens one's understanding of God's nature, but also fosters a personal relationship with him.

Regular study of the Bible equips individuals with knowledge and wisdom, enabling them to navigate life's challenges. Systematic study methods encourage believers to observe, interpret and apply biblical texts actively.

This practice cultivates critical thinking and allows individuals to discover personal insights, which can lead to transformative experiences in their spiritual lives.

Prayer is another foundational habit that profoundly influences spiritual development. It is through prayer that individuals communicate with God, express their thoughts and feelings, and seek guidance.

Philippians 4:6 states: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Moreover, various forms of prayer—such as intercessory prayer, contemplative prayer and corporate prayer—enhance spiritual growth by encouraging individuals to engage with God and the community.

These practices not only strengthen one's faith, but also foster a sense of belonging within the body of believers.

Worship is integral to spiritual disciplines, as it focuses on honoring and glorifying God. Engaging in corporate worship, as emphasized in Hebrews 10:24-25, encourages believers to "spur one another on toward love and good deeds, not giving up meeting together."

Worship creates a communal atmosphere where individuals can experience God's presence collectively, reinforcing their faith. Personal worship through music, art or nature can lead to profound spiritual experiences.

Engaging in worship helps believers express gratitude, reflect on God's goodness and realign their priorities, thereby facilitating deeper spiritual growth.

Serving others embodies the principle of love and is a crucial aspect of spiritual development. Jesus exemplified this through his life, teaching that "whoever wants to become great among you must be your servant" (Matthew 20:26).

By serving, individuals not only obey Christ's command, but also experience the joy of putting others before themselves. Acts of service can take many forms, from leading in the congregation to volunteering in local communities to participating in global missions.

Engaging in service cultivates empathy, humility and a sense of purpose, all of which are vital components of spiritual maturity.

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