

# celebration of discipline by richard foster

Celebration of Discipline by Richard Foster: A Journey Into Spiritual Growth

**celebration of discipline by richard foster** is much more than just a book; it's an invitation to explore the transformative power of spiritual practices in everyday life. Richard Foster's profound work has guided countless readers toward a deeper relationship with God, emphasizing that discipline is not about legalism but about joy, growth, and intimacy with the divine. If you've ever wondered how to cultivate a more meaningful spiritual life, Foster's insights offer a timeless roadmap.

## Understanding the Core of Celebration of Discipline by Richard Foster

At its heart, *Celebration of Discipline* by Richard Foster presents spiritual disciplines as essential tools for nurturing Christian faith. Foster categorizes these disciplines into three main groups: inward, outward, and corporate disciplines. Each of these serves a unique purpose in shaping the believer's character and connection with God.

The book challenges the misconception that discipline is harsh or burdensome. Instead, Foster invites readers to see discipline as a celebration—an enjoyable and enriching practice that leads to spiritual freedom. Whether it's meditation, prayer, fasting, or simplicity, these disciplines help believers align their hearts and minds with God's will.

## The Threefold Path: Inward, Outward, and Corporate Disciplines

To grasp the full scope of Foster's message, it's helpful to break down the three categories he explores:

- **Inward Disciplines:** These focus on the inner life and include meditation, prayer, fasting, and study. They encourage self-examination and foster a deep, personal communion with God.
- **Outward Disciplines:** These involve actions in the external world such as simplicity, solitude, submission, and service. They help believers live out their faith practically and humbly.
- **Corporate Disciplines:** These are practices done in community, like confession, worship, guidance, and celebration. They remind us that spiritual growth happens not only individually but also within the body of believers.

Each discipline, Foster explains, is a doorway into experiencing God more fully and living a more abundant spiritual life.

## Why Celebration of Discipline Resonates with Modern Readers

In today's fast-paced world, many people feel disconnected from their spiritual roots. *Celebration of Discipline* by Richard Foster offers a refreshing approach that speaks to contemporary seekers. The book's relevance lies in its practical guidance and its emphasis on intentional living.

Foster's writing style is accessible yet deeply insightful, making complex spiritual concepts easy to understand and apply. Readers appreciate how he balances theological depth with practical advice, helping them incorporate disciplines into their daily routines without feeling overwhelmed.

## Integrating Spiritual Disciplines Into Everyday Life

One of the strengths of *Celebration of Discipline* is its focus on actionable steps. Foster doesn't merely describe disciplines; he encourages readers to practice them regularly. Here are some tips inspired by his work to get started:

1. **Start Small:** Begin with one discipline, such as daily meditation or prayer, and gradually add others.
2. **Be Consistent:** Establish a routine that fits your lifestyle to make spiritual practices a natural part of your day.
3. **Reflect Regularly:** Take time to assess how these disciplines impact your spiritual growth and adjust as needed.
4. **Engage with Community:** Join a group or find a spiritual mentor to share your journey and receive support.

By following these steps, the spiritual disciplines become transformative habits rather than mere tasks.

# The Impact of Celebration of Discipline on Christian Spirituality

Since its publication, *Celebration of Discipline* by Richard Foster has shaped the spiritual lives of individuals and communities alike. It has inspired a resurgence of interest in classic Christian practices, encouraging believers to move beyond superficial faith into a deeper, more authentic experience.

Foster's emphasis on discipline as a joyful pursuit has helped many overcome the guilt and shame sometimes associated with spiritual growth. Instead of viewing faith as a checklist of do's and don'ts, readers are invited to embrace a vibrant, relational connection with God.

## Spiritual Disciplines as Pathways to Transformation

One of the key insights from Foster's book is that spiritual disciplines are not ends in themselves but means to transformation. They open the door for God's grace to work in a person's life, shaping their character and actions.

For example, fasting is not just about abstaining from food; it's about creating space to hear God's voice more clearly. Similarly, confession isn't merely admitting faults but a way to experience healing and restoration through vulnerability and honesty.

## Why Celebration of Discipline Remains a Timeless Classic

The enduring popularity of *Celebration of Discipline* by Richard Foster stems from its universal appeal and profound wisdom. It transcends denominational lines and speaks to anyone seeking a deeper spiritual life, regardless of background.

Foster's work reminds us that spiritual growth requires intentional effort but also promises incredible rewards. The disciplines he describes are not restrictive rules but joyful practices that invite us into God's presence and purpose.

In embracing these disciplines, readers discover a rhythm of life that balances action with contemplation, solitude with community, and effort with grace.

## Resources for Exploring Celebration of Discipline Further

For those inspired by Foster's teachings, numerous resources can deepen understanding and practice:

- **Study Groups:** Many churches and spiritual communities offer study groups focused on Celebration of Discipline to explore the book together.
- **Workshops and Retreats:** Immersive experiences provide opportunities to practice disciplines in a supportive environment.
- **Journaling:** Keeping a spiritual journal can help track progress and insights gained through regular practice.
- **Online Communities:** Forums and social media groups dedicated to spiritual disciplines offer encouragement and shared experiences.

Engaging with these resources can make the journey outlined in Celebration of Discipline even richer and more rewarding.

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Celebration of Discipline by Richard Foster invites us to rediscover the joy of spiritual growth through intentional practice. By embracing the disciplines he outlines, we open ourselves to a deeper, more vibrant faith that transforms both our inner world and our outward actions. Whether you are new to spiritual disciplines or looking to renew your commitment, Foster's timeless wisdom offers a compelling and compassionate guide.

## Frequently Asked Questions

### What is the main theme of 'Celebration of Discipline' by Richard Foster?

'Celebration of Discipline' explores the importance of spiritual disciplines such as meditation, prayer, fasting, and study as means to deepen one's relationship with God and grow in Christian faith.

### Who is the author of 'Celebration of Discipline' and what is his background?

Richard Foster is a Christian theologian and author known for his work on spiritual formation. He is the founder of Renovaré, a Christian renewal organization, and has written extensively on spiritual disciplines.

### What are the four categories of disciplines discussed in 'Celebration of

## **Discipline'?**

The book categorizes spiritual disciplines into four groups: Inward disciplines (meditation, prayer, fasting, study), outward disciplines (simplicity, solitude, submission, service), corporate disciplines (confession, worship, guidance, celebration), and contemplative disciplines.

## **How does Richard Foster define meditation in 'Celebration of Discipline'?**

Foster defines meditation as a disciplined and concentrated reflection on the word of God, allowing it to penetrate the heart and transform the mind.

## **Why is fasting considered an important discipline in 'Celebration of Discipline'?**

Fasting is important because it helps believers focus on God by denying physical needs, fostering spiritual growth, self-discipline, and dependence on God.

## **What role does simplicity play according to 'Celebration of Discipline'?**

Simplicity is about freeing oneself from the distractions of materialism and clutter, allowing for a more focused and authentic spiritual life.

## **How does 'Celebration of Discipline' suggest Christians approach prayer?**

The book encourages believers to view prayer as a vital and ongoing conversation with God, emphasizing both listening and speaking as essential components.

## **What impact has 'Celebration of Discipline' had on modern Christian spirituality?**

'Celebration of Discipline' has been influential in reviving interest in classical spiritual practices, encouraging Christians to integrate disciplined spiritual habits into daily life for deeper faith and transformation.

## **Additional Resources**

Celebration of Discipline by Richard Foster: An Analytical Review

**celebration of discipline by richard foster** stands as a seminal work in the realm of Christian spiritual formation and personal development. Since its original publication in 1978, this book has influenced countless readers seeking a deeper, more intentional spiritual life. Richard Foster's exploration into the

classical spiritual disciplines offers a pathway to transformation that transcends mere religious practice, positioning discipline as a gateway to freedom and spiritual maturity. This article delves into the core themes of the book, examines its enduring relevance, and evaluates its contribution to contemporary spiritual literature.

## **Understanding Celebration of Discipline by Richard Foster**

Richard Foster's *Celebration of Discipline* is not just a manual for religious observance; it is an invitation to a radical reorientation of one's life through the practice of traditional spiritual disciplines. The book categorizes these disciplines into three broad groups: inward, outward, and corporate disciplines. Each category addresses different dimensions of spiritual growth, offering a holistic approach to nurturing the soul.

The inward disciplines—such as meditation, prayer, fasting, and study—focus on personal spiritual development and deepening one's relationship with God. Outward disciplines include simplicity, solitude, submission, and service, emphasizing the way believers interact with the world around them. Finally, the corporate disciplines—confession, worship, guidance, and celebration—highlight the communal aspects of spirituality, underscoring the importance of fellowship and accountability.

Foster's work is distinctive for its balanced tone; it neither condemns the modern believer for a lack of discipline nor romanticizes ascetic practices. Instead, it presents the disciplines as tools for cultivating grace and spiritual vitality, accessible to anyone willing to engage in intentional practice.

## **The Historical and Theological Context**

*Celebration of Discipline* by Richard Foster draws heavily on the Christian contemplative tradition, referencing early Church Fathers, monastic practices, and biblical narratives. Foster situates these disciplines within a larger theological framework, arguing that spiritual discipline is not about legalistic rule-keeping but rather about entering into the rhythm of God's work in the world.

This historical context enriches the reader's understanding of how spiritual habits have been preserved and adapted over centuries. Foster's ability to connect ancient wisdom with contemporary spiritual challenges remains one of the book's most compelling features.

## **Core Themes and Impact on Spiritual Formation**

At its heart, *Celebration of Discipline* by Richard Foster promotes the idea that discipline is a form of celebration—an embracing of spiritual growth rather than a burdensome obligation. This reframing

challenges common perceptions of discipline as restrictive or punitive.

The book also addresses the paradox of discipline leading to freedom. Foster articulates that true freedom is found not in unbridled autonomy but in surrender to God's guidance and the cultivation of spiritual habits. This insight resonates in modern contexts where self-help and personal autonomy are often emphasized, offering a counter-narrative centered on surrender and communal support.

## Practical Applications of Spiritual Disciplines

One of the strengths of *Celebration of Discipline* by Richard Foster is its practical orientation. Each chapter dedicated to a particular discipline provides not only theological reflection but also actionable guidance.

For example:

- **Meditation:** Foster describes it as focused, sustained reflection on God's word, differing markedly from secular meditation practices.
- **Fasting:** Presented as a means to recalibrate desires and dependence on God rather than a mere dietary restriction.
- **Service:** Framed as an outward expression of faith, where spiritual growth manifests in acts of love and humility.

These practical insights make the book a valuable resource for individuals seeking to integrate spiritual disciplines into daily life, whether they are novices or seasoned practitioners.

## Critical Reception and Contemporary Relevance

Since its publication, *Celebration of Discipline* by Richard Foster has been widely regarded as a classic in Christian spirituality. Its influence extends beyond evangelical circles, impacting mainline Protestant, Catholic, and interdenominational readers. The book's ecumenical approach and emphasis on timeless spiritual practices contribute to its broad appeal.

However, some critics argue that Foster's treatment of disciplines can appear idealistic or overly optimistic about the ease of adopting such practices in a fast-paced, secular society. Others note that while the book excels in introducing disciplines, it offers less guidance on overcoming common obstacles such as distraction, discouragement, or cultural resistance.

Despite these critiques, the book's core message remains relevant, especially in a digital age marked by information overload and spiritual fragmentation. The call to disciplined spiritual engagement offers a grounding antidote to the superficiality often encountered in contemporary spirituality.

## Comparisons with Other Spiritual Formation Literature

When compared to other influential works, such as Dallas Willard's "The Spirit of the Disciplines" or Henri Nouwen's writings on spiritual life, *Celebration of Discipline* by Richard Foster stands out for its accessible style and structured approach. Willard's work delves deeply into philosophical underpinnings of spiritual practices, while Nouwen explores the interior emotional and psychological landscapes. Foster's book bridges these approaches by combining theological reflection with practical discipline.

This comparative perspective highlights the complementary nature of Foster's writing within the broader corpus of spiritual formation literature, making it a foundational text for readers exploring various dimensions of Christian spirituality.

## Key Features and Benefits of *Celebration of Discipline* by Richard Foster

- **Comprehensive Categorization:** The division of disciplines into inward, outward, and corporate provides a clear framework for spiritual growth.
- **Accessible Language:** Foster's writing is approachable without sacrificing depth, making complex spiritual concepts understandable.
- **Historical Grounding:** Integration of historical Christian practices lends credibility and depth.
- **Practical Guidance:** The book offers actionable steps, encouraging readers to apply disciplines in real life.
- **Ecumenical Appeal:** Its broad theological stance appeals across denominational lines.

On the downside, some readers may find the book's emphasis on traditional Christian disciplines less applicable outside of Christian contexts. Additionally, those looking for a more critical or psychological analysis of discipline may seek supplementary resources.

# Why Celebration of Discipline by Richard Foster Endures

The enduring popularity of *Celebration of Discipline* by Richard Foster can be attributed to its ability to meet a fundamental human need for structure, meaning, and connection. In a world where distractions abound and spiritual depth is often elusive, Foster's invitation to discipline as celebration offers a refreshing perspective.

Furthermore, the book's adaptability across various cultural and denominational contexts ensures its continued relevance. Spiritual directors, pastors, lay leaders, and individuals all find value in its clear pathway toward growth.

As modern spirituality increasingly embraces mindfulness and holistic practices, Foster's work reminds readers that disciplined spiritual habits remain vital for authentic transformation rooted in faith.

The ongoing dialogue sparked by *Celebration of Discipline* by Richard Foster continues to inspire readers to pursue a disciplined yet joyous spiritual journey—one that balances rigor with grace, tradition with innovation, and individual growth with community life.

## [Celebration Of Discipline By Richard Foster](#)

**celebration of discipline by richard foster:** *Celebration of Discipline* Richard Foster, 2012-02-16 Arguably the most established contemporary spiritual classic by our most profound living religious writer. This timeless classic has helped well over a million people discover a richer spiritual life infused with joy, peace and a deeper understanding of God. The book explores the 'classic disciplines' of Christian faith: the inward disciplines of meditation, prayer, fasting, and study; the outward disciplines of simplicity, solitude, submission and service and the corporate disciplines of confession, worship, guidance and celebration.

**celebration of discipline by richard foster: Celebration of Discipline** Richard J. Foster, 1980

**celebration of discipline by richard foster:** *Richard J. Foster's Study Guide for "Celebration of Discipline"* Richard J. Foster, 2010-03-23 Brief, incisive essays clarify key issues raised in *Celebration of Discipline* and encourage a fuller understanding and practice of the spiritual disciplines.

**celebration of discipline by richard foster: Celebrating the Disciplines** Richard Foster, Katherine Yanni, 2013-04-11 'We need not be well advanced in matters of theology to practise the disciplines,' writes Richard Foster. 'The primary requirement is a longing after God.' *CELEBRATION OF DISCIPLINE*, Richard Foster's guide to the classical spiritual disciplines, has enriched the prayer and spiritual growth of thousands. This carefully designed and practical workbook puts the bestselling book into practice, offering new ways to experience the spiritual disciplines and integrate them into daily life.

**celebration of discipline by richard foster:** *Celebration of Discipline, Special Anniversary Edition* Richard J. Foster, 2018-02-13 A newly repackaged and updated 40th anniversary edition of the timeless guide that has helped numerous seekers discover a richer spiritual life infused with joy, peace, and a deeper understanding of God, updated with a new introduction by the author and a new

section: Entering the Great Conversation about the Growth of the Soul. Hailed by many as the best modern book on Christian spirituality, *Celebration of Discipline* explores the classic Disciplines, or central spiritual practices, of the Christian faith. Along the way, Foster shows that it is only by and through these practices that the true path to spiritual growth can be found. Dividing the Disciplines into three movements of the Spirit, Foster shows how each of these areas contribute to a balanced spiritual life. The inward Disciplines of meditation, prayer, fasting, and study offer avenues of personal examination and change. The outward Disciplines of simplicity, solitude, submission, and service help prepare us to make the world a better place. The corporate Disciplines of confession, worship, guidance, and celebration bring us nearer to one another and to God. Foster provides a wealth of examples demonstrating how these Disciplines can become part of our daily activities—and how they can help us shed our superficial habits and bring the abundance of God into our lives. He offers crucial new insights on simplicity, demonstrating how the biblical view of simplicity, properly understood and applied, brings joy and balance to our inward and outward lives and sets us free to enjoy the provision of God as a gift that can be shared with others. The discussion of celebration, often the most neglected of the Disciplines, shows its critical importance, for it stands at the heart of the way to Christ. *Celebration of Discipline* will help Christians everywhere to embark on a journey of prayer and spiritual growth.

**celebration of discipline by richard foster: Year with God** Richard J. Foster, 2016-04-19

Many people are longing to find the footprint of God in their daily lives. This beautiful daily companion is comprised of 365 selections of scripture, commentary, meditations, and daily exercises to help readers see how they can bring their entire life into a life with Immanuel - a God who is with his people. In Richard Foster's best-selling book, *Celebration of Discipline*, he explored the classic disciplines, or central spiritual practices of the Christian faith. Foster showed that it is only by and through these practices that the true path to spiritual growth can be found. In *A Year with God*, the spiritual disciplines are presented in such a way that does not destroy the soul but enables the reader to enter into a transforming life with God. Through daily spiritual exercises and meditations, *A Year with God* explores eighteen spiritual disciplines. The inward disciplines of meditation, prayer, fasting, and study offer avenues of personal examination and change. The outward disciplines of simplicity, solitude, submission, and service help prepare one to make the world a better place. The corporate disciplines of confession, worship, guidance, and celebration bring one nearer to others and to God. Each discipline will be given twenty days of readings, beginning with scripture and followed by commentary, a meditation, and a spiritual exercise. Practicing these spiritual disciplines will help readers live intentionally, contributing to a more balanced spiritual life and a reformation of the inner self.

**celebration of discipline by richard foster: Celebration of Discipline Leader's Guide** Richard J. Foster, 2005-01-01

**celebration of discipline by richard foster: Richard Foster's Treasury of Christian Discipline** Richard J. Foster, 1995

**celebration of discipline by richard foster: Celebrating the Disciplines** Richard J. Foster, Kathryn Yanni, 1994-01-01 This practical workbook helps readers to find new ways to reflect on, experience and integrate the disciplines into their lives. Designed for use both by individuals and groups, the workbook features spiritual reflections, questions and exercises to cover one full year.

**celebration of discipline by richard foster: Celebration of Discipline Participant's Guide** Richard J. Foster, 2005-01-01

**celebration of discipline by richard foster: Life with God** Richard J. Foster, 2009-10-13 "If you want to discover new ways of entering the Bible, and letting it enter you, you will find no better guide than Richard Foster." — Lauren F. Winner, Duke Divinity School, author of *Girl Meets God* "Foster's work is not for those readers who are seeking quick answers or a behavioral checklist of what the Bible says they should do. Rather, it is a deep reflective guide to spiritual rumination and growth." — Publishers Weekly Richard Foster, the beloved, bestselling author of *Celebration of Discipline*, *Streams of Living Water*, and *Prayer*, shows the intimate connection between Scripture

and spirituality, revealing the secrets to living the "with-God life."

**celebration of discipline by richard foster:** *Deep-Rooted in Christ* Joshua Choonmin Kang, 2007-10-04 With fifty-two brief readings ideal for weekly reflection, this devotional from pastor Joshua Choonmin Kang invites you to walk slowly, paying attention to God's work in you and around you, to walk intentionally, using spiritual disciplines to develop Christlike character, and to walk purposefully, experiencing deeper grace and vision.

**celebration of discipline by richard foster:** *Streams of Living Water* Richard Foster, 2017-09-07 In this landmark work, Richard Foster examines the 'streams of living water' - the six dimensions of faith and practice - that have defined Christian tradition around the world and down the centuries. In this inspiring book he looks at: - the Contemplative tradition - or the prayer-filled life - the Holiness tradition - or the virtuous life - the Charismatic tradition - or the Spirit-empowered life - the Social Justice tradition - or the compassionate life - the Evangelical tradition - or the word-centred life - the Incarnational tradition - or the sacramental life Foster's celebration of the spiritual life incorporates history's most significant Christian figures and movements and argues for a rich, well-rounded faith, free of constricting labels.

**celebration of discipline by richard foster:** *Echoes of Eden* Eddie Dutra, 2016-06-24 The neoliberal theologians, who intend to repaint Christianity, say they are reacting to the errors and abuses within the church, against the false promises of the Prosperity theology and the modern Pharisees, who use legalism as a means of oppression and control. The truth, however, is that they incur in the same mistakes of them. Those of the Prosperity Gospel or those of the postmodern church philosophy lead the ministry according to peoples desire, not according to Gods interests or the true spiritual need of people. The Prosperity theology adapted to a greedy society that sees Jesus only as the multiplier of loaves and fishes and a free healer; therefore, it gave them what they wanted. The postmodern Christians changed the speech and emphasis, but reproduced the same pattern of ministry. When we compare them, both groups are alike they all use pragmatism as foundation for ministry, thus, their teachings are unbiblical, their practice unethical and its results, devastating to the Christian faith. The new painters take advantage of the mistakes of some groups of the evangelicalism, with this, they find the opportunity to throw out the baby with the dirty bathwater they throw away the true Gospel along with the errors of the church. Such opportunism is clearly detected in their effort to establish a stereotype to represent historic Christianity as a group of ignorant and devoid-of-love Fundamentalist fanatics, while they pose as open-minded good-boy-preachers, and love givers with no trace of prejudice. By opposing legalism, these men went to the other extreme they became libertines. Thus, their offered antidote became worse than the poison itself. The neoliberal theologians came not to bring healing to the churchs problems, rather, they aggravated it. They are opportunists who are creating a neo-Christianity under the perspectives of this new postmodern world.

**celebration of discipline by richard foster:** *The Thirteenth Discipline* Lionel M. Moriah, 2011-07-13 Perhaps the most critical issue for healthy, growing churches is member care or life together, in keeping with the biblical emphasis on allalon--one another. Member care demands that believers be passionately concerned for one another's spiritual welfare and physical and social well-being. This mutual care may be expressed in different ways, but they are always to be directed to the needs of the members of the body of Christ. That is the approach taken by the author of this book, which focuses on what may be construed as a negative subject--discipline. The hope is that a careful reading will reveal that Christian discipline, seen holistically, may be a most rewarding ministry, one that brings many benefits to healthy, growing churches as it nurtures loving relationships among people who care enough to speak the truth with love, as Jesus did.

**celebration of discipline by richard foster:** *Disciplined for Life* John Loftness, C. J. Mahaney, 1992 As you study and apply the spiritual disciplines, you will find fresh power and enthusiasm to live like Christ Leave the treadmill of spiritual drudgery behind as you discover how you can be Disciplined for Life.

**celebration of discipline by richard foster:** *Humility and Human Flourishing* Michael W.

Austin, 2018-10-18 In many Christian traditions, humility is often thought to play a central role in the moral and spiritual life. In this study of the moral virtue of humility, Michael W. Austin applies the methods of analytic philosophy to the field of moral theology in order to analyze this virtue and its connections to human flourishing. The book is therefore best characterized as a work in analytic moral theology, and has two primary aims. First, it articulates and defends a particular Christian conception of the virtue of humility. It offers a Christological account of this trait, one that is grounded in the gospel accounts of the life of Christ as well as other key New Testament passages. The view of humility it offers and defends is biblically grounded, theologically informed, and philosophically sound. Second, the volume describes ways in which humility is constitutive of and conducive to human flourishing, Christianly understood. It argues that humility is rational, benefits its possessor, and contributes to its possessor being good qua human. Austin also examines several issues in applied virtue ethics. He considers some of the ways in which humility is relevant to several of the classic spiritual disciplines, such as prayer, fasting, solitude, silence, and service. He considers humility's relevance to issues related to religious pluralism and tolerance. Finally, the book concludes with a discussion of the relevance of humility for family life and how it can function as a virtue in the context of sport.

**celebration of discipline by richard foster: *This Is My Body*** Ragan Sutterfield, 2015-02-17  
“The cacophony of voices about our bodies is so loud, it’s hard to hear the voices that matter. Some of us decide to forget it all and give in to one addiction or another. I’ve done that. Some of us decide to perfect our bodies and obsess over every muscle or wrinkle. I’ve done that too. Then I discovered the truth about my body: It is a gift. A sign of God’s love. And so is yours.” Many of us think of our bodies as burdens that drag us toward failure and guilt. But what if God actually glories in the flesh? What if we had the same joy about our bodies as God does? Ragan Sutterfield brings us back to a biblical perspective—a freeing, corrective viewpoint that reminds us of the connection between spirit, mind, and body. Along the way, he shares his journey from overweight addict to Ironman competitor. He counts his success, though, not in his decreased clothing size but in his increased understanding of how much God loves the body and what it means to take care of his whole being. This is a story for each of us. As a teenager, Ragan Sutterfield tried extreme dieting to get rid of childhood chubbiness. As a young adult, he wrestled with his Christian culture’s tenets about the dangers of the body. As a man, he became an obese smoker in a failing marriage. And he began a journey of understanding that changed his life. Weaving together biblical insight, personal story, and thoughtful reflection, *This Is My Body* offers an inspiring look at God’s creation of each of us as human beings, in the flesh. It is an examination of spiritual disciplines, sex, self-image, eating, environmental responsibilities, and the church’s role in misunderstandings about the body. It is also a celebration of Communion—the moment when Jesus reminded his disciples that he, too, is flesh. Spiritually rich, this is an eloquent exploration of the body in all its God-given glory.

**celebration of discipline by richard foster: *A Life Larger Than Pain*** Erv Hinds, 2003-04 A book that relates spirituality and medical procedures with integrity...Dr. Hinds' knowledge not only of Western medicine, but also of legitimate insights from Oriental and Native American approaches to pain, make this a book worth reading, worth buying.

**celebration of discipline by richard foster: *A Disciple After God’s Heart*** Caleb C. H. Mah, 2019-07-19 Is it possible to be a disciple of Jesus after God’s heart? For matured Christians, this may not be an issue, but still, it is good to know or learn more about how to follow Jesus. For new Christians, walking with Jesus is a daily growing process. He or she will want to learn early in his or her Christian life how to follow Jesus. And the question is, How can a disciple of Jesus Christ experience what King David did as a man after God’s heart? This had been a question in my mind for many years as I served as a missionary in Cambodia. I believe a Christian, new or matured, can be a disciple of Jesus after God’s heart. In this study book, I have used some examples of David’s life and his obedience to God as to why he was called a man after God’s heart. I applied the combination of David’s life to discipleship with spiritual disciplines to transform our lives as disciples of Jesus. Hence, in this study, we will find out how a Christian can be a disciple after God’s heart. Here is how

you can use this book: first you study to be a disciple of Jesus after God's heart, then you study this book the second time to be a disciple seeking after God's heart.

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