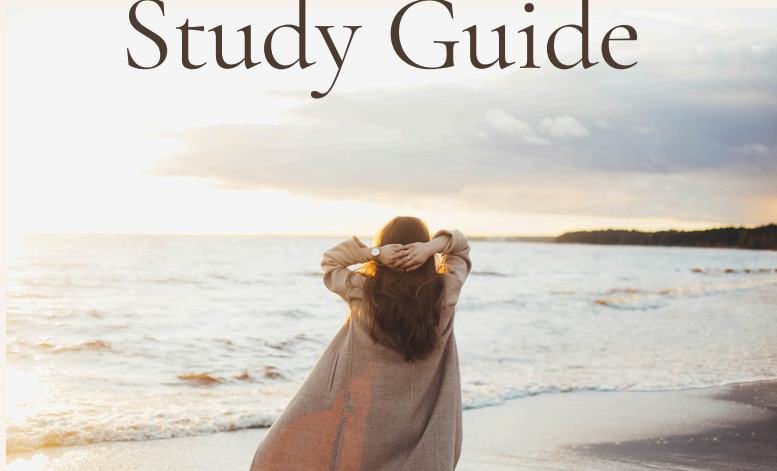


IN PURSUIT OF INTIMACY SERIES

# Spiritual disciplines Study Guide



*A guide to a balanced and thriving  
spiritual life and how to exercise your  
spiritual muscles to align yourself to God's  
ultimate will for your life.*

COMPILED BY DR IVY IFEATU ESSIAM



Welcome to the Spiritual Disciplines Study Guide, a resource crafted to help you deepen your walk with God through intentional spiritual practices.

This guide is part of the In Pursuit of Intimacy resource hub, birthed from a deep desire to see believers not just survive spiritually but thrive through intimacy with God. As you walk through these pages, you're not just reading or journaling; you are cultivating substance. You are gathering oil. You are making room for God to move.

This guide is not about religious routine; it is about relational rhythm, learning to meet God in the everyday. It's about slowing down, leaning in, and building the kind of spiritual life that invites His presence, power, and purpose.

Whether you are just beginning your journey or seeking to deepen your intimacy with God, may this be a space where your spirit is stirred, your faith is formed, and your oil begins to overflow.

“

**Because the truth is: God cannot multiply what we do not bring.**

With love & purpose,  
Ivy Essiam(PhD)  
In Pursuit of Intimacy

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# About Me

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Dr Ivy Ifeatu Essiam is a minister's wife, devoted to teaching, training, and inspiring believers through the Word of God. With a heart for truth, discipleship and spiritual growth, she desires for Christians to develop lasting habits that deepen intimacy with God and align their lives with His purpose.

A teacher of the Word and author of several devotional resources, including the *Divinely Crafted*, *Chosen & Called in Love* prayer journal, Dr Essiam blends timeless biblical truths with practical guidance for everyday faith.

Through this guide, she invites you to build spiritual disciplines that nurture prayer, reflection, and a life rooted in God's presence.

*Ivy Ifeatu Essiam*



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In Pursuit of Intimacy

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In Pursuit of Intimacy



# 01 The Discipline Of Praise

## The Power and Practice of Praise

Praise is more than songs or clapping, it's a spiritual discipline that ushers us into God's presence (Psalm 22:3). Whether through dance, silence, or shouts, biblical praise takes many forms.

There are several types of praise similar to Hala (which means "to praise, celebrate, or boast" in Hebrew such as;

**Tehillah (תְּהִלָּה)** – A song of praise; spontaneous, heartfelt worship (P.Tehila

**Yadah (יָדָה)** – To give thanks, praise with extended hands (Psalm 107:1).

**Barak (בָּרַךְ)** – To kneel in adoration, to bless God (Psalm 103:1).

**Zamar (זָמַר)** – To praise with musical instruments, to sing (Psalm 150:3-5).

**Shabach (שָׁבַח)** – To shout in triumph, to glorify (Psalm 117:1).

**Todah (תּוֹדָה)** – A thanksgiving offering or sacrifice of praise (Psalm 50:14).

**Hallelujah (הַלְלוּיָהּ)** – "Praise Yah (the Lord)!" A joyful exclamation of worship (Revelation 19:1-6).

# 01 The Discipline Of Praise

## 7 Ways Praise Can Transform Your Daily Life

Praise isn't just something we do at church, it's a powerful way to connect with God every single day. Here are seven beautiful ways to make praise a daily lifestyle:

### 1. Start with Awe: God's Holiness

God is holy and completely unmatched in power (Isaiah 43:10,13). Praise begins when we recognize who He is.

### 2. Halal: Joyful, Loud Praise

"Halal" in Hebrew means to celebrate wildly, like King David dancing with joy (2 Samuel 6:16,22).

- Try this: Don't hold back! Clap, sing, dance, lift your hands, rejoice freely in His presence.

### 3. Praise that Gives and Blesses

Hebrews 13:15-16 shows that praise is a sacrifice, and it softens us to bless others (like David giving gifts after worship).

- Try this: Let your praise spill into kindness. Bless someone today, big or small.



# 01 The Discipline Of Praise

## **4. Silent Praise: Stillness Before God**

Praise isn't always loud. Mary praised from her heart first (Luke 1:46-47). God inhabits our quiet moments too (Psalm 22:3 AMP).

- Try this: Sit silently with God for 5 minutes, just being grateful.

## **5. Praise as Warfare**

Praise is a battle cry! Walls fall when we worship like in Joshua 6:20 and Psalm 149:6.

- Try this: Speak (or shout!) praise over a situation you're battling, declare God's victory in faith.

## **6. Wear Praise Like a Garment**

Isaiah 61:3 says praise lifts heaviness. Like Joseph's colorful coat, it should be seen.

- Try this: When you're tempted to complain, stop and praise. Let God's joy be your vibe.

## **7. Praise Is the Point**

We don't just praise for blessings, we praise because He is worthy (Psalm 22:25).

- Try this: Make a list of reasons God is worthy, who He is, not just what He's done.

# 01 The Discipline Of Praise

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Praise isn't one-size-fits-all. From dancing to stillness, it's all about glorifying God (Psalm 150:6). Make praise your habit, your weapon, and your joy—every day.

## **Takeaway:**

- Learn the Hebrew words for praise.
- Praise daily—loud or quiet.
- Share what God does through your praise.

Hallelujah! Let everything that has breath praise the Lord! (Psalm 150:6)

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# 02 The Discipline of Silence, Solitude & Stillness

***Be still, and know that I am God..." —Psalm 46:10***

In a world that never stops talking, where noise is constant and busyness is glorified, the disciplines of silence, solitude, and stillness stand as countercultural yet transformative practices. These spiritual disciplines are not merely about the absence of sound or people but about creating space for divine encounter, where we quiet our hearts, withdraw from distractions, and rest in God's presence.

Jesus Himself modelled these disciplines, often retreating to lonely places to pray (Mark 1:35). The early Church and many saints throughout history have embraced them as pathways to deeper intimacy with God. Yet today, many of us struggle with silence, fearing it may be awkward or unproductive. We fill our lives with noise, activity, and endless stimulation, missing the whispers of God in the quiet.

This chapter explores how these three disciplines—silence, solitude, and stillness can deepen our faith, sharpen our discernment, and bring rest to our weary souls.

## **The Discipline of Silence**

**"Let all the earth keep silence before Him." —Habakkuk 2:20**

Silence is one of the most underrated and unpracticed spiritual disciplines. In corporate worship, we often view extended silence as strange—background music or speech feels more natural. But why is silence so uncomfortable?

Perhaps because we equate silence with loneliness or unproductiveness. Or maybe we fear what it might uncover: hidden struggles, unresolved emotions, or the voice of God calling us to something deeper.

# 02 The Discipline of Silence, Solitude & Stillness

Yet, as St. Teresa of Calcutta said, "We need to find God, and He cannot be found in noise and restlessness"

## What Is Silence as a Spiritual Discipline?

- Withdrawing from distracting noise.
- Not just the absence of speech but actively listening for God's voice.
- Creating space to be alone with God, free from devices, TV, and other interruptions.

## How to Practice Silence

Finding true quiet can be challenging, but it's possible:

- Use early mornings, late nights, or a quiet spot in nature.
- Start with 5–10 minutes daily, then gradually increase.
- Journal distracting thoughts to clear your mind.
- Pray for God to quiet your heart before beginning.

Silence allows the Holy Spirit to search our souls, bringing hidden thoughts to light (2 Corinthians 10:5). It's not always comfortable, but it's where God often speaks loudest.

## The Discipline of Solitude

*"But when you pray, go into your room, close the door and pray to your Father, who is unseen."* —Matthew 6:6

Solitude is intentional separation from human interaction to focus on God. Jesus frequently withdrew to desolate places (Luke 5:16), demonstrating its necessity.

## Solitude vs. Loneliness

- Solitude is choosing aloneness with God leading to or leaving us fulfilled.
- Loneliness is feeling empty without others leaving us longing.

# 02 The Discipline of Silence, Solitude & Stillness

We fear solitude because we equate it with loneliness. But in God's presence, we realize we are never truly alone (Hebrews 13:5).

## Biblical Examples of Solitude's Power

- Jesus fasted 40 days in the wilderness and emerged full of power (Luke 4:14).
- John the Baptist lived in the wilderness, sharpening his discernment for ministry.
- David, fleeing Saul, wrote Psalms in solitude—songs born from deep communion with God.
- John, exiled on Patmos, received the Book of Revelation in forced solitude.

## How to Practice Solitude

- Start small: 15–30 minutes in a quiet space.
- Schedule a personal retreat—half a day or more in seclusion.
- Pray against the fear of being alone (2 Timothy 1:7).

Solitude is where God **recharges, refines, and reveals**.

## The Discipline of Stillness

*"In quietness and confidence shall be your strength."* —Isaiah 30:15

Stillness is **doing nothing**—just being in God's presence. It's the calm in the storm, the rest in chaos.

## Biblical Pictures of Stillness

1. **Jesus Sleeping in the Storm (Mark 4:35-41)**
  - While waves raged, Jesus **rested**.
  - Stillness is **trust** in God's control.
2. **Elijah and the Still Small Voice (1 Kings 19:11-13)**
  - After wind, earthquake, and fire, God spoke in **a whisper**.
  - God often meets us in **quietness**, not noise.

# 02 The Discipline of Silence, Solitude & Stillness

## How to Practice Stillness

- Set aside 5 minutes daily to sit quietly before God—no praying, no reading, just being.
- Breathe deeply, release control, and let God's peace fill you.
- Use nature—walk slowly, observe creation, and let it point you to God.

Stillness is where we exchange our anxiety for His peace.

## Why These Disciplines Matter

The world is frantic, but God calls us to slow down. Silence, solitude, and stillness:

- Deepen our connection with God beyond words.
- Sharpen discernment—helping us hear His voice clearly.
- Bring emotional and spiritual rest (Matthew 11:28-30).
- Increase self-awareness, exposing areas needing surrender.
- During COVID-19, many rediscovered the value of slowing down.
- These disciplines help us maintain that **mindfulness** in daily life.

## Final Challenge

- Start small—**5 minutes** daily—and build from there.
- Try **7 days** of intentional silence, solitude, or stillness.
- Journal what God reveals.
- "God is in heaven, and you are on earth. Therefore, let your words be few." —Ecclesiastes 5:2
- What will you discover when you **stop, withdraw, and listen**?

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# 03 The Discipline of Scripture Memorization

## Hiding God's Word in Your Heart

As a child, I remember my dad sending me to the pharmacy to buy Flagyl and tetracycline. For some reason, "tetracycline" was a difficult name to remember, and I often feared forgetting it before reaching the pharmacy. To ensure I didn't, I would chant the name in a singsong voice from our house all the way to the store. This repetition helped me deliver the message correctly, ensuring that the stomach ache or constipation that necessitated the medicine would be resolved.

This childhood habit mirrors the importance of Scripture memorization. Just as repeating the name of the medicine embedded it in my memory, constantly speaking and meditating on Scripture helps us internalize God's Word. When we hide Scripture in our hearts, the Holy Spirit brings it to remembrance in moments of need, using it to minister to us, guide us, and strengthen our faith.

## The Biblical Foundation for Scripture Memorization

The Bible repeatedly emphasizes the importance of memorizing and meditating on God's Word:

- **Psalm 119:11 (ESV)** – *"I have stored up your word in my heart, that I might not sin against you."*
- **Joshua 1:8 (ESV)** – *"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it."*
- **Colossians 3:16 (ESV)** – *"Let the word of Christ dwell in you richly..."*
- **Deuteronomy 6:6-7 (ESV)** – *"And these words that I command you today shall be on your heart. You shall teach them diligently to your children..."*

# 03 The Discipline of Scripture Memorization

## Why Scripture Memorization Is Important

1. **Spiritual Warfare** – When Jesus was tempted in the wilderness, He countered Satan's lies with Scripture (Matthew 4:1-11). Memorizing Scripture equips us to resist temptation and stand firm in faith.
2. **Guidance and Wisdom** – God's Word is a lamp to our feet (Psalm 119:105). When we internalize Scripture, the Holy Spirit brings it to mind in moments of decision-making.
3. **Comfort and Encouragement** – In trials, recalling God's promises (e.g., Romans 8:28, Isaiah 41:10) brings peace and reassurance.
4. **Effective Witnessing** – Having Scripture at the ready allows us to share the Gospel and counsel others with biblical truth (1 Peter 3:15)
5. **Renewing the Mind** – Memorization helps us align our thoughts with God's truth (Romans 12:2), replacing negative or sinful thinking with His Word.

## Benefits of Scripture Memorization

- **Stronger Faith** – Regularly recalling God's promises builds trust in Him.
- **Faster Spiritual Growth** – The more Scripture we know, the more the Holy Spirit can use it to shape us.
- **Greater Obedience** – When God's Word is ingrained in us, we are more likely to live by it.
- **Deeper Prayer Life** – Praying Scripture (e.g., Psalm 23, Ephesians 3:16-19) enriches our communion with God.

# 03 The Discipline of Scripture Memorization

## How to Cultivate the Habit of Scripture Memorization

1. **Start Small** – Begin with key verses (e.g., John 3:16, Proverbs 3:5-6) before tackling longer passages.
2. **Use Repetition** – Write the verse down, say it aloud multiple times, and review it throughout the day.
3. **Incorporate Music** – Many Scriptures are easier to remember when set to song (e.g., worship songs based on Psalms).
4. **Use Visual Reminders** – Place verses on sticky notes, phone wallpapers, or mirrors.
5. **Join a Memorisation Group** – Accountability partners or Bible study groups can encourage consistency.
6. **Meditate on Meaning** – Understanding the context and application of a verse aids retention.
7. **Review Regularly** – Revisit memorised Scriptures to keep them fresh in your mind.

Just as my childhood chant ensured I didn't forget the medicine's name, repeating Scripture engrains it in our hearts. Scripture memorisation is a powerful discipline that fortifies our faith, equips us for spiritual battles, and keeps us aligned with God's will. By intentionally hiding God's Word in our hearts, we allow the Holy Spirit to bring it to life in our daily walk.

## Next Steps:

- Choose **one verse** to memorise this week.
- Set a daily reminder to recite it.
- Repeat a verse 100 times during the day e.g. 20 times every hour
- Share it with a friend for accountability.
- "Your word is a lamp to my feet and a light to my path." (Psalm 119:105)
  - Let it guide you every day.

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# 04 The Discipline of Bible Study

## **Your Kingdom Constitution**

Just as a nation's constitution defines the rights, privileges, and responsibilities of its citizens, the Bible is the divine constitution for every believer, a living document that reveals our identity, authority, and inheritance in Christ. Without studying and applying a nation's laws, citizens cannot fully enjoy their rights or function effectively. In the same way, neglecting God's Word leaves believers ignorant of their spiritual authority, vulnerable to defeat, and unable to walk in the fullness of their Kingdom destiny.

## **The Bible: God's Living Constitution**

The Bible is not merely a book; it is God's active, authoritative Word (Hebrews 4:12). Just as a constitution governs a nation, Scripture governs the life of a believer, providing wisdom, correction, and direction (2 Timothy 3:16-17). Joshua 1:8 instructs us to "meditate on it day and night... so that you may be careful to do everything written in it. Then you will be prosperous and successful." Success in the Kingdom comes from knowing and obeying God's Word.

## **WHY BIBLE STUDY IS ESSENTIAL**

- **Reveals Your Identity in Christ** – Scripture confirms who you are: a redeemed, empowered child of God (1 Peter 2:9, Romans 8:17).
- **Unlocks Kingdom Authority** – Jesus said, "If you abide in My word... you will know the truth, and the truth will set you free" (John 8:31-32).
- **Provides Divine Wisdom** - God's Word is a lamp to our feet (Psalm 119:105), guiding decisions and aligning us with His will.

# 04 The Discipline of Bible Study

## Cultivating the Habit of Bible Study

- **Set a Daily Appointment** – Treat Bible study like a non-negotiable meeting with God (Psalm 5:3).
- **Engage Actively** – Read, meditate, journal, and pray Scripture (Psalm 1:2-3).
- **Join a Study Group** – Iron sharpens iron (Proverbs 27:17); community fosters accountability and deeper insight.

## Practical Next Steps

- **Start Small** – Begin with a chapter a day, using a study plan or devotional.
- **Apply What You Learn** – James 1:22 warns against being "hearers only," and obedience brings transformation.
- **Memorise Key Scriptures** – Hide God's Word in your heart (Psalm 119:11) for quick recall in times of need.

A nation thrives when its citizens know and uphold their constitution. Likewise, believers thrive when they study, meditate on, and live by God's Word. Make Bible study a daily discipline; your victorious Kingdom life depends on it.

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# 05 The Discipline of Fasting

## **Myths and Embracing True Spiritual Growth**

Fasting is a powerful spiritual discipline, yet it is often misunderstood. Many approach fasting with misconceptions that distort its true purpose and rob them of its profound benefits. One of the most pervasive myths is the belief that fasting forces God to answer our prayers.

This misconception has reduced fasting to a religious bargaining tool, a way to negotiate with God or an extra spiritual "work" to pressure Him into action. As a result, some people skip meals or engage in hunger strikes with little prayer, minimal Scripture engagement, and a transactional mindset: "If I fast, God must respond."

But fasting was never meant to be a hunger strike against heaven. God does not need our spiritual gymnastics or gimmicks to move on our behalf. Scripture reminds us: "And my God will meet all your needs according to the riches of his glory in Christ Jesus." (Philippians 4:19, NIV)

God's grace is already abundant toward us (2 Corinthians 9:8). Fasting does not earn His favour, it positions us to receive what He has already made available by faith.

## **The True Purpose of Fasting**

Fasting is not about twisting God's arm; it's about aligning our hearts with His will. It subdues the distractions of the flesh and heightens our spiritual sensitivity. Think of fasting as yeast in dough, it works quietly, deepening our submission to God until our spirit rises in discernment and faith.



# 05

# The Discipline of Fasting

Isaiah 58 reveals the kind of fasting God delights in, one marked by:

1. Humility and surrender (v. 3)
2. Compassion and justice (v. 6-7)
3. Intimacy with God (v. 9)
4. Renewed strength and clarity (v. 11)

True fasting is worship, a posture of stillness, reverence, and hunger for God's presence above all else.

## How to Cultivate the Discipline of Fasting

### Start Small

Begin with short fasts (e.g., skipping one meal or a 12-hour fast) and gradually increase as the Spirit leads.

### Pair Fasting with Prayer & Scripture

Fasting without prayer is just hunger. Dedicate time to seek God's presence (Joel 2:12).

Meditate on Scripture to nourish your spirit (Matthew 4:4).

### Fast with a Purpose

Are you seeking breakthrough? Direction? Spiritual renewal? Let your fast be intentional (Acts 13:2-3).

### Guard Against Pride

Fasting is between you and God (Matthew 6:16-18). Avoid making it a public performance.

# 05

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## The Discipline of Fasting

### **Listen More Than You Speak**

Fasting is not about presenting requests only but posturing to hear from God (Habakkuk 2:1).

### **The Benefits of Fasting**

**Spiritual Clarity** – Removes distractions and sharpens discernment (Daniel 9:3, 21-22).

**Emotional Renewal** – Brings healing and liberation from burdens (Isaiah 58:6-8).

**Physical Reset** – Allows the body to detox while the spirit refocuses

**Deeper Intimacy with God** – Positions us to encounter Him in fresh ways (James 4:8).

### **Next Steps: Putting Fasting into Practice**

**Set a Goal** – What do you hope to gain? (Guidance, deliverance, deeper faith?)

**Set a time period** – Regularly once a week, 3-day fast, 7-day fast or others as led.

**Choose a Fast Type** – Full (no food), partial (specific foods)

**Prepare Spiritually** – Confess sin, repent, and enter with a clean heart (Psalm 66:18).

**Journal Your Journey** – Record insights, Scriptures, and prayers during your fast.

# 05 The Discipline of Fasting

**Break the fast wisely** - end with gratitude and continued dependence on God.

**Fasting is not a ritual** - it's a reset. When done in faith and humility, it doesn't change God; it changes us. As you fast, may you experience the fullness of His presence, the clarity of His voice, and the joy of deeper surrender.

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# 06 The Discipline of Fellowship

## A Necessity for Thriving in Christ

"That they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me." — **John 17:21 (NKJV)**

Fellowship is to the believer what air is to the body, essential for survival. Just as a branch cannot bear fruit unless it remains in the vine (John 15:4-5), we cannot thrive spiritually without engaging in consistent fellowship with God and with other believers.

Jesus prayed for our **oneness** with Him and with one another because He understood that **fellowship is the foundation of kingdom living**. It is through fellowship that we grow, are sharpened, and receive the strength to navigate life's challenges.

## The Power of Fellowship in Scripture

**Fellowship Brings Deliverance:** When Peter was imprisoned, the church gathered in **fervent prayer and fellowship** (Acts 12:5-12). Their unity and faith moved God to send an angel to miraculously free him.

**Fellowship Releases Boldness:** After being threatened not to preach Christ, the disciples prayed together in one accord (Acts 4:23-31). The place was shaken, and they were filled with boldness to keep proclaiming the Gospel.

**Fellowship Sustains Spiritual Growth:** The early church "**continued steadfastly in the apostles' doctrine and fellowship**" (Acts 2:42). This was how they grew in faith, power, and influence.

# 06 The Discipline of Fellowship

## The Benefits of Fellowship

**Divine Revelation** – Through fellowship with God and His people, we gain wisdom and understanding of His ways (Proverbs 27:17).

**Strength in Trials** – "Two are better than one... for if they fall, one will lift up his companion" (Ecclesiastes 4:9-10).

**Answered Prayers** – "If two of you agree on earth concerning anything... it will be done" (Matthew 18:19-20).

**Spiritual Sharpening** – Iron sharpens iron; fellowship keeps us accountable and growing (Proverbs 27:17).

## Actionable Steps to Cultivate Fellowship

**Prioritize Personal Fellowship with God:** Spend daily time in prayer, worship, and Scripture. **You cannot give what you don't have.**

**Commit to a Local Church:** Be present in gatherings (Hebrews 10:25). Serve, give, and engage, don't just attend.

**Join or Form a Prayer/Accountability Group:** Find like-minded believers with whom to pray, study, and grow (Acts 2:46).

**Be Intentional in Discipleship:** Pour into others as God pours into you (2 Timothy 2:2).

**Practice Hospitality:** Open your home and heart to fellowship (Romans 12:13).

## Fellowship is our Lifeline

Just as Jesus abided in the Father, we must abide in Him and in the community of believers. **Fellowship is not optional; it is the heartbeat of a thriving Christian life.** If you want to walk in power, grow in faith, and see God move in your life, you must be planted in fellowship.

# 06 The Discipline of Fellowship

Will you commit today to deepening your fellowship with God and His people?

*"And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together... but exhorting one another, and so much the more as you see the Day approaching." — Hebrews 10:24-25 (NKJV)*

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# 07 The Discipline of Journaling

Writing down God's revelations solidifies faith and tracks spiritual growth. Habakkuk 2:2 emphasises recording visions for future fulfilment. You may love or hate writing, but journaling is an opportunity to track your journey with God. Looking back on the journey is a great source of encouragement. You recognise and appreciate how God has taken you through highs and lows; how He guided you with His word; the dreams He used to reveal things to you; the various battles He helped you overcome, and the various breakthroughs He brought your way.

Whenever you're down, you can pick up your journal and read through it, it will help you to 'remember the benefits you've received from God' (Psalm 103:2); lift your spirit and track your faith walk with God.

What other things can you capture in your journal? You can use your journal to write out your prayers to God. Maybe you woke up and didn't feel like voicing out your prayer. You can write out your prayer to God - it is still valid as prayer. Why? Because you are engaging your heart, your spirit, your soul, and your focus is God whilst you're writing. It's like writing a love letter to God.

Journaling can help you clarify your thoughts. You may be in a confusing or frustrating situation or season. As you write down your thoughts and meditate on scripture verses, the Holy Spirit broods over your focused time of writing and meditation to calm your mind and give you insight. I often find that when I write in my journal, I end up praying aloud or even mumbling quietly, because during the time of focused writing, my heart is meditating on God and His attributes.

You can use your journal as a gratitude journal. Research has shown that gratitude enhances mental well-being, including the benefits of journaling as a whole. Gratitude helps to reduce stress, anxiety and improve sleep, which all help to support heart health.

# 07 The Discipline of Journaling

**Bible says:** It is the WILL OF GOD that we practice gratitude (1 Thess 5:18)! You can use your journal to note down one thing you are grateful for, every single day and watch how your mood and attitude shift. You can use your journal to capture TESTIMONIES and MIRACLES God does in your life!

## Key Aspects of Journaling:

- **Documenting Encounters:** Writing preserves God's words and confirmations.
- **Clarifying Thoughts:** Journaling helps process emotions and gain divine insight.
- **Gratitude Practice:** Listing blessings fosters thankfulness (1 Thessalonians 5:18).

## Biblical Examples:

- Daniel recorded his visions (Daniel 7:1).
- David's psalms were poetic journals of his walk with God.

## Next Steps to Cultivate Journaling:

- Start with a simple notebook or digital journal.
- Write prayers, scriptures, and personal reflections daily.
- Review entries weekly to see God's faithfulness.

## Combine other disciplines with journaling.

- Silence, solitude and stillness can be combined with journaling.
- Dedicate daily moments to stillness and journaling before God.
- Meditate on Scripture while journaling insights.
- Embrace waiting with your journal beside you to capture any thoughts.

# 07 The Discipline of Journaling

Don't waste your experiences as you journey with God, document them. Make journaling a lifestyle.

You don't have to write chapters every day, write what strikes your mind, the things God brings to your attention, and pen down notes of thanksgiving to God. One day, you will look back and be glad you captured them.

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# 08 The Discipline of Meditation

**Meditation, A Pathway to Spiritual Depth for Kingdom Believers**

## **The Power of Remembering and Reflecting**

Have you ever revisited a memory so vividly that it stirred the same emotions you felt when it first happened? Whether pleasant or painful, deeply engaging with that experience, reliving its colours, atmosphere, scents, and emotions, shapes your perspective. That act of focused reflection is, in essence, meditation.

For believers, meditation is not merely recalling past events but intentionally immersing ourselves in God's Word, allowing it to saturate our thoughts, renew our minds, and transform our lives. Just as reliving a memory evokes feelings, meditating on Scripture awakens spiritual conviction, deepens understanding, and aligns our hearts with God's truth.

## **Biblical Meditation is a Command, Not a Suggestion**

The Bible does not treat meditation as optional but as a vital discipline for spiritual growth and success.

**Joshua 1:8 (NKJV)** – "This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."

Meditation is the bridge between hearing God's Word and obeying it. Success in God's Kingdom is tied to our commitment to His truth.

**Psalms 1:2-3 (NKJV)** – "But his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not

# 08 The Discipline of Meditation

wither and whatever he does shall prosper."

Meditation roots us in God's life-giving truth, making us spiritually fruitful and unshakable.

Unlike secular mindfulness (which often seeks to empty the mind), biblical meditation fills the mind with God's Word, allowing it to shape our thoughts, emotions, and actions.

## **Why Meditation is Essential for Kingdom Growth.**

### **1. It Transforms Our Minds (Romans 12:2)**

The world constantly bombards us with lies, distractions, and temptations. Meditation on Scripture renews our thinking, replacing deception with God's truth.

### **2. It Strengthens Our Focus (Philippians 4:8)**

"Whatever things are true, noble, just, pure, lovely, of good report... meditate on these things."

What we fix our minds on determines our spiritual stability. Meditation keeps us anchored in Christ.

### **3. It Deepens Our Discernment (Hebrews 5:14)**

"Solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil."

Regular meditation sharpens our ability to recognise God's voice and resist deception.

# 08 The Discipline of Meditation

## 4. It Guards Our Hearts (Psalm 19:14)

"Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord."

What we meditate on shapes our words, attitudes, and actions.

## 5. It Brings Peace and Victory (Isaiah 26:3)

"You will keep him in perfect peace whose mind is stayed on You, because he trusts in You."

Anxiety flees when our minds are fixed on God's promises.

### How to Cultivate a Lifestyle of Meditation

**Start Small** – Begin with 5-10 minutes daily, focusing on one verse or passage.

**Read Reflectively** – Don't rush. Ask: What is God saying? How does this apply to me?

**Pray Over Scripture** – Turn God's Word into prayer (e.g., "Lord, help me walk in this truth today.")

**Memorise Key Verses** – Hide God's Word in your heart (Psalm 119:11) for quick recall in trials.

**Journal Insights** – Write down what God reveals during meditation.

**Obey Promptly** – Meditation must lead to action (James 1:22)

# 08 The Discipline of Meditation

Just as reliving a memory stirs emotions, meditating on God's Word stirs faith, conviction, and transformation. For Kingdom believers, meditation is not optional, it is a lifeline to spiritual growth, focus, and victory.

## Next Steps:

**Today:** Choose one Scripture to meditate on.

**This Week:** Set a daily reminder to pause and reflect on God's Word.

**This Month:** Track how meditation changes your perspective and walk with God.

"Oh, how I love Your law! It is my meditation all the day." (**Psalm 119:97**).  
Let this be your testimony as you grow deeper in Him.



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# 09 The Discipline of Service

## The Biblical Foundation of Service

Service is a central theme in Scripture, exemplified by Jesus Himself in John 13:12-17, after washing His disciples' feet, a task reserved for the lowest servant.

Jesus said, "If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you" (**John 13:14-15, NKJV**). This act redefined greatness, showing that true leadership is found in humility and service.

Jesus' entire life was one of service, healing the sick, feeding the hungry, and ultimately laying down His life (Mark 10:45). He dismantled the world's distorted view that service is for the weak, poor, or insignificant. Instead, He demonstrated that service is the pathway to lasting impact.

## Service: A Misunderstood Privilege

Today, "service" is often associated with inferiority, but Scripture elevates it as the highest calling. Serving others is not a sign of weakness but of strength; it requires courage to set aside self-interest for the good of others. **Philippians 2:3-5 (NKJV)** instructs: "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others."

Service is a game-changer because it shifts focus from self to others, creating a legacy that outlives us. Just as Jesus said, "Unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain" (**John 12:24**). When we serve, we sow seeds of love, time, and effort into people, yielding an eternal harvest.

# 09 The Discipline of Service

## Cultivating the Discipline of Service:

- **Adopt a Servant's Mindset** – Like Jesus, see service as an honour, not a burden (1 Peter 4:10).
- **Serve in Small Ways First** – Begin with acts of kindness in your home, workplace, or community (Galatians 6:10).
- **Give Sacrificially** – Offer your time, skills, and resources without expecting anything in return (Luke 6:38).
- **Serve with Excellence** – Whatever you do, work at it wholeheartedly as unto the Lord (Colossians 3:23-24).
- **Stay Humble** – Avoid seeking recognition; let God reward you in His time (Matthew 6:1-4).

## Next Steps

- **Daily Opportunity** – Ask God, "Who can I serve today?" and act on His leading.
- **Volunteer** – Commit to serving in your church or a local charity.
- **Mentor Someone** – Invest in another person's growth through discipleship.
- **Reflect Christ** – Let your service point others to Jesus, not yourself.

Service is the greatest privilege; it is where we leave our mark on eternity. As we embrace this discipline, we fulfil Christ's command and discover the joy of a life lived for others.

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# 10 The Discipline of Simplicity

## Cultivating a Childlike Heart in a Complex World

Watching my children lie close to their father, my heart overflows with gratitude. There is a profound beauty in how children find joy in the simplest things, unburdened by unnecessary complications, free from self-inflicted pressures, and fully present in the moment. This is the essence of simplicity: approaching life and its challenges in an unassuming way, with trust and contentment.

Jesus Himself highlighted the importance of childlike faith, saying, "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven" (**Matthew 18:3**). Throughout Scripture, He used everyday examples—mustard seeds, lilies, sheep, and bread—to explain deep spiritual truths. If God communicates profound wisdom through simplicity, shouldn't we also embrace it as a spiritual discipline?

## Why Simplicity Matters

### 1. It Fosters Trust in God

Children don't agonise over tomorrow; they rest in the care of their parents. Similarly, simplicity calls us to release anxiety and trust in God's provision. "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (**Matthew 6:34**). When we simplify our hearts, we acknowledge God as our sustainer.

### 2. It Guards Against Distraction

Modern life bombards us with noise—endless responsibilities, digital overload, and societal pressures. Simplicity helps us focus on what truly matters. "But seek first his kingdom and his righteousness, and all these things will be given to you as well" (**Matthew 6:33**). A simplified life prioritises God's presence over worldly clutter.

# 10 The Discipline of Simplicity

## 3. It Cultivates Contentment

Paul wrote, "I have learned to be content whatever the circumstances" (**Philippians 4:11**). Simplicity shifts our perspective from accumulation to gratitude, from comparison to satisfaction in God's gifts.

## 4. It Enhances Spiritual Clarity

Just as Jesus used parables to make truth accessible, simplicity in our thoughts and meditations allows God's Word to take root deeply. "The unfolding of your words gives light; it gives understanding to the simple" (Psalm 119:130).

### How to Cultivate the Discipline of Simplicity

#### 1. Simplify Your Heart: Return to Childlike Faith

- Spend time in prayer, releasing unnecessary worries to God (1 Peter 5:7).
- Practice gratitude daily, noting God's simple blessings.

#### 2. Simplify Your Perspectives: Focus on What Lasts

- Evaluate your priorities—are they aligned with eternity? (Colossians 3:2).
- Reduce media consumption that breeds discontent or distraction.

#### 3. Simplify Your Processing: Meditate on God's Word

- Study Scripture with a humble, open heart, allowing God to speak plainly.
- Reflect on Jesus' teachings in the Gospels, noting His use of everyday illustrations.

#### 4. Simplify Your Lifestyle: Live with Intentionality

- Declutter physically and digitally to create space for what truly matters.
- Practice generosity, recognising that true wealth is found in giving (Acts 20:35).

# 10 The Discipline of Simplicity

## Next Steps: Walking in Simplicity

- **Start Small** – Choose one area (schedule, possessions, thoughts) to simplify this week.
- **Observe Children** – Learn from their trust, joy, and presence in the moment.
- **Memorise Scripture** – Meditate on verses like Matthew 6:33 or Psalm 23:1.
- **Practice Detachment** – Let go of one unnecessary burden (worry, materialism, overcommitment).

Simplicity is not about lacking depth but about removing distractions so we can fully embrace God's presence. As we cultivate this discipline, we rediscover the joy of walking with Him—uncomplicated, trusting, and free.

"Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." (Matthew 19:14). May we become more like them, and in doing so, draw nearer to Him.

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# 11

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## The Discipline of Submission

### A Non-Negotiable for the Child of God

Submission is the act of yielding to authority, surrendering one's will, and aligning under divine or godly order. The word originates from the Latin *submissio*, derived from *sub* (under) and *mittere* (to send). This implies a deliberately placing oneself under another's authority for a greater purpose. Submission is not a sign of weakness but a divine principle that unlocks blessings, order, and fulfillment in every area of life.

### The Biblical Foundation of Submission

The Bible emphasises submission in various dimensions—our relationship with God, authority figures, and one another.

#### 1. Submission to God

- "Submit yourselves therefore to God. Resist the devil, and he will flee from you." (James 4:7)
- "Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time." (1 Peter 5:6)

**2. God, as our Creator, knows what is best for us;** Submission to Him is the foundation of a victorious Christian life. When we surrender our will to His, we position ourselves for His guidance, protection, and promotion.

#### 3. Submission to Authority

- "Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God." (Romans 13:1)
- "Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account." (Hebrews 13:17)

**4. Submission to spiritual leaders, government, and workplace authorities** is a divine instruction. It ensures order, growth, and protection under God's covering.

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## The Discipline of Submission

### 5. Submission in Relationships

- a. "Wives, submit yourselves unto your own husbands, as unto the Lord." (Ephesians 5:22)
- b. "Submitting yourselves one to another in the fear of God." (Ephesians 5:21)

**6. Mutual submission fosters harmony in marriage and the body of Christ.** It reflects Christ's love and humility.

### The Benefits of Submission

- 1. Divine Protection & Favour** – Submission places us under God's covering (Psalm 91:1).
- 2. Spiritual Growth** – Yielding to godly correction and leadership leads to maturity (Proverbs 15:32).
- 3. Peace & Unity** – Submission prevents strife and fosters agreement (Amos 3:3).
- 4. Elevation & Honour** – God exalts the humble (James 4:10).

### Cultivating the Habit of Submission

- 1. Renew Your Mind** – Meditate on Scriptures about submission (Romans 12:2).
- 2. Pray for a Humble Heart** – Ask God to remove pride and instill a submissive spirit (Psalm 51:10).
- 3. Practice Obedience Daily** – Start with small acts of surrender in relationships and authority structures.
- 4. Seek Accountability** – Surround yourself with godly mentors who encourage biblical submission.

Submission is not optional for the child of God, it is a divine requirement that unlocks blessings. Just as Jesus submitted to the Father (Luke 22:42), we must cultivate this discipline to walk in God's perfect will. Let us embrace submission, knowing that in surrender, we find true freedom and fulfillment.

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## The Discipline of Submission

### **Next Step:**

Begin today by identifying one area where you struggle with submission, whether to God, leadership, or others and commit to yielding in obedience. Watch how God transforms your life through this act of faith!

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# 12

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## The Discipline of Waiting

### **The Discipline of Waiting.**

Let's be honest... who really likes to wait?

Waiting. One of those words that almost instantly makes us cringe. When someone says, "Wait," what comes to mind? Frustration? Agitation? Maybe even disappointment. We live in a "now" culture, fast food, fast delivery, fast answers. But when it comes to God, waiting is often the route He takes to do His deepest work.

### **Let's take a walk with Moses for a minute.**

In Exodus 24:12, God calls Moses up the mountain to give him the Ten Commandments. But here's the kicker, Moses climbs up, and then waits for six days in silence before God even says a word. Six days in the cloud of God's presence before the seventh day, when the Lord finally speaks. What was happening during the wait?

### **Here's the lesson:**

Waiting is not a waste. It is sacred. It is weighty. It is full of purpose.

In Hebrew, the word for glory (kavod) shares a root with "weight." So perhaps when we wait, we're actually entering into God's weighty presence, where He prepares our hearts, realigns our spirits, and builds our strength.

### **What is Waiting?**

According to Merriam-Webster, to wait is: "To stay in place until an expected event happens... to remain in a state in which you expect or hope that something will happen soon."

Biblically, waiting is not passive, it is hopeful, intentional, and filled with trust.

We see this echoed in Isaiah 40:31:

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## The Discipline of Waiting

“Those who wait on the Lord shall renew their strength.”

### **So why does God make us wait?**

Because He's never in a rush.

He's not late.

He's never disorganised.

He is the King of Kings, and you don't rush royalty.

You wait with reverence, knowing you've been granted an invitation into His presence.

Think of it this way: if you had an appointment with a president or monarch, would you leave because they kept you waiting for hours? No. You'd feel honoured to even be called in. The same goes for God. His timing is perfect—when the fullness of time had come, Christ was born (Galatians 4:4).

### **Why Waiting Matters**

Here are just a few powerful examples of people in Scripture who had to wait:

Noah waited for rain that no one had ever seen.

Abraham waited for Isaac.

Joseph waited in prison before his elevation to the palace.

Daniel waited in the lions' den.

The disciples waited in the upper room for the Holy Spirit.

The church at Azusa Street waited for revival.

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# The Discipline of Waiting

Waiting precedes outpouring.

Waiting precedes fulfillment.

Waiting creates space for God to form us, not just give to us.

“Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides you, who acts on behalf of those who wait for him.”

– Isaiah 64:4

## Next Steps: Practising the Discipline of Waiting

### 1. Set Intentional Time to Wait

Start with 10–15 minutes of quiet, distraction-free time. No requests.

No talking. Just sit in His presence. Play worship music or sit in stillness.

Let your heart settle before Him.

### 2. Wait with the Word

Let Scripture anchor you in your waiting. Meditate on verses like Psalm 130:5 or Isaiah 40:31. Write them down. Speak them over your soul.

### 3. Worship While You Wait

Praise God for who He is, not just for what He does. Make your waiting room a worship room.

### 4. Trust His Timing

Surrender the urge to control. Trust that God knows the full picture.

He's not just preparing the promise for you, He's preparing you for the promise.

### 5. Journal the Process

Write down what you're waiting for. Record what you sense, learn, or receive in the wait. Often, clarity comes as we reflect.

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## The Discipline of Waiting

### A Prayer to End With:

- Lord, teach me to wait well.
- Help me to trust Your timing, to find joy in the stillness, and to embrace the weight of Your glory.
- Help me not to rush ahead of You, but to rest in knowing You are always working behind the scenes.
- In my waiting, I choose to worship.
- Let the waiting become worship. Let the silence deepen your trust.
- And remember: God acts on behalf of those who wait for Him. Amen.



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# SPIRITUAL DISCIPLINES PLAN

The disciplines are not supposed to be rigid such that they become a 'religious' exercise only; however, if you fail to plan, you plan to fail! A plan will help instil the discipline until it becomes a part of your faith walk. Consistency is key and God rewards diligence (Hebrews 11:6).

An example of how to use the template is provided below and a blank template is provided on the next page and a downloadable version on the website.

ETC							
SERVICE							
SILENCE	15 MIN BEFORE BED TIME			15 MIN BEFORE BED TIME			
FASTING					6AM - 6PM		
WAITING	30 MIN 6-6:30AM						
	M	T	W	T	F	S	S

SPIRITUAL DISCIPLINES PLAN

								M
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Thank you for reading and engaging with this guide. Refer to it often, use it to build up your spiritual muscles as you incorporate the disciplines into your faith walk. A discipline's action plan template has been provided to help you map them out throughout the week.



I would love to know how you're getting on:  
[inpursuitofintimacy@gmail.com](mailto:inpursuitofintimacy@gmail.com)

Also check out my website for more resources:  
[www.impursuitofintimacy.com](http://www.impursuitofintimacy.com)