



Resource List

Spiritual Disciplines:

- [*Spiritual Disciplines for the Christian Life*](#) (Donald S. Whitney)
- [*The Spirit of the Disciplines*](#) (Dallas Willard)
- [*The Pursuit of Holiness*](#) (Jerry Bridges)
- [*Celebration of Discipline: the path to spiritual growth*](#) (Richard Foster)

Learn About Specific Practices:

Bible Intake: Reading, Study, Memorization, Meditation

- [*What the Bible is All About*](#) (Henrietta Mears)
- [*Women of the Word: how to study the Bible with both our hearts & our minds*](#) (Jen Wilkin)
- [*Scripture by Heart: devotional practices for memorizing God's Word*](#) (Joshua Kang)
- [*His Word in My Heart: memorizing Scripture for a closer walk with God*](#) (Janet Pope)
- Articles: "[Don't Just Read Your Bible](#)" (Jonathan Bailey); "[On Reading the Bible](#)" (Jen Pollock Michel); "[How I Mark My Bible](#)" (Jim Hamilton)
- Podcast: "[Honey From the Rock](#)", by Tim Keller, preached in May 2002
- Videos: [The Bible Project](#), available on YouTube

Worship

- [*Disciplines of a Godly Woman*](#) (Barbara Hughes), Chapter 5, "Discipline of Worship"
- [*You Are What You Love*](#) (James K. A. Smith), Chapter 4, "The Narrative Arc of Formative Christian Worship"

Prayer

- [*A Praying Life: connecting with God in a distracting world*](#) (Paul E. Miller)
- [*The Valley of Vision: a collection of Puritan prayers & devotions*](#)
- [*Praying Together: the priority and privilege of prayer...*](#) (Megan Hill)
- [*Power Through Prayer*](#) (EM Bounds)
- [*Answers to Prayer*](#) (George Muller)
- Video: "[How Can I Improve My Prayer Life?](#)" by Donald Whitney

Fasting

- [*Why Should I Fast?*](#) (Daniel Hyde)
- [*A Hunger For God: desiring God through fasting and prayer*](#) (John Piper)
- [*Liturgy of the Ordinary*](#) (Tish Harrison Warren), Chapter 3, "Brushing Teeth"
- Articles: "[How to Begin Fasting](#)" (Navigators); "[How to Do a Biblical Fast](#)" (Cru)
- Video: "[What is the Purpose of Fasting?](#)" by Donald Whitney

Silence & Solitude

- [*Habits of Grace*](#) (David Mathis)
- Article: [Reclaiming Silence and Solitude as Important Disciplines](#) (IMB)
- Video: "[Should I practice silence and solitude?](#)" by Donald Whitney