

LWML Texas District

February 29, 2023

Mediation

Spiritual Disciplines

Do you give anything up for Lent? There has been a trend in recent years to pick up a spiritual discipline during the season of Lent instead of giving up a vice.

Richard J. Foster wrote a book back in 1978, titled *Celebration of Discipline*. His goal was to help Christians “discover a richer spiritual life infused with joy, peace, and a deeper understanding of God.” He divides the 12 spiritual disciplines into three categories: inward, outward, and corporate disciplines. The inward disciplines are meditation, prayer, fasting, and study, all of which seem commonplace during the Lenten season. The outward disciplines include simplicity, solitude, submission, and service. Then finally, the last four, which are categorized as corporate disciplines are confession, worship, guidance, and celebration.

When we look at the life of Jesus, we can see these at play with the exception of one, confession. We know as sinful beings how necessary it is for us to daily confess to the Lord our sins and our perpetual need for His forgiveness. Which of these disciplines do you think would enhance your faith the most during this season of Lent?

Simplicity seems to have gotten a lot of play time in the past few years — living better by living with less. When we have fewer distractions, we can focus more on God’s gifts and His provision. During the late fall and early winter, people tend to go out of their way to do acts of service.

Remind them to be submissive to rulers and authorities, to be obedient, to be ready for every good work, to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people. For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another. But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit (Titus 3:1–5).

Maybe the spiritual discipline we should work on this season is living Titus 3, the spiritual discipline of self-control and generosity.

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