



The Beautiful Disciplines: 12 Steps to Help Young People Develop Their Spiritual Roots

Martin Saunders

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Many of today's young people practice a dangerously brittle faith. They swing wildly between belief and skepticism, Christian service and the temptations of teen culture. Surrounded by a multitude of distractions, they long for a grounding that can't be found in the euphoria generated by big events or in the personalities of their leaders. They need to be led into a deeper faith, one that puts them in a disciplined and direct relationship with God.

Packed with practical activities, engaging stories, and relevant explanation, The Beautiful Disciplines is a powerful tool to help young people develop a deep-rooted and lasting faith. The heart of the book is twelve short, engaging chapters looking at the twelve spiritual disciplines popularized by authors like Richard Foster and Dallas Willard. Each chapter begins with background information for the leader, before moving into a study section aimed at young people, including some practical exercises. Each concludes with questions suitable for discussion in small groups.

The disciplines covered are: the discipline of celebration, the discipline of confession, the discipline of contemplation, the discipline of fasting, the discipline of guidance, the discipline of prayer, the discipline of service, the discipline of simplicity, the discipline of solitude, the discipline of study, the discipline of submission, and the discipline of worship.



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