

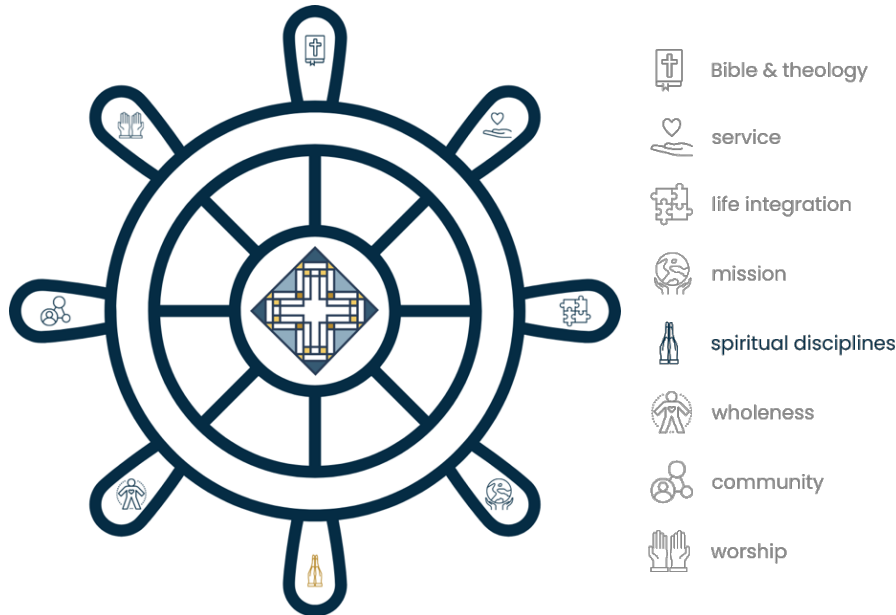


Culture of Discipleship

Spiritual Disciplines

“Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and for the life to come.”

- 1 Timothy 4:8



Spiritual disciplines are biblically based practices that promote spiritual growth among believers. These include practices like **scripture study, prayer, silence and solitude, meditation, stewardship, worship, and fasting**. Practicing them individually and in community helps us seek God in every moment of our lives and invites the Spirit to shape us in conformity to Christ.

Triangle Grace Church offers opportunities to grow, develop, and practice spiritual disciplines through weekly prayer times, Sunday school classes, group Bible studies, and corporate worship. We invite you to explore these practices that have enriched the faith lives of believers throughout the centuries by yourself, with your family, and with your intentional communities, both at church and at home!

Programs at TGC

- Sunday School: Sundays at 9:00 AM
- Men's Prayer Time: Tuesdays at 6:30 AM ([Zoom](#))
- Weekly Prayer: Tuesdays at 12:15 PM (Fellowship Hall)
- Bible Study: Wednesdays at 6:00 PM (206/Zoom)
- Moms in Prayer: Fridays at 11:30 AM (Fellowship Hall)

Resources

Books

- Ruth Haley Barton, [Sacred Rhythms: Arranging Our Lives for Spiritual Transformation](#)
- Richard Foster, [Celebration of Discipline: The Path to Spiritual Growth](#)
- David Mathis, [Habits of Grace: Enjoying Jesus through the Spiritual Disciplines](#)
- Donald Whitney, [Spiritual Disciplines for the Christian Life](#) & [Praying the Bible](#)
- Dallas Willard, [The Spirit of the Disciplines: Understanding How God Changes Lives](#)

Podcasts

- Abiding Way Ministries, [Daily Lectio Divina](#)
- Khalil Burton, Sean Silverii, and Jeff Gowing, [Welcome to the Table](#)
- John Mark Comer, [Practicing the Way](#) & [Rule of Life](#)
- Jordan Duncan, [Spiritual Disciplines for Families](#)
- Preston Morrison and Pillar Church, [The Leader's Cut](#)
- Tyler Staton, [Praying Like Monks, Living Like Fools](#)
- Worship Center, [Spiritual Disciplines](#)

Other Media

- [Kidz at Heart](#): free age-appropriate resources for families
- [Practicing the Way](#): eight sessions on spiritual formation
- [RightNow Media](#): includes a curated playlist of videos and studies related to spiritual disciplines – *if you need an invitation for a free account, reach out to the office!*