

# Discipline: A Key to Holiness

Holiness is NOT about:

- Goodness
- Increased devotion to pray
- Right doctrine, right worship, right answers
- Separation from evil
- Being with right people
- What you do
- Being nice or focusing on appearances
- Getting the most recognitions, rewards, titles
- Being closest to the Bishop or Pastor

Holiness is a growth process

1. Act of embracing all of life
2. Growing in inner freedom
3. Desiring God above all

Sin shuts down or closes in on itself

Grace opens us up and out to others and the cosmos

Mary Oliver, Sometimes I need only to stand  
wherever I am to be blessed

Virtues/habits to foster:

1. Fidelity
2. Transparency
3. Honesty
4. Dignity
5. Community
6. Responsibility
7. Humility

To foster your spiritual life you need an effective  
method especially suited to you (cf. lives of saints,  
great individuals)

How do you embody your belief system?

- Christianity is holistic—body, soul, and spirit
- Insight doesn't do much; do something active
- Borrow from tradition and listen to inspiration
- I am what I practice

What moves you to reach out beyond yourself?

- Love expressed in countless ways

What means do you use to open you up to reality?

Your self-discipline protects your belief system and strengthens you to reach out beyond yourself

Some possibilities to choose from:

Prayer/meditation

Fasting/abstinence

Almsgiving

Service to others

Study

Spiritual reading

Lectio divina

Theological reflection

Simple lifestyle

Financial stewardship

Exercise

Avoiding vices

Spiritual Direction/confession

Daily examen

Silence/solitude

Retreats

Sabbath/leisure/play

Gratitude practices

Social mercy/justice

Richard Foster, *Celebration of Discipline: The Path to Spiritual Growth*