

“Helping Others Onward and Upward to Victory!”



VOLUME 3

W . o . W .
(WORD ON WORSHIP)

MAY 8, 2025

Teshua Ministries



WELCOME TO OUR

Monthly Newsletter

SP-iritual DisciP-lines and the Life of a WorshiP-er

Greetings in the Name of Our Lord and Savior Jesus Christ! Welcome to the third edition of W.o.W. (Word on Worship) -the monthly newsletter from Teshua Ministries designed to inspire, equip, and deepen our understanding of true worship. Whether you are joining us for the first time or returning, we are delighted to walk this journey of worship with you, as we seek to glorify God and grow stronger in faith.

This publication reflects the heart and mission of Dr. Janicka, founder of Teshua Ministries, who is passionate about helping believers experience victorious worship that transforms lives. We pray that each edition ignites a greater hunger for God's presence and empowers you to worship Him in spirit and in truth.

Thank you for being part of the W.o.W. Word on Worship family. Let's continue this journey onward and upward to victory in Christ!

Blessings,

Teshua Ministries

In this newsletter:

Learn what it truly means to live a disciplined life of worship with Dr. Janicka

Add to Y.OUr Calendar:

Launch of Teshua Ministries Live Video Podcast coming to Facebook & YouTube May 27, 2025, at 7 PM

SPIRITUAL DISCIPLINES AND THE LIFE OF A WORSHIPER



Dr. Janicka

Introduction

The life of a Christian is designed to have a relationship with God through an encompassed life of worship. Often this relationship begins with accepting and believing in Jesus Christ and being filled with the Holy Spirit. To further deepen one's relationship with God, one becomes committed to living a life that is pleasing and acceptable to God, the Father.

However, living a life that is pleasing and acceptable to God will not be without temptation, personal sacrifice, and challenges. In order to overcome and address these obstacles, believers need to become spiritually disciplined. To become spiritually disciplined means practicing spiritual disciplines. Practicing spiritual disciplines enables Christians to be serious-minded about their relationship with God. Meaning, a life that is filled with understanding and practicing

spiritual disciplines enables believers to know who they are, what they are, why they are here, and where they are going as one who desires to live a life that is pleasing and acceptable to God. (Tozer, *The Purpose of Man*, 2009). In response to achieving such a spirit-filled life as a worshiper, let's gain an understanding of defining spiritual disciplines, and then explore the importance of spiritual disciplines in the life of a believer.

Spiritual Discipline Defined

A spiritual discipline is a practice that occurs regularly to help believers change, with the power and grace of the Holy Spirit, sinful habits into good habits that make them more like Christ and connect them closer to God (Ashby & Galan, *Spiritual Disciplines*, 2009). In general, negative habits can exist in several ways which is why good habits need to take shape in a person's life. Negative and sometimes sinful habits can hurt an individual or other people physically and spiritually. Some negative habits can but not be limited to the following: constant frustration, doubt, procrastination, dishonesty, being disloyal, being disrespectful, selfishness,

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self-centeredness, greed, impatience, anger, lack of forgiveness, jealousy, fear, and being unapologetic for one's actions. People who have a desire to be more like Jesus Christ and closer to God will want to diminish and avoid such negative habits that can become sinful habits. These types of habits do not reflect Jesus Christ and impede a close relationship with God as a worshiper. This is why practicing a spiritual discipline is very important.



To further define and answer the question of what is a spiritual discipline, one must understand that there are spiritual disciplines that aid in spiritual growth. Spiritually growing addresses negative or sinful habits. In order to spiritually grow, engaging in disciplines that are spiritual is necessary. As a result, spiritual disciplines are defined as personal and corporate disciplines that promote spiritual growth.

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Spiritual Disciplines

Spiritual disciplines have an ultimate purpose in the life of a believer, especially when combating negative or sinful habits. The purpose is that of a godly lifestyle. According to Donald S. Whitney, "Spiritual disciplines are the God-given means used in the Spirit-filled pursuit of Godliness." To achieve a Spirit-filled pursuit of Godliness, there is a need to daily practice spiritual disciplines so that one grows spiritually, matures in their relationship with God, and ultimately reflects Jesus Christ in their life.

In closer examination, spiritual disciplines can be defined as habits of devotion and experiential Christianity that have been practiced by the people of God since biblical times. Biblically, there are two groups of disciplines that can help shape an individual's habits to produce a healthy spiritual life and work. Disciplines of Abstinence and Disciplines of Engagement present a range of activities and have a proven track record across the centuries.

Disciplines of Abstinence are solitude, silence, fasting, frugality, chastity, secrecy, and sacrifice. Silence is not being in the presence of others or any distractions. Silence involves just the believer and God where there is no noise or external conversation. Fasting involves abstaining from food. Yet, today this can include abstaining from media, entertainment, or something else that would occupy one's time away from God. Frugality means

using one's money and resources for the benefit and purpose of others for a period of time. Chastity involves purposely turning away from dwelling upon or engaging in the sexual dimension of relationships to others. Secrecy is abstaining from one's good deeds and qualities being known and not involving deceit. Sacrifice involves abstaining from one's possession or enjoyment for living and security in order to meet the needs of others.

The **Disciplines of Engagement** include study, worship, celebration, service, prayer, fellowship, confession, and submission. Study is engaging with the Word of God and expanding a person's understanding of Scripture and God the Creator in relationship to His people. Worship entails personal and corporate acts such as words, rituals, and symbols that ascribe worth to God and His greatness. Celebration as a discipline completes worship. Celebration as a discipline concentrates on one's life and the world as God's work and gift by demonstrating celebratory acts of gratefulness and thankfulness. Service involves engaging one's goods and strength in the active promotion of the good of others and the causes of God in the world. Prayer involves having a conversation and communicating with God aloud or within one's thoughts. Fellowship as assembling together includes activities such as corporate worship, studying, praying, celebrating, and doing service with other believers. Confession is trusting and sharing with believers and God one's weaknesses and failures, especially

when restoration is needed. Submission entails submitting or humbling oneself to God and the proper people in appropriate ways to help with spiritual growth.

Although biblically there are two categories of

**Two Groups of
Biblical Disciplines**

Disciplines of Abstinence

- Solitude, Silence, Fasting, Frugality, Chastity, Secrecy and Sacrifice

Disciplines of Engagement

- Study, Worship, Celebration, Service, Prayer, Fellowship, Confession and Submission

of spiritual disciplines, today the above-mentioned disciplines along with contemporary disciplines can be practiced by believers. Richard Foster, the author of Celebration of the Disciplines, divides spiritual disciplines into three categories. The first category is Inward Disciplines. The **Inward Disciplines** are prayer, fasting, study, and meditation. The second category is **Outward Disciplines**. Simplicity, Solitude, Submission, and Service comprise this category. Corporate Disciplines is the third category. These spiritual disciplines are confession, worship, guidance, and celebration.

Join Us Next
Month!
June 8, 2025



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SPIRITUAL DISCIPLINES AND THE LIFE OF A WORSHIPER***

Donald Whitney's Disciplines

"A List"	"B List"
Bible Intake	Confession
Prayer	Accountability
Worship	Simplicity
Evangelism	Submission
Service	Spiritual Direction
Stewardship	Celebration
Fasting	Affirmation
Silence/Solitude	Sacrifice
Journaling	"Watching"
Learning	

Donald Whitney, author of the *Spiritual Disciplines for the Christian Life*, provides an **A and B list of spiritual disciplines**. The A List of spiritual disciplines includes Bible intake, prayer, worship, evangelism, service, stewardship, fasting, silence/solitude, journaling, and learning. Whitney's B List of spiritual disciplines includes confession, accountability, simplicity, submission, spiritual direction, celebration, affirmation, sacrifice, and "watching" as spiritual disciplines.

While there are several specific disciplines, there is clarity in acknowledging that all of the spiritual disciplines are designed for growth and deepening one's relationship with God. This is important because every believer will face the need to overcome habits that are negative and sinful. Thomas A Kempis paints a clear picture of what can happen without spiritual disciplines in the life of believer.

"First cometh to the mind the simple suggestion, then the strong imagination, afterwards pleasure, evil affection, assent. And so little by the little the enemy entereth in altogether, because he was not resisted at the beginning. And the longer a man delayeth his resistance, the weaker he groweth, and the stronger groweth the enemy against him."

Spiritual disciplines help address the obstacles of temptation and sin. By engaging in spiritual habits, habits that are negative and sinful can become obsolete in one's spiritual walk and afford the opportunity for living Christlike in a strong relationship with God as a worshiper.

Conclusion

Defining what is a spiritual discipline is the first step toward a believer fulfilling a spirit-filled life dedicated to God. Once there is an understanding of its definition, one needs to become knowledgeable of tried and true spiritual

disciplines that have stood the test of time, from those expressed in the Word of God to the present. By understanding examples of specific spiritual disciplines, a person can gain an understanding of how "a spiritual discipline is a mental and physical act and habit that expresses our love for God and fosters a greater display of His glory in our lives and a deeper understanding of His character and agenda (Nation, 2016)."

Concluding Thought

"A spiritual discipline is a mental and physical act and habit that expresses our love for God and fosters a greater display of His glory in our lives and a deeper understanding of His character and agenda."

Philip Nation,
Habits for Our Holiness: How the Spiritual Disciplines Grow Us Up, Draw Us Together, and Send Us Out

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