

SEVEN SPIRITUAL DISCIPLINES

By Pastor Jerry Truex

In the spirit of the [New Monasticism](#), the Mennonite Church of the Servant officially adopted **Seven Spiritual Disciplines** in January 2009 to guide and enrich our community.



1. Missional Bible Study
2. Scripture Memorization/Mediation
3. Hospitality
4. Rule of Christ
5. Peacemaking
6. Mediation
7. Wellness

During the Lent Season of 2009, we held seminars that provided teaching and practice for each discipline. We believe these seven disciplines are essential for our church to practice for a holistic and balanced spirituality.