



# The Spirit of the Disciplines: Understanding How God Changes Lives

By Dallas Willard



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## How to Live as Jesus Lived

Dallas Willard, one of today's most brilliant Christian thinkers and author of *The Divine Conspiracy* (*Christianity Today's* 1999 Book of the Year), presents a way of living that enables ordinary men and women to enjoy the fruit of the Christian life. He reveals how the key to self-transformation resides in the practice of the spiritual disciplines, and how their practice affirms human life to the fullest. *The Spirit of the Disciplines* is for everyone who strives to be a disciple of Jesus in thought and action as well as intention.



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### Editorial Review

#### Review

"Essential guidance for spiritual growth."-- Richard J. Foster, author of "Streams Of Living Water""A fresh examination of the nature of life and discipline . . . exciting and instructive." -- "The Disciple""Few books have challenged me like this one. I would urge every serious minded Christian to read it . . . at your own risk" -- Bill Hybels, author of "Honest to God?""A profound call to discipleship based on spiritual disciplines [that] awakens us to a forgotten truth, that the transformation to Christlikeness is realized through taking on the easy yoke' of the disciplines" -- Sue Monk Kidd, author of "God's Joyful Surprise, When the Heart Waits," and "The Dance of the Dissident Daughter"

#### From the Inside Flap

This wise and compelling meditation invites us to a new understanding that sees salvation not only in terms of forgiveness of sins but in light of the total transformation of our lives. Dallas Willard presents a way of living that enables ordinary men and women to join with God and realize their highest aspirations of well-being and -doing. The key to this self-transformation resides in the practice of the spiritual disciplines. Willard explains why the disciplines work and how their practice affirms human life to the fullest.

*The Spirit of the Disciplines* places solitude and silence, prayer, simple and sacrificial living, meditation upon God's word and ways, and service to others at the heart of the gospel. "We need a deeper insight into our *practical* relationship to God in redemption," Willard writes. "We need an understanding that can guide us into constant interaction with the Kingdom of God." Speaking to what Willard identifies as "a widespread and deep longing among Christians and non-Christians alike for the personal purity and power to live as our hearts tell us we should," the observation of the disciplines can make the process of deepening and revitalizing our relationship with God a part of daily existence.

"We can increasingly resemble Christ in character and in power by following him in his overall style of life," Willard affirms. "This was the method of his earliest disciples, and it is as valid today as it was then...To enter into and increasingly master such a life is what having faith in Christ really means." To enter into the spirit and practice of the disciplines is to move toward the authentic life of faith. *The Spirit of the Disciplines* is an intelligent, thoughtful guide to an enriched spiritual life, a book about how to live as Christ lived, directed to those who hope to be his disciples in deed as well as intention. It details why the disciplines are essential to our deliverance from the concrete power of sin, and outlines the ways they can help each of us achieve the blessings of the companionship of Christ.

#### About the Author

Dallas Willard was a professor at the University of Southern California's School of Philosophy until his death in 2013. His groundbreaking books *The Divine Conspiracy*, *The Great Omission*, *Knowing Christ Today*, *Hearing God*, *The Spirit of the Disciplines*, *Renovation of the Heart*, and *The Divine Conspiracy Continued* forever changed the way thousands of Christians experience their faith.

### Users Review

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**Corrina Sutton:**

This The Spirit of the Disciplines: Understanding How God Changes Lives book is simply not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this guide incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. That The Spirit of the Disciplines: Understanding How God Changes Lives without we comprehend teach the one who examining it become critical in considering and analyzing. Don't become worry The Spirit of the Disciplines: Understanding How God Changes Lives can bring if you are and not make your case space or bookshelves' turn into full because you can have it inside your lovely laptop even mobile phone. This The Spirit of the Disciplines: Understanding How God Changes Lives having fine arrangement in word as well as layout, so you will not truly feel uninterested in reading.

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