



Spiritual Disciplines for the Christian Life Study Guide

Donald S. Whitney

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This updated companion guide to *Spiritual Disciplines for the Christian Life* (see description below) takes you through a carefully selected array of disciplines that will help you grow in godliness. Ideal for personal or small-group use.

Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines. By illustrating why the disciplines are important, showing how each one will help you grow in godliness, and offering practical suggestions for cultivating them, *Spiritual Disciplines for the Christian Life* will provide you with a refreshing opportunity to become more like Christ and grow in character and maturity. Now updated and revised to equip a new generation of readers, this anniversary edition features in-depth discussions on each of the key disciplines.

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