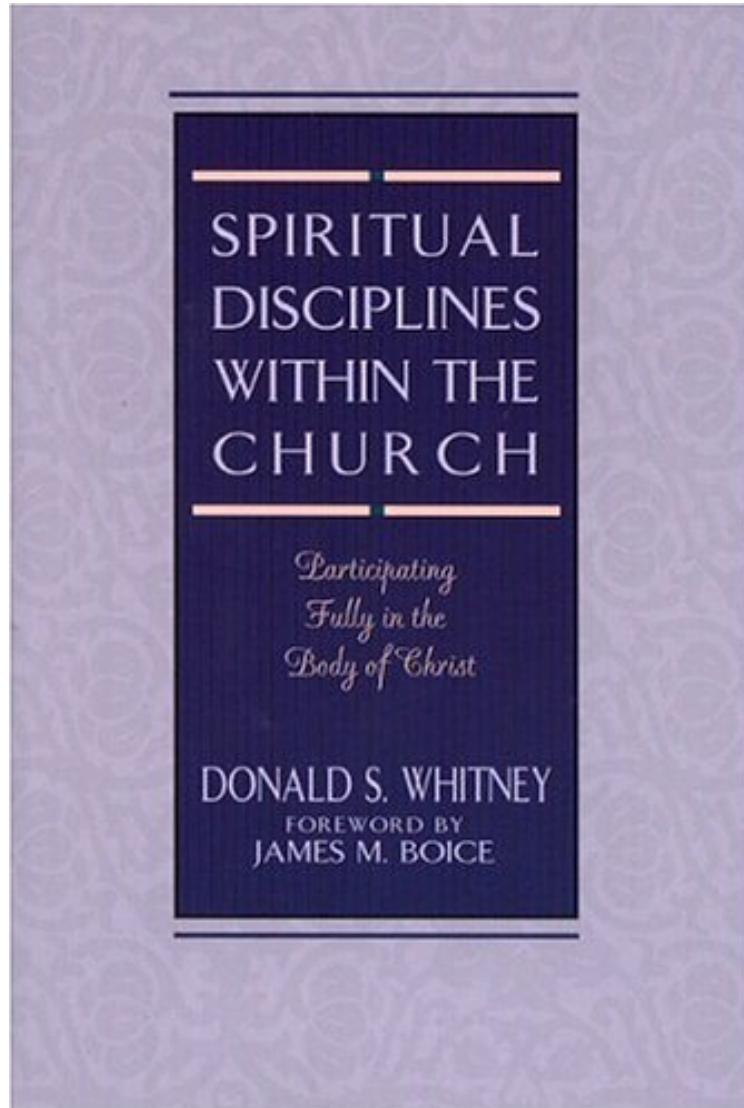


Spiritual Disciplines within the Church: Participating Fully in the Body of Christ

Donald S. Whitney

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'You're worth it.' 'You deserve a break today.' 'Do something nice for yourself.' Commonly heard phrases in this society are committed to self-gratification and individual rights. Doing things for other people is a waste of precious time, and asking for help is weak. So how do we build the church described in the Scriptures? In this day and age, how can we be a genuine community based on self-sacrifice and mutual commitment? In *Spiritual Disciplines Within the Church*, seminary professor, author, and former pastor Don Whitney shows us how to build a sense of community and be active participants instead of passive attendees. Whitney looks at such frequently asked questions as: Why can't I get by on my own? Why should I go to church? Why should I give of myself to the church? Why do I need to worship in church? Couldn't I just worship in nature? Why does it matter whether I become a member of the church? Committed love must mark the local expression of the body of Christ. By putting spiritual disciplines into practice in the church, congregations can return to the depth of community present in the New Testament church, where they 'devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer.'

About the Author DON WHITNEY has been Professor of Biblical spirituality and Associate Dean at The Southern Baptist Theological Seminary in Louisville, KY, since 2005. Before that, he held a similar position (the first such position in the six Southern Baptist seminaries) at Midwestern Baptist Theological Seminary in Kansas City, MO, for 10 years. He is the founder and president of The Center for Biblical Spirituality. Don is a frequent speaker in churches, retreats, and conferences in the U.S. and abroad. Don grew up in Osceola, AR, where he came to believe in Jesus Christ as Lord and Savior. After graduating from Arkansas State, Don planned to finish law school and pursue a career in sportscasting. While at the University of Arkansas School of Law, he sensed God's call to preach the gospel of Jesus Christ. He then enrolled at Southwestern Baptist Theological Seminary in Fort Worth, TX, graduating with a Master of Divinity degree in 1979. In 1987, Don completed a Doctor of Ministry degree at Trinity Evangelical Divinity School in Deerfield, IL. He earned a PhD in theology at the University of the Free State in Bloemfonteine, South Africa in 2013. Prior to his ministry as a seminary professor, Don pastored Glenfield Baptist Church in Glen Ellyn, IL (a Chicago suburb), for almost 15 years. Altogether, he's served local churches in pastoral ministry for 24 years. He is the author of *Spiritual Disciplines for the Christian Life*, which has a companion Study Guide. He has also written *How Can I Be Sure I'm a Christian?*, *Spiritual Disciplines Within the Church*, *Ten Questions to Diagnose Your Spiritual Health*, *Simplify Your Spiritual Life*, and *Family Worship*. His hobby is restoring and using old fountain pens. Don lives with his wife, Caffy, in their home near Louisville. She teaches classes for seminary wives and is an artist, muralist, and illustrator. The Whitneys are parents of Lauren. Don's website is BiblicalSpirituality.org. He's on Twitter @DonWhitney and on Facebook.