



The Beautiful Disciplines: Helping young people to develop their spiritual roots

Martin Saunders

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Packed with practical activities, engaging stories, and relevant explanation, this photocopiable resource will be a powerful tool to help young people develop a deep-rooted and lasting faith. Martin believes that many young believers today practise a dangerously brittle faith. They need to be led deeper, to a faith rooted not in the personalities of their leaders or the hype of big events, but in a disciplined direct relationship with God. This book provides practical tools to help youth leaders to teach their teenagers to pray, study the Bible, live more simply, and discover the value in other ancient disciplines such as fasting, solitude, study, worship and celebration. There are 10 short chapters, each suitable for one session. Each begins with background information for the leader, then provides a study section with practical exercises. Each concludes with questions suitable for discussion in small groups.

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