

A Short Guide to Spiritual Disciplines

author: Mason King

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Synopsis

author	Mason King
readBy	Brian Craig
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Every Christian wants to grow into the person God made him to be. Every Christian has a healthier, more spiritually mature version of herself in mind. Every Christian looks upon the future's horizon and imagines a relationship with God ever-increasing in vibrancy and strength.

But how does a Christian get there? How does a sapling with good intentions actually become an oak of righteousness? You might think the answer is "regularly read the Bible, pray often, and share the gospel consistently." And those practices are certainly part of it. But in this book, Mason King expands your thinking beyond basic spiritual practices (which typically emphasize what you must do) into a more holistic picture of what a full and flourishing life with God can look like when it is cultivated well (focusing instead on who you might become).

In this book, learn how you can become a vibrant, healthy Christian by regularly offering to God three main dimensions of your life—your attention, your emotions, and your limits—for when you are disciplined in cultivating these environments at the root, you will grow into the right kind of tree.

Reader's comments

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