

# The Holiness Tradition<sup>1</sup>

*Notable Figures*

*Significant Movements*

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**Jesus of Nazareth**  
**(c. 4 B.C. - c. A.D. 29)**

James the Apostle (1st century)

Hermas (2nd century)

Tertullian (c. 160-c. 225)

Cyprian of Carthage (c. 200-258)

Gregory of Nazianzus (c. 330-389)

John Cassian (c. 360-c. 435)

Caesarius of Arles (?-543)

Gildas the Wise (?-c. 570)

Medericus (?-c. 700)

Corbinian (670-725)

**1000**

Bernard of Clairvaux (1090-1153)

Athanasios of Constantinople  
(c. 1230-c. 1323)

Thomas à Kempis (1379-1471)

Girolamo Savonarola (1452-1498)

Dominicans

(13th century to the present)

Protestant Reformation

(16th century to the present)

Roman Catholic Missionary Movement

(16th century to the present)

Great Awakenings

(18th-19th centuries)

Protestant Missionary Movement

(18th century to the present)

Student Volunteer Movement

(19th-20th centuries)

## Practicing the Virtuous Life: The Holiness Tradition<sup>2</sup>

1. Work on taming your tongue; speak only when necessary.
2. Try a twenty-four-hour fast to discipline your appetite. Eat no food from one lunch to another, skipping both dinner and breakfast. Modify the fast by drinking fruit juice and plenty of water. Use the time you save by not eating to read your Bible.
3. Resolve to overcome temptation with silence and prayer. Instead of fighting or running from temptation, stand in silence, praying for God to give you strength.
4. Fast from the television for a week. Many people find television programs addictive, and they are certainly time-consuming. By not watching television for a week, you will be able to discern its effect upon your life. Again, use the time you gain to try some other spiritual discipline or simply to enjoy your family, perhaps playing a game or taking a walk together.
5. Be a “gossip-buster.” Whenever you or someone you are with begins to gossip, quickly end it. Guide the conversation to a different subject.
6. Practice the art of speaking positively. Resolve to make two positive remarks about someone or something for every negative remark you make. Be careful not to get too far in debt!
7. Spend ten minutes each morning thinking about good things. Discipline your thoughts until they readily focus on the true, the honorable, the just, the pure, the pleasing, the commendable (Phil. 4:8).
8. Memorize the Ten Commandments (Exod. 20:2-17). These laws were sweeter than honey to the Psalmist (Ps. 19:10). Memorize them as a way to make them a more conscious part of your daily life.
9. Write out a confession in your journal. One of the best ways to get back on track after wrongdoing is to confess the things you have done or left undone. Be honest. God knows your faults and failings - you will not be telling him anything he does not already know! The exercise is for your benefit, not God's.
10. Cultivate integrity in your speech by focusing on simplicity and honesty in all that you say. Watch for guile and deception, which can creep into your speech in subtle ways. Be ruthless as you seek to tell the truth in everything.
11. Do a “covet” check in your life. Are you enviously desiring anything? The Tenth Commandment tells us not to covet our neighbor's possessions. Unchecked, covetousness leads to constant turmoil. Make a “wish list” of all the things you would like to have, and then destroy the list while asking God to help you let go of your desire to possess. Finally, offer a prayer of thanksgiving for all that you have.

<sup>1</sup> *Streams of Living Water* by Richard J. Foster, Page 60

<sup>2</sup> *A Spiritual Formation Workbook*, Page 89