

SPIRITUAL DISCIPLINES

Taken from “*Spiritual Disciplines Handbook, Practices That Transform Us*”

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Discipline

Accountability Partner - to give a regular and honest account of my choices, priorities and temptations to a godly and wise companion who points me to Christ.

Bible Study - to know what the Bible says and how it intersects with my life.

Breath Prayer - to pray a simple, intimate prayer of heartfelt desire before God

Care of the Earth -to honor the Creator by loving, nurturing and stewarding His creation.

Celebration -to take joyful, passionate pleasure in God and the radically glorious nature of God’s people, Word, world and purposes.

Centering Prayer - to quiet the heart and rest in God alone.

Chastity - to revere God by receiving and honoring my body and the bodies of others with purity of thought and action.

Community - to express and reflect the self-donating love of the Trinity by investing in and journeying with others.

Compassion - to become the healing presence of Christ to others.

Confession and - to surrender my weaknesses and faults to the forgiving love of God.

Self Examination - Christ and intentionally desire and embrace practices that lead to transformation.

Contemplation - to wake up to the presence of God in all things.

Contemplative Prayer - to develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am.

Control of the Tongue - to turn the destructive way I use words into authentic, loving and healing speech.

Conversational Prayer - to talk naturally and unself-consciously to God in prayer times with others.

Covenant Group - to enter into authentic, confidential and healing relationships with a committed group of fellow pilgrims.

Detachment - to nurture the spirit of trust that is attached to God alone.

Devotional Reading- to prayerfully encounter and surrender to the Living God through attending to Scripture.

Discernment - to delight in and recognize the voice and will of God.

Discipling - to be in a relationship where I am encouraged or where I encourage another to become an apprentice of Jesus.

Examen - to notice both God and my God-given desires throughout the day.

Fasting - to let go of an appetite in order to seek God on matters of deep concern for others, myself and the world.

Fixed-Hour Prayer - to stop my work and pray throughout the day.

Gratitude - to be sensitive to the Holy Spirit's prompting to live with a grateful heart, cognizant of God's work in my life and my abundant resources.

Holy Communion - to be nourished by Christ, tasting the sweet depths of redemption.

Hospitality - to be a safe person who offers others the grace, shelter and presence of Jesus.

Humility - to become like Jesus in His willingness to choose the hidden way of love rather than the way of power.

Inner-Healing Prayer - to assist the emotionally broken and wounded as they seek God for the healing only He can give.

Intercessory Prayer - to turn my concerns and worries into prayer; to enter God's heart for the world and then pray from there.

Journaling - to be alert to my life through writing and reflecting on God's presence and activity in, around and through me.

Justice - to love others by seeking their good, protection, gain and fair treatment.

Labyrinth Prayer - to make a quiet, listening pilgrimage to God.

Liturgical Prayer - to open myself to God through established patterns or traditions of written prayers and readings.

Meditation - to more deeply gaze on God in His works and words.

Memorization - to carry the life-shaping words of God in me at all time and in all places.

Mentoring - to accompany and encourage others to grow to their God-given potential.

Practicing the Presence - to develop a continual openness and awareness of Christ's presence living in me.

Prayer of Recollection - to rest in God, allowing Him to calm and heal my fragmented and distracted self.

Prayer Partners - to share the journey of prayer with a trusted companion.

Praying Scripture - to allow God to shape my prayer life through Holy Scripture.

Prayer Walking - to align myself, while walking in particular places, with Christ and His intercession for the Kingdom to come.

Rest - to honor God and my human limitations through restful rhythms to make space in my life for God alone.

Retreat - to make space in my life for God alone.

Rule for Life - to live sane and holy rhythm that reflects a deep love for God and respect for how He has made me.

Sabbath - to set apart one day a week for rest and worship of God.

Secrecy - to follow the simple and often hidden way of Christ.

Self-Care - to value myself as my heavenly Father values me.

Service - to reflect the helping, caring and sharing love of God in the world.

Silence - to free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words.

Simplicity - to uncomplicated and untangle my life so I can focus on what really matters.

Slowing - to curb my addiction to busyness, hurry and workaholicism; to learn to savor the moment.

Small Group - to make my spiritual journey with a community of trusted friends.

Solitude - to leave people behind and enter into time with God alone.

Spiritual Direction - to give caring attention to my relationship with God, accompanied by the prayerful presence of someone who helps me listen well to God.

Spiritual Friendship - to develop a friendship that encourages and challenges me to love God with all my heart, soul, strength and mind.

Stewardship - to live as a steward of God's resources in all areas of life; to live out of the awareness that nothing I have is my own.

Submission - to have Jesus as the Master of my life in absolutely every way.

Teachability - to remain a lifelong learner who is continually open to the fresh wind of the Holy Spirit. long

Truth Telling - to live an authentically truthful life.

Unity - to live in harmony with Christ's desire for the church to be one; to be a bridge-builder and peacemaker in the Body of Christ.

Unplugging - to be fully present to and uninterrupted in my interactions with God and others.

Witness - to reveal the life-changing love of Jesus to others.

Worship - to honor and adore the Trinity as the supreme treasure of life

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