

THE SPIRITUAL DISCIPLINES

1. MEDITATION ON THE WORD OF GOD

Read a small passage or verse of Scripture and ruminates on it. Whether silently or out loud, say the verse with an emphasis on a different word each time. How did the meaning change?

2. PRAYER

Organize your prayer life with a method for remembering those in need, those who are struggling, your church, the community, your family, and yourself.

3. FASTING

Going without something (it does not have to be food) for a period to awaken your sense of appetite and your human hunger. It reminds you to rekindle a sense of control over your habits, and set apart the Lord as a temporary replacement of those habits.

4. BIBLE STUDY

Lectio Divina is a simple study of the Bible as the reader selects a short passage to read and asks God to illumine that part of the passage that somehow has significant interest or spiritual curiosity. Read a book of the Bible in one sitting, or adhere to a plan to read a book of the Bible over the course of days or a week.

5. EVANGELISM

Share some moment with another to bring them Good News. Let your message or your life share with another, causing them to thank God.

6. SERVICE AND SUBMISSION

Is there a project you can accomplish in a short period to bring God glory or to cause another to be uplifted in some way? Is there something you can submit to which you may have been avoiding because of ego, pride, self-centeredness, lust, or greed?

7. SIMPLICITY

Unclutter your life, your environment, your capacity to hoard and collect things. Think of simpler ways to thrive and flourish in life. Un-couple your attention to things or systems that add complication, confusion, complexity to your soul. Unplug.

8. STEWARDSHIP

Take something in your possession and imagine that it belongs to the Lord. It is God's property or God's gift to use for sacred purposes. What would you do differently with it for a season? If you were to manage something for God, what would you do with it?

9. SOLITUDE AND SILENCE

Shut it down, shut it off, shut it out, for a season. Enjoy a moment of wilderness time with God. Awaken your hearing to things you have not heard in a long time because you were too busy or distracted.

10. CELEBRATION

Have a party. Celebrate something in a way that really makes you happy. Think of it as fulfilling a bucket-list item. Do something in epic proportion, and thank God for the joy it brings. Invite God's Holy Spirit to join you and witness to this tremendous moment.

11. CONFESSION

Tell God your thoughts, fears, frustrations, your sins, your anxiety, your worries, your doubts, and whatever is causing an obstacle or speed-bump in your faith. Clean the slate.

12. SEEKING GUIDANCE

Draw a map of where you have been and show where it is going. Ask God you indicate an area of your life that needs guidance, then seek answers from God's word, or other believers or spiritual directors to offer godly counsel and feedback.

13. WORSHIP

Make the time of your worship full of meaning, devotion, intent, and concentration on God's majesty, glory, mercy, power, provision, healing, and holiness. Sing, pray, listen to sermons or uplifting messages of spiritual encouragement.

14. MENTORING

Take time over two weeks to meet with another person; learning something which they do very well, or which they are proficient. Make yourself available to teach someone else over a period of two weeks to invest your wisdom and experience in a brief but intense time of mutual

15. SACRIFICE

Let something go. Set something on the holy altar of God and embrace it as your living sacrifice to God. Set something free from your attachment to it. Discipline yourself by intentionally neglecting other things to accomplish one important thing.

16. WASHING

Clean something inside and out. Make a habit of thinking about God or breathing a short prayer every time you wash your hands or face. Wash an article of clothing slowly, by hand, and let it air-dry as a symbol of making your life and your possessions pure through washing. (Titus 3:5)

17. BOUNDARIES

Practice the art of compartmentalizing or integrating certain areas of your life, habits, thoughts, or beliefs that would improve your walk with the Lord.

18. COMMUNION

Make the celebration of the Lord's supper special and meaningful by taking communion weekly for a period of time.

19. DEVOTIONAL READING

Wonderful writers through the centuries have captured their spiritual experiences in devotional works. Reading them can greatly enhance your own spiritual development.

20. CHASTITY

We live in a hyper sexualized culture. Detaching from images, media, or entertainment that triggers our soul to lust after objects will restore our true sexuality and personhood to the man or woman God created us to be.