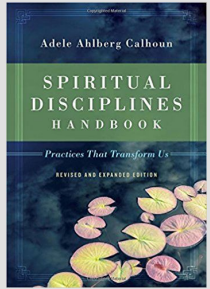
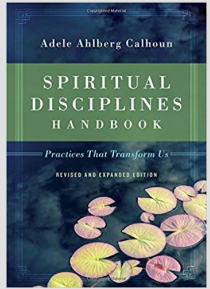


Examines 75 distinct spiritual disciplines



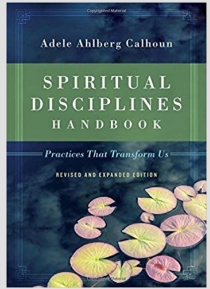
75 Spiritual Disciplines

1. ***Accountability Partner*** - to give a regular and honest account of my choice, priorities and temptations to a godly and wise companion who points me to Christ.
2. ***Bible Study*** - to know what the Bible says and how it intersects with my life.
3. ***Blessing others/ Encouragement*** - to instill courage, confidence and hope through expressing the delight God has in others.
4. ***Breath Prayer*** - to pray a simple, intimate prayer of heartfelt desire before God.
5. ***Care of the Earth*** - to honor the Creator by loving, nurturing and stewarding his creation.



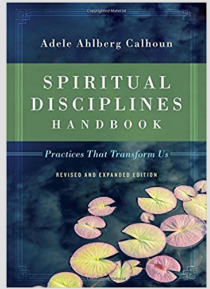
75 Spiritual Disciplines

6. ***Celebration*** - to take joyful, passionate pleasure in God and the radically glorious nature of God's people, Word, world and purposes.
7. ***Centering Prayer*** - to quiet the heart and rest in God alone.
8. ***Chastity*** - to revere God by receiving and honoring my body and the bodies of others with purity of thought and action.
9. ***Community*** - to express and reflect the self-donating love of the Trinity by investing in and journey with others.
10. ***Compassion*** - to become the healing presence of Christ to others.



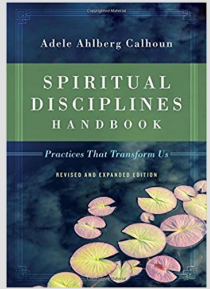
75 Spiritual Disciplines

11. ***Confession and Self-Examination*** - to surrender my weaknesses and faults to the forgiving love of Christ and intentionally desire and embrace practices that lead to transformation.
12. ***Contemplation*** - to wake up to the presence of God in all things.
13. ***Contemplative Prayer*** - to develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am.
14. ***Control of the Tongue*** - to turn the destructive way I use words into authentic, loving and healing speech.
15. ***Conversational Prayer*** - to talk naturally and unselfconsciously to God in prayer times with others.



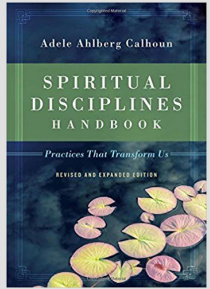
75 Spiritual Disciplines

16. *Covenant Group* - to enter into authentic confidential and healing relationships with a committed group of fellow pilgrims.
17. *Detachment* - to nurture the spirit of trust that is attached to God alone.
18. *Lectio Divinal Devotional Reading* - to prayerfully encounter and surrender to the Living God through attending to Scripture.
19. *Discernment* - to delight in and recognize the voice and will of God.
20. *Discipling* - to be in a relationship where I am encouraged or where I encourage another to become an apprentice of Jesus.



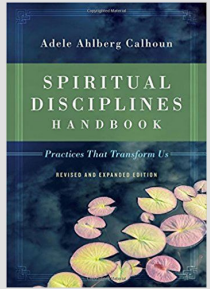
75 Spiritual Disciplines

21. ***Examen*** - to reflect on where I was most and least present to God's love in my day.
22. ***Face-to-Face Connection*** - to connect face to face, in person, below the surface of words and conversation.
23. ***Fasting*** - to let go of an appetite in order to seek God on matters of deep concern for others, myself and the world.
24. ***Fixed-Hour Prayer*** - to stop my work and pray throughout the day.
25. ***Forgiveness*** - to live into Jesus' forgiving heart and stop the cycle of vengeance.



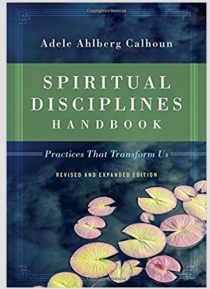
75 Spiritual Disciplines

26. ***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.
27. ***Holy Communion*** - to be nourished by Christ, tasting the sweet depths of redemption.
28. ***Hospitality*** - to be a safe person who offers others the grace, shelter and presence of Jesus.
29. ***Humility*** - to become like Jesus in his willingness to choose the hidden way of love rather than the way of power.
30. ***Iconography*** - to open myself to knowing God through the visual shorthand of icons that portray the lives of biblical characters, events and seasons saints.



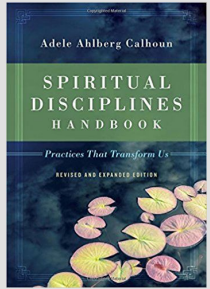
75 Spiritual Disciplines

31. *Inner-Healing Prayer* - to assist the emotionally broken and wounded as they seek God for the healing only he can give.
32. *Intercessory Prayer* - to turn my concerns and worries into prayer; to enter God's heart for the world and then prayer from there.
33. *Journaling* - to be alert to my life through writing and reflecting on God's presence and activity in, around and through me.
34. *Justice* - to love others by seeking their good, protection, gain and fair treatment.
35. *Labyrinth Prayer* - to make a quiet, listening pilgrimage to God.



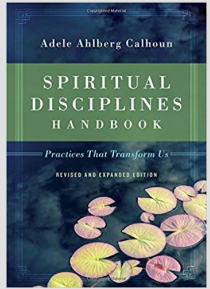
75 Spiritual Disciplines

36. *Listening Prayer* - to quiet the inner and outer noise so I can open my heart and listen for God's voice.
37. *Liturgical Prayer* - to open myself to God through established patterns or traditions of written prayers and readings.
38. *Meditation* - to more deeply gaze on God through the written Word and created order.
39. *Memorization* - to carry the life-shaping words of God in me at all times and in all places.
40. *Mentoring* - to accompany and encourage others to grow in their God-given potential.



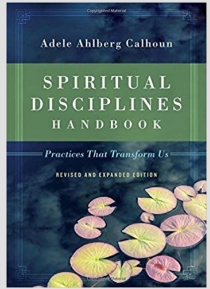
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41. ***Mindfulness/ Attentiveness*** - to live wholeheartedly in the present moment, alert to God and without judgement.
42. ***Pilgrimage*** - to go on an outer journey that will lead me closer to God.
43. ***Practicing the Presence*** - to develop a continual openness and awareness of Christ's presence living in me.
44. ***Prayer of Lament*** - to take my complaints, anger, suffering, frustrations and heartaches to God.
45. ***Prayer of Recollection*** - to rest in God, allowing him to calm and heal my fragment and distracted self.



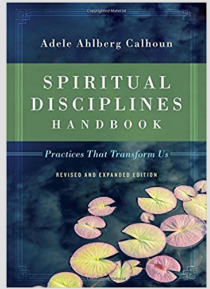
75 Spiritual Disciplines

46. *Prayer Partners* - to share the journey of prayer with a trusted companion.
47. *Prayer Scripture* - to allow God to shape my prayer life through the words of Scripture.
48. *Prayer Walking* - to align myself with Christ and his intercession for the kingdom to come while walking in particular places.
49. *Rest* - to honor God and my human limitations through restful rhythms.
50. *Retreat* - to pull back from daily life and spend extended time with God.



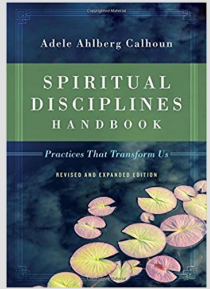
75 Spiritual Disciplines

51. *Rule for Life* - to live a sane and holy rhythm that reflects a deep love for God and respect for how he has made me.
52. *Sabbath* - to set apart one day a week for rest and worship of God.
53. *Secrecy* - to follow the simple and often hidden way of Christ.
54. *Self-Care* - to value myself as my heavenly Father values me.
55. *Service* - to reflect the helping, caring and sharing love of God in the world.



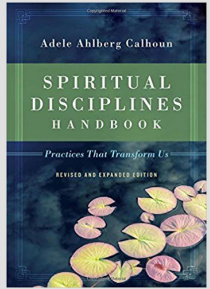
75 Spiritual Disciplines

56. ***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.
57. ***Simplicity*** - to uncomplicate and untangle my life so I can focus on what really matters.
58. ***Slowing*** - to curb my addiction to busyness, hurry and workaholism; to learn to savor the moment.
59. ***Small Group*** - to take my spiritual journey with a community of trusted friends.
60. ***Sobriety*** - to live with moderation and full attachment to God--without dependence on substances that are harmful to my life.



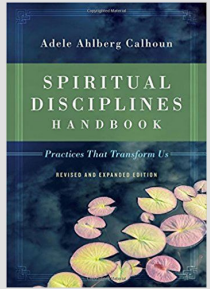
75 Spiritual Disciplines

61. ***Solidarity in Jesus' Sufferings*** - to be with Jesus in my pain and with Jesus in his pain.
62. ***Solitude*** - to leave people behind and enter into time alone with God.
63. ***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.
64. ***Spiritual Friendship*** - to develop a friendship that encourages and challenges me to love God with all my heart, soul, mind and strength.
65. ***Stewardship*** - to live as a steward of God's resources in all areas of life; to live out of the awareness of that nothing I have is my own.



75 Spiritual Disciplines

66. *Submission* - to have Jesus as the Master of my life in absolutely every way.
67. *Teachability* - to remain a lifelong learner who is continually open to the fresh wind of the Holy Spirit.
68. *Truth Telling* - to live an authentically truthful life.
69. *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.
70. *Unplugging* - to be fully present to an uninterrupted in my interactions with God and others.



75 Spiritual Disciplines

71. *Visio Divina* - to worship God in the beauty of created things.
72. *Waiting* - to patiently trust in God's goodness and timing in the events and relationships of my life.
73. *Welcoming Prayer* - to welcome Jesus into every part of my life, body, circumstances and relationships.
74. *Witness* - to reveal the life-changing love of Jesus to others.
75. *Worship* - to honor and adore the Trinity as the supreme treasure of life.