

Spiritual Practices for each of the Sacred Pathways

[Based on Gary Thomas' *Sacred Pathways* and <https://visitgracechurch.com/wp-content/uploads/2016/05/SpiritualStyle.pdf>]

PATHWAY	PRACTICES
Naturalist	<p>Prayer walk - Slowly and deliberately walk through places for the purpose of intentional and listening prayer. Walking through your neighborhood, a park, your town giving to God the people and activities that go on there.</p> <p>Practicing the Presence - Developing a rhythm of living that brings God to mind throughout the day wherever you are. Stopping throughout the day to listen to God.</p> <p>Unplugging - Unplugging electronic devices that interrupt relationships. Settling into uninterrupted quiet with Jesus.</p>
Sensate	<p>Celebration - Pursuing activities that bring the heart deep gladness and reveling in them before the Lord including: spending time with others, sharing meals, working, serving, worshiping, laughing, listening to music, dancing. Cultivating a spirit of gladness.</p> <p>Praying in color - Getting prayerfully creative and using doodles, color, words, pictures as a way of expressing what is in your heart and seeking connection with God</p> <p>Holy Communion - Partaking of Christ's body and blood in the sacrament of communion engages the senses.</p>
Traditionalist	<p>Liturgical Prayer - a written or memorized prayer that serves as a framework for individual or corporate worship and devotion. Includes praying or singing Scripture (e.g. the Lord's Prayer, psalms, responsive readings, doxologies etc) and praying the Liturgy of the Hours or the Daily Offices.</p> <p>Fixed-hour Prayer - calls for regular and consistent patterns of attending to God throughout the day. Includes following the prayers in the Liturgy of the Hours and stopping at the top of every hour for prayer.</p> <p>Fasting - the self-denial of normal necessities in order to intentionally attend to God in prayer. Includes abstaining from food, drink, shopping, desserts, chocolate, TV, radio, music, email, cellphones, or computer games to allow space for listening to the voice of Jesus.</p>
Ascetic	<p>Silence - Silence provides freedom from speaking as well as from listening to words or music. It includes setting a period of time in which you don't speak but isolate yourself from sounds and having personal retreats of silence.</p> <p>Solitude - The practice of solitude involves scheduling enough uninterrupted time in a distraction-free environment that you experience isolation and are alone with God.</p> <p>Simplicity - This includes assessing the things and activities that keep life convoluted,</p>

	<p>complicated and confusing; working to simplify these things.</p>
<p>Activist</p>	<p>Justice - Justice seeks to help others through correcting and redressing wrongs. It treats others fairly and shows no favoritism. It includes supporting just causes with time, action and financial support and providing for the poor, needy and oppressed through the means available to you.</p> <p>Walking prayer- intercede for a neighborhood or town by walking through it; especially walking through housing projects and government facilities, in places of need, fear, conflict, and decision-making, blessing the rooms and praying for the activities and people that gather there.</p> <p>Intercessory prayer - invites us into God’s care and concern for us, our families and friends, and the entire world.</p>
<p>Caregiver</p>	<p>Service - a way of offering resources, time, treasure, influence and expertise for the care, protection, justice, and nurture of others. Includes mentoring, gifts of mercy and helps.</p> <p>Hospitality - creates a safe, open space where a friend or stranger can enter and experience the welcoming spirit of Christ in another. It includes sharing your home, food, resources, car and all that you call your own so that another might experience the reality of God’s welcoming heart.</p> <p>Mentoring - Building authentic relationships that provide support, encouragement and help in specific areas.</p>
<p>Enthusiast</p>	<p>Celebration - a way of engaging in actions that orient the spirit toward worship, praise and thanksgiving. It includes spending time with others, sharing meals, working, serving, worshipping, laughing, listening to music, dancing.</p> <p>Conversational Prayer - includes attending prayer meetings and praying spontaneously with others around specific topics as they come to mind</p> <p>Worship - This includes offering my body as a “spiritual act of worship” and regularly engaging with a worshipping community.</p>
<p>Contemplative</p>	<p>Breathe Prayer - a form of contemplative prayer linked to the rhythms of breathing. It includes repeating a simple one-sentence prayer that begins with a biblical name of God that is meaningful to you or saying a traditionally scriptural breath prayer known as the “Jesus Prayer”: “Lord Jesus Christ, Son of God, have mercy on me a sinner”</p> <p>Centering prayer - a form of contemplative prayer where the prayer seeks to quiet scattered thoughts and desires in the still center of Christ’s presence.</p> <p>Solitude - scheduling enough uninterrupted time in a distraction-free environment that you experience isolation and are alone with God.</p>
<p>Intellectual</p>	<p>Bible study - engaging the mind and focusing attention on Scripture in an attempt to understand and apply truth to every part of my life.</p> <p>Memorization - includes memorizing Scripture, hymns, poems, quotes, etc.</p>

	Witness - modeling and telling of the difference Jesus has made in one's life.
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