

Spiritual Practice Plan

See the back for guidelines about this resource.



worship

In what ways might I increase my sense of wonder about God? How might I surrender control of my life to Him each day? In what ways is God calling me to respond to who He is and what He's done?

scripture

Memorization or meditation? Small amounts or large amounts? Shall I focus on one section or several? Will I read for information about God, or will I spend time relating to Him by allowing myself to listen reflectively?

prayer

Listening Prayer, Fixed-Hour Prayer, Prayer of Examen, PAPA Prayer, SHARE Prayer, Journaling, Liturgical Prayer, Praying Scripture, Centering Prayer, Breath Prayer, Intercessory Prayer

sabbath

How can I develop a weekly time of extended rest and recreation? In what ways will I attend to God during these times? Am I held captive by the addiction of busyness? What does sabbath look like for my smartphone?

simplicity

Life has seasons, so what are the few things I need to concern myself with during this season? What or who is God calling my attention to? What will I say "yes" to now...and what does that mean I must say "no" to for now?

generosity

Generosity takes practice. How can I be more generous in relationships? With my assumptions? With my stuff? With my money? With my talents and abilities? Can I honestly say "God is enough," or "I have enough?"

ministry

It's important for me to give back and serve my church family. In what ways am I already serving this semester? Am I doing my best or could I use some coaching and resources? Am I on a path towards burn out? Is it time for me to serve in a new or different way? What would be my next step to develop my ministry for this semester?

mission

I am an ambassador for the redemptive work of God. What opportunities might God be providing for me to love my neighbors, co-workers, friends? How can I better pray for the people in my life who do not know God? Is there a way I can contribute toward efforts for justice in my community?

Spiritual Practice Plan



Use the guidelines below to choose which Spiritual Practices to explore this semester.

Spiritual Practices (or disciplines) are a crucial part of our health and ongoing transformation. By engaging in these practices, we create space for the Holy Spirit to accomplish something in us we are otherwise unable to accomplish.

It's important to remember that every person is created uniquely. As a result, all will have varying experiences with different spiritual practices. Some connect to God through music and art. Some connect to God primarily through nature while others enjoy study. Some prefer silence and meditation while others prefer activity and interaction. In addition, different seasons in life will lend themselves to different practices.

How to Use this Resource

This resource is designed to allow God to prompt your heart as to which spiritual practice you may need to explore more deeply during this semester. It's a chance to evaluate your current spiritual practices and consider your next step. We suggest using this exercise towards the beginning of a semester (September, January, or June).

As a group, spend 5-10 minutes of silence to prayerfully consider the suggested practices on the other side of this sheet. Take notes if you need, and ask yourself questions like:

- What's been my experience with this practice? Has it been an effective way for me to connect to God?
- Which of these might God be calling me to explore this semester? Which one might I need to take a break from practicing?
- How would I describe my current season of life? How might this season influence my choice for a spiritual practice?

After the time of silence, take turns sharing your reflections and choice with the group. By sharing aloud together, we stand to gain ideas from each other. We also establish natural accountability.

We recommend re-visiting this exercise two more times during the semester—once in the middle and once at the end. When re-visiting, simply take turns sharing what the experience has been like. This serves to strengthen our learning, our accountability, and our resolve to engage the practices.

Spiritual Practice Definitions

Feel free to engage our Ministry Staff and Elders regarding suggestions and resources about these (and other) spiritual practices. We have additional suggestions and numerous resources available.

- Fixed-Hour Prayer: a brief pause to pray at the top of each hour—a way to remain more mindful and connected to God throughout the day.
 - Prayer of Examen: a prayer to end the day by reflecting on the day's highlight and lowlight—searching for God's work and how we need to learn and respond.
 - PAPA Prayer: a highly relational approach to prayer based on the book by Larry Crabb. PAPA Prayer helps us get away from only praying to God about what we want and need—it helps develop a relationship. (P=present yourself to God; A=attend to how you're thinking about Him; P=purge anything inhibiting your relationship with Him; A=approach Him as your highest priority)
 - SHARE Prayer: Similar to the PAPA Prayer, SHARE Prayer includes a time for listening to God. (S=share your heart with God; H=humbly wait for God to present Himself to you; A=attend to your thoughts and write them down; R=rejoice in and weigh what you hear; E=entreat God to be at work in the world)
 - Centering Prayer: a type of meditative prayer designed to quiet the heart and rest in God alone.
 - Breath Prayer: a short, repetitive phrasing connected to your natural rhythm of inhaling and exhaling. (Inhale: Lord Jesus, Son of God, Exhale: Have mercy on me, a sinner. Repeat as you breathe for five minutes. Inhale: Father God, Shepherd of my Soul, Exhale: My soul finds rest in You alone.)
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