

Practicing Spiritual Disciplines



Rest

Work towards taking one full day each week to rest. To help with rest, think of the following four words: Stop, Rest, Delight, and Worship.

The following questions can help you discern how to rest:

- How can I stop from my regular work?
- Is this restful?
- Does this lead to delight?
- How can I worship God today?



Intentional Relationships

Engage in at least one spiritual conversation with someone each week. This can be a discussion at your Hub Group. It can be a conversation with your spouse or a friend about what God is teaching you. It can be sharing your faith with someone.

AGREEMENT TO PARTICIPATE

The research in which you are about to participate is designed to test the correlation between the practice of the habits of Jesus and growth in Christlikeness. This research is being conducted by Jonathan Everette for purposes of dissertation research. In this research, you will be asked to practice the 5 habits of Jesus over a six week period and self-assess your growth in Christlikeness. Any information you provide will be held strictly confidential, and at no time will your name be reported, or your name identified with your responses. *Participation in this study is totally voluntary and you are free to withdraw from the study at any time.*

By your completion of this survey, you are giving informed consent for the use of your responses in this research.

INSTRUCTIONS

During the week, please practice the following spiritual disciplines:

01

Silence and Solitude:

At least two minutes per day, working up to 10 minutes per day.

02

Engaging Scripture for Transformation:

Using your current Bible reading plan or the plan supplied, engage with Scripture daily.

03

Prayer:

Pray daily (spend time talking and listening to God). If you need guidance, consider using an app like Lectio 365 or YouVersion's Daily Refresh or a template like the Lord's Prayer or A.C.T.S. (adoration, confession, thanksgiving, supplication).

04

Rest:

Take one day per week to rest using the guide of "stop, rest, delight, and worship."

05

Intentional Relationships:

Spend time each week in at least one intentional relationship in which you share something spiritual. This can be with your Hub Group or a spiritual conversation with a spouse or friend about what God is teaching you.

Practicing Spiritual Disciplines



Silence and Solitude

At least two minutes per day, working up to 10 minutes per day.

Tyler Staton, in his book *Praying Like Monks, Living Like Fools*, gives us three tips for incorporating silence and solitude into our prayer life. He says:

Many confused stillness with waiting for revelation. Sometimes revelation does come, and it's marvelous. But that's not the purpose of stillness. The purpose is consent. It is the daily practice of consenting to the work of God's spirit, which is deeper than our understanding our words. It's how "deep calls to deep" from our souls to his.

Resist the urge to decide if this practice of silent prayer is "working." Don't evaluate if you're "getting anything out of it." Simply trust that the practice of a couple centuries' worth of saints, and the practice of Jesus himself, might have a place in your life too. Practicing silence is a sacrificial offering to God. It's that simple. It's about giving something of yourself to God, not getting something from God. One day you'll look up, discovering that somewhere along the way—at a point you can't name precisely but know for sure you've crossed—silent prayer became a lifeline, an essential.

01 Pick a consistent time.

For you, this may be the final moments before rushing off on your morning commute, the sudden silence right after dropping the kids at school, or the daily office lunch break. It could be the very first thing you do in the morning or the last thing you do before your head hits the pillow. "When" doesn't matter, so long as the "when" is consistent, because there's no such thing as a habit or a priority that doesn't happen consistently.

02 Create a ritual.

Choose an ordinary place to become sacred--ordinary holy ground. This could be your favorite chair, the back porch steps, the upstairs balcony, or the window seat in the city bus. Sit up straight with your two feet planted firmly on the ground. Lay your hands in your lap, palms open, facing up. Close your eyes. Breathe in deeply and excel slowly three times. Pray something simple and invitational. Traditionally, this is called a breath prayer and sounds like, "Here I am, Lord", or "Come, Holy Spirit", or "Lord, have mercy."

03 Then be quiet.

Be still. Wait. I suggest setting a timer—a chime on your device or an old fashioned stopwatch will do. When you set a timer, it keeps you from needing to open your eyes to check the time period. Start with two minutes. Do this every day. Just two minutes of silence. After a month, bump it up to four, and then a month later to six. Keep this going until you get to 10 minutes.

Practicing Spiritual Disciplines



Engaging Scripture for Transformation

Using your current Bible reading plan or the plan supplied, engage with Scripture daily.

Since reading the Bible is the best habit you could ever develop, it is essential that you have a plan for engaging with God's word. Pick a systematic plan for reading the Bible at least 5 times per week.

To help with engagement and to prevent cursory reading, use **2 Timothy 3:16-17 (NLT)** as a guide:

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.

Use the following questions that flow out of this passage to guide your engagement of Scripture:

- What is this passage teaching me that is true?
- What wrong is it pointing out in my life?
- How is it correcting me?
- What right thing is it teaching me to do?
- How is it preparing me and equipping me to do good works?



Prayer

Pray daily (spend time talking and listening to God). If you need guidance, consider using an app like Lectio 365 or YouVersion's Daily Refresh or a template like the Lord's Prayer or A.C.T.S. (Adoration, Confession, Thanksgiving, Supplication).

A conversation with God can take many forms, but there are a number of resources available to help us know what to pray when we don't know what to pray: The Lectio 365 App, YouVersion's Daily Refresh, or a template like the Lord's Prayer, or A.C.T.S. For example, you could use Jesus' model prayer from **Matthew 6:9-13** as your guide.

This, then, is how you should pray:

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.

Jesus' model prayer has seven parts:

1. Declare God's greatness. **2.** Submit to His authority. **3.** Surrender to His will. **4.** Petition Him for your needs. **5.** Confess your sin. **6.** Forgive those who have sinned against you. **7.** Ask for protection.

You could also use the A.C.T.S outline:

- **Adoration:** Praise God for who He is.
- **Confession:** Confess your sins.
- **Thanksgiving:** Give thanks for all He has done and all you have.
- **Supplication:** Ask God for what you need.