

## Application: How can this passage be applied?

- How might this passage be applied in its original context?
- How might the application of this passage be the same/different from its original context?
- What might this application mean for us today?
- How might this passage push against what we hear in today's world?
- In light of the passage we read, what changes might God be calling (you/us) to make?

## Spiritual Practices.

*Depending on the application, spiritual practices may be helpful.*

- Life With God Together (LWGT) is also an initiative Wheaton is adopting to help our community shape spiritual formation methods.
  - More information and resources to come!
- Below is a list of Spiritual Practices from Dr. Dan Haase
  - Below, there are some topical groupings of practices and disciplines that can be engaged in both individually and as a group.

## **SPIRITUAL DISCIPLINES**

Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices That Transform Us*

### **PART 1: WORSHIP**

Celebration  
Gratitude  
Holy Communion  
Rule of Life  
Sabbath  
Visio Divina  
Worship

### **PART 2: OPEN MYSELF TO GOD**

Contemplation  
Examen  
Iconography  
Journaling  
Pilgrimage  
Practicing the Presence  
Rest  
Retreat  
Self-Care  
Simplicity  
Slowing  
Teachability  
Unplugging

### **PART 3: RELINQUISH THE FALSE SELF**

Confession and Self-Examination  
Detachment  
Discernment  
Mindfulness / Attentiveness  
Secrecy  
Silence  
Sobriety  
Solitude  
Spiritual Direction  
Submission  
Waiting

### **PART 4: SHARE MY LIFE WITH OTHERS**

Accountability Partner  
Chastity  
Community  
Covenant Group  
Discipling  
Face-to-Face Connection  
Hospitality

### *PART 4 cont...*

Mentoring  
Service  
Small Group  
Spiritual Friendship  
Unity  
Witness

### **PART 5: HEAR GOD'S WORD**

Bible Study  
Lectio Divina / Devotional Reading  
Meditation  
Memorization

### **PART 6: INCARNATE THE LOVE OF CHRIST**

Blessing Others / Encouragement  
Care of the Earth  
Compassion  
Control of the Tongue  
Forgiveness  
Humility  
Justice  
Solidarity in Jesus' Suffering  
Stewardship  
Truth Telling

### **PART 7: PRAY**

Breath Prayer  
Centering Prayer  
Contemplative Prayer  
Conversational Prayer  
Fasting  
Fixed-Hour Prayer  
Inner-Healing Prayer  
Intercessory Prayer  
Labyrinth Prayer  
Listening Prayer  
Liturgical Prayer  
Prayer of Lament  
Prayer Partners  
Praying Scripture  
Prayer of Recollection  
Prayer Walking  
Welcoming Prayer

**Dallas Willard, *Spirit of the Disciplines***

**Disciplines of Engagement**

Worship  
Celebration  
Confession  
Guidance  
Fellowship  
Journaling  
Meditation  
Mourning  
Prayer  
Service  
Study

**Disciplines of Abstinence**

Solitude  
Silence  
Fasting  
Secrecy  
Simplicity  
Frugality  
Chastity  
Sacrifice  
Submission

**Richard Foster, *Celebration of Discipline***

**The Inward Disciplines:**

Meditation  
Prayer  
Fasting  
Study

**The Corporate Disciplines:**

Confession  
Worship  
Guidance  
Celebration

**The Outward Disciplines:**

Simplicity  
Solitude  
Submission  
Service

**Ruth Barton, *Sacred Rhythms***

SOLITUDE: Creating Space for God  
SCRIPTURE: Encountering God Through Lectio Divina  
PRAYER: Deepening Out Intimacy with God  
HONORING THE BODY: Flesh-and-Blood Spirituality  
SELF-EXAMINATION: Bringing My Whole Self Before God  
DISCERNMENT: Recognizing and Responding to the Presence of God  
SABBATH: Establishing Rhythms of Work and Rest  
A RULE OF LIFE: Cultivating Rhythms for Spiritual Transformation

**Don Whitney, *Spiritual Disciplines for the Christian Life***

Bible Intake  
Prayer  
Worship  
Evangelism  
Serving  
Stewardship  
Fasting  
Silence and Solitude  
Journaling  
Learning

**Tan and Gregg, *Disciplines of the Holy Spirit***

**Drawing Near to God: Disciplines of Solitude**

Solitude and Silence  
Listening and Guidance  
Prayer and Intercession  
Study and Meditation

**Yielding to God: Disciplines of Surrender**

Repentance and Confession  
Yielding and Submission  
Fasting  
Worship

**Reaching Out to Others: Disciplines of Service**

Fellowship  
Simplicity  
Service  
Witness

**John Wesley “Minutes”**

Reading and hearing the word  
Public, family, private prayer  
Receiving the Lord's Supper  
Fasting and abstinence.  
Christian Conferencing to more effectually provoke one another to love, holy tempers, and good works