

Spiritual Practices by Adele Calhoun

Part 1: Worship

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	31
Rule for Life	to live a sane & holy rhythm that reflects a love for God & respect for how He has made me	37
Sabbath	to set apart one day a week for rest and worship of God	42
Worship	to honor and adore the Trinity as the supreme treasure of life	49

Part 2: Open Myself to God

Journaling	to be alert to my life through writing and reflecting on God's presence and activity in, around and through me	65
Practicing the Presence	to develop a continual openness and awareness of Christ's presence living in me	71
Rest	to honor God and my human limitations through restful rhythms	74
Self-Care	to value myself as my heavenly Father values me	80
Simplicity/Slowing	to curb my addiction to busyness, hurry and workaholism; to learn to savor the moment	88

Part 3: Relinquish the False Self

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	101
Mindfulness/Attentiveness	to live wholeheartedly in the present moment, alert to God and without judgment	114
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	121
Sobriety	to live with moderation and full attachment to God - without dependence on substances that are harmful to my life	125
Solitude	to leave people behind and enter into time alone with God	128
Submission	to have Jesus as the Master of my life in absolutely every way	135
Waiting	to patiently trust in God's goodness and timing in the events and relationships of my life	138

Part 4: Share My Life with Others

Community	to express & reflect the self-donating love of the Trinity by investing in & journeying with others	149
Discipling	to be in a relationship where I am encouraged or where I encourage another to become an apprentice of Jesus	155
Face-to-Face Connection	to connect face to face, in person, below the surface of words and conversation	158
Hospitality	to be a safe person offering others the grace, shelter and presence of Jesus	161
Service	to reflect the helping, caring and sharing love of God in the world	167
Spiritual Friendship/Accountability Partner	to develop a friendship that encourages and challenges me to love God with all my heart, soul, mind and strength	174
Witness	to reveal the life-changing love of Jesus to others	180

Part 5: Hear God's Word		
Lectio Divina/ Devotional Reading	to prayerfully encounter and surrender to the Living God through the reading of Scripture	187
Memorization	to carry the life-shaping words of God in me at all times and in all places	194
Part 6: Embody the Love of Christ		
Blessing Others / Encouragement	to instill courage, confidence and hope through expressing the delight God has in others	198
Care of the Earth	to honor the Creator by loving, nurturing and stewarding his creation	202
Compassion	to become the healing presence of Christ to others	205
Control of the Tongue	to turn the destructive way I use words into authentic, loving and healing speech	208
Forgiveness	to live into Jesus' forgiving heart and stop the cycle of vengeance	212
Humility	to become like Jesus in his willingness to choose the hidden way of love rather than the way of power	215
Justice	to love others by seeking their good, protection, gain and fair treatment	218
Stewardship	to live as steward of God's resources in all areas of life; to live out of the awareness that nothing I have is my own	224
Truth Telling	to live an authentically truthful life	228
Part 7: Pray		
Contemplative Prayer	to develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am	239
Conversational Prayer	to talk naturally and unselfconsciously to God in prayer times with others	242
Fasting	to let go of an appetite in order to seek God on matters of deep concern for others, myself and the world	245
Fixed-Hour Prayer	to stop my work and pray throughout the day	250
Intercessory Prayer	to turn my concerns and worries into prayer; to enter God's heart for the world and then pray from there	258
Listening Prayer	to quiet the inner and outer noise so I can open my heart and listen for God's voice	266
Prayer Partners	to share the journey of prayer with a trusted companion	275
Praying Scripture	to allow God to shape my prayer life through the words of Scripture	278
Welcoming Prayer	to welcome Jesus into every part of my life, body, circumstances and relationships	287

Calhoun, Adele A. *Spiritual Disciplines Handbook: Practices That Transform Us*. Downers Grove, Illinois: InterVarsity Press, 2015. Edited. Used by permission of the author.