



Spiritual Disciplines Packet

"Only to sit and think of God, oh what a joy it is! To think the thought, to breathe the Name, earth has no higher bliss." – Frederick Faber

Welcome to the first exercise in your spiritual disciplines packet! Our prayer is that this packet would serve as a springboard that helps you to practice the spiritual disciplines of *journaling, meditation, solitude and silence*, and *prayer* as you relate and grow in intimacy with your God.

We encourage you to carve out time over the next week to work through each exercise that follows, and to walk through them again as often as you'd like in the months to come. The things you'll pray about will change, and there may be additional Bible verses you would like to slow down and meditate on as the weeks before you unfold. Simply draw near to God and experience more of him through these exercises as you make them your own!

Our theme for this year is "Awaken." We feel that as a ministry, our God is calling us as women to awaken to more of Him, to make the most of every chance to love others & glorify God, and to understand what He wants for our lives!

"Wake up from your sleep, Climb out of your coffins; Christ will show you the light! So watch your step. Use your head. Make the most of every chance you get. These are desperate times! Don't live carelessly, unthinkingly. Make sure you understand what the Master wants." ~ Ephesians 5:14b-17 MSG

May this also guide and help focus your time with God as you work through this packet. It is time for us to awaken, ladies! These are desperate times, but Christ will show us the light- be encouraged!

Spiritual Disciplines Flow:

- 1.) Journaling prayer exercise (setting your intention)
- 2.) Meditation/Bible Intake exercise
- 3.) Silence and solitude exercise
- 4.) Close in prayer with God



Journaling Prayer Exercise

- 1.) Find a quiet spot with paper and pen
- 2.) Open the day with personal prayer (journal out):
 - Adoration/Praise (directed to God and His character and attributes)
 - Confession
 - Thanksgiving
 - Supplication/Requests
- 3.) Then move into praying for your intention of the day. Lay your hopes out before the Lord for the day today. Pray for God's presence and blessing upon this day and set aside time together. Pray He will bring to life what in your life needs your fresh attention and how you can awaken to a deeper relationship with God during this season. Is it by removing or laying something down before Him and letting go? Is it by stepping out in courage or slowing down and resting or waiting on Him? Spend some time praying and writing what the Holy Spirit lays upon your heart.



Meditation Exercise

- 1.) Begin by utilizing one of these two exercises:
 - a. Palms Down and Palms Up
 - i. Palms down - Release the thoughts, strongholds, fears and etc. with palms down unto the Lord
 - ii. Palms up – Receive God’s rest, sovereignty and provision upon those things
 - b. Inhale and Exhale
 - i. Operates in the same way as above. Exhale is equivalent to palms down and inhale is the equivalent to palms up.
- 2.) Now that your mind and heart are cleared let’s meditate on our ministry’s theme verses and allow them to fill our minds and take root. Accept these Words of Scripture and ponder them deeply in your heart. Seek God to give you insight, application and understanding as to how they apply to your personal life.

Ephesians 5: 14b-17 MSG: *“Wake up from your sleep, Climb out of your coffins; Christ will show you the light! So watch your step. Use your head. Make the most of every chance you get. These are desperate times! Don’t live carelessly, unthinkingly. Make sure you understand what the Master wants.” ~ Ephesians 5:14b-17 MSG (can extend to full chapter)*

- 3.) Pray through the text while contemplating these questions:
 - a. Does this text reveal something I should believe about God?
 - b. Does this text reveal something I should praise or thank God for?
 - c. Does this text reveal something I should pray about for myself, others or our ministry year?
 - d. Does this text reveal something I should have a new attitude about?
 - e. Does this text reveal something I should make a decision about?
 - f. Does this text reveal something I should do for the sake of Christ, others, or myself?
 - g. Does this text point to the heart of what God wants to stir in us in our relationship with Him? Does this text point to the heart of what God desires for our intent this year in ministry (**Awaken**)? Explore.
- 4.) Journal out your responses from above as a means to capture how God is moving in your heart and mind right now. Continue to pray through these verses as you head into the following exercises.



Solitude and Silence Exercise

- 1.) Find a quiet spot with paper and pen. Set an alarm for when this exercise is to be over.
- 2.) The discipline of silence is the voluntary and temporary abstinence from speaking so that certain spiritual goals might be sought.
- 3.) Sit and be still and present with the Lord. Take in a deep breath and slow your heart and mind down. Imagine yourself sitting with the Lord and resting. Prostrate your heart to listen. As things come to mind write them down and let them go and exist on your paper to revisit later and position yourself back into a present and listening place with the Lord. Be open to all directions God might take you, but also be intentional to seek what God has uniquely for you today within the theme and idea of **"Awaken"** in your personal and ministry life.
 - a. Goals to seek in the silence:
 - i. Listen
 - ii. Be restored
 - iii. Regain spiritual perspective
 - iv. Seek the will of God