

SPIRITUAL DISCIPLINES HANDBOOK- by Adele Calhoun

WELCOMING PRAYER

• **Reflection Questions:**

- 1. When are you most likely to feel the need for security? What happens when you feel that need?
- 2. When are you most likely to want to control an even or person? What happens to you when you want to control?
- 3. When are you most likely to need others' acceptance or approval? What happens to you when you don't get it?
- 4. What makes it hard for you to receive reality as it is?
- 5. What happens when you start to judge reality, yourself, and others?

• **Spiritual Exercises:**

- 1. Make it point to notice when you are TRIGGERED by a person or event. Invite Jesus into the event.
- 2. Do a BODY SCAN from your toes to the top of your HEAD. Feel any tension, tightness, ache or pain? As you name that place say, "W J W" and let the tightness go... Breathe deeply and release.
- 3. In the morning scan through your day. Anticipate the events and what will be good or hard. Welcome Jesus into these events before you enter your day.

PRACTICING THE PRESENCE OF GOD

• **Reflection Questions:**

- 1. Where do your thoughts go when they aren't focused on work or diverted by amusement: What do these thoughts reveal about your concerns and priorities?
- 2. How aware are you of the possibility of meeting God during your work day?
- 3. What is it like for you when God shows up at an unexpected moment?
- 4. How easy is it for God to get your attention? When are you best able to hear his STILL SMALL VOICE?
- 5. What would it look like for you to intentionally seek deeper intimacy with God?

• **Spiritual Exercises: (Jesus can do things we can't)**

- 1. Dedicate a task to the Lord? talk to them throughout the task? wanna come with?
- 2. Offer all of yourself to God for the day ahead. check in to see if you are still living your intention.
- 3. When a song comes to mind pay attention to it? Could this song be a WORD FROM GOD? Tell God how much it means to have him break in like this!!!
- 4. Practice his presence in interruptions. Before or after. Tell yourself, "I AM HERE."
 - remember many of Jesus miracle were while being interrupted.
- 5. Spend time with someone who has a FIXED HOUR of prayer..... learn how they did it and what benefits they bring.
- 6. Stop several times a day. 5 Minutes on the watch to read, pray, or practice his presence. Build up your tolerance.
- 7. What are the everyday tasks.... that you have to do...
 - shower
 - lunch
 - dressing
 - cooking,
 - driving....
 - develop a prayer that draws you in during these moments....
 - locking the doors.... opening the doors, opening the curtains.....etc.
 - short, easy, and intentional...