

Spiritual Disciplines and Desires

From The Spiritual Disciplines Handbook, Adele Ahlberg Calhoun

Discipline	Desire
Accountability Partner	To give a regular and honest account of my choices, priorities and temptations to a godly and wise companion who points me to Christ
Bible Study	To know what the Bible says and how it intersects with my life
Breath Prayer	To pray a simple, intimate prayer of heartfelt desire before God
Care of the Earth	To honor the Creator by loving, nurturing, and stewarding his creation
Celebration	To take joyful, passionate pleasure in God and the radically glorious nature of God's people, Word, world, and purposes
Centering Prayer	To quiet the heart and rest in God alone
Chastity	To revere God by receiving and honoring my body and the bodies of others with purity of thought and action
Community	To express and reflect the self-donating love of the Trinity by investing in and journeying with others
Compassion	To become the healing presence of Christ to others
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
Contemplation	To wake up to the presence of God in all things
Contemplative Prayer	To develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am

Control of the Tongue	To turn the destructive way I use words into authentic, loving and healing speech.
Conversational Prayer	To talk naturally and unself-consciously to God in prayer times with others
Covenant Group	To enter into authentic, confidential and healing relationships with a committed group of fellow pilgrims
Detachment	To nurture the spirit of trust that is attached to God alone
Devotional reading	To prayerfully encounter and surrender to the Living God through attending to Scripture
Discernment	To delight in and recognize the voice and will of God
Examen	To notice both God and my God-given desires throughout the day
Fasting	To let go of an appetite in order to seek God on matters of deep concern for others, myself and the world
Fixed-Hour Prayer	To stop my work and pray throughout the day
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
Holy Communion	To be nourished by Christ, tasting the sweet depths of redemption
Hospitality	To be a safe person who offers others the grace, shelter and presence of Jesus
Humility	To become like Jesus in his willingness to choose the hidden way of love rather than the way of power

Inner-healing prayer	To assist the emotionally broken and wounded as they seek God for the healing only He can give
Intercessory prayer	To turn my concerns and worries into prayer; to enter God's heart for the world and then pray from there
Journaling	To be alert to my life through writing and reflecting on God's presence and activity in, around, and through me
Justice	To love others by seeking their good, protection, gain and fair treatment
Labyrinth Prayer	To make a quiet, listening pilgrimage to God
Liturgical Prayer	To open myself to God through established patterns or traditions of written prayers and readings
Meditation	To more deeply gaze on God in his works and words
Memorization	To carry the life-shaping words of God in me at all times and in all places
Mentoring	To accompany and encourage others to grow to their God-given potential
Practicing the Presence	To develop a continual openness and awareness of Christ's presence living in me
Prayer of recollection	To rest in God, allowing him to calm and heal my fragmented and distracted self
Prayer Partners	To share the journey of prayer with a trusted companion

Praying Scripture	To allow God to shape my prayer life through the words of Scripture
Prayer Walking	To align myself, while walking in particular places, with Christ and his intercession for the kingdom to come
Rest	To honor God and my human limitations through restful rhythms
Retreat	To make space in my life for God alone
Rule for Life	To live a sane and holy rhythm that reflects a deep love for God and respect for how he has made me
Sabbath	To set apart one day a week for rest and worship of God
Secrecy	To follow the simple and often hidden way of Christ
Self-care	To value myself as my heavenly Father values me
Service	To reflect the helping, caring and sharing love of God in the world
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
Simplicity	To uncomplicated and untangle my life so I can focus on what really matters
Slowing	To curb my addiction to busyness, hurry and workaholism; to learn to savor the moment
Small Group	To make my spiritual journey with a community of trusted friends

Solitude	To leave people behind and enter into time alone with God
Spiritual Direction	To give caring attention to my relationship with God, accompanied by the prayerful presence of someone who helps me listen well to God
Spiritual Friendship	To develop a friendship that encourages and challenges me to love God with all my heart, soul, strength and mind
Stewardship	To live as a steward of God's resources in all areas of life; to live out of the awareness that nothing I have is my own
Submission	To have Jesus as the Master of my life in absolutely every way
Teachability	To remain a lifelong learner who is continually open to the fresh wind of the Holy Spirit
Truth Telling	To live an authentically truthful life
Unity	To live in harmony with Christ's desire for the church to be one; to be a bridge-builder and peacemaker in the body of Christ
Unplugging	To be fully present to and uninterrupted in my interactions with God and others
Witness	To reveal the life-changing love of Jesus to others
Worship	To honor and adore the Trinity as the supreme treasure of life