

An introduction to Spiritual Exercises or Disciplines

A spiritual exercise or discipline helps a believer to connect, remain connected or grow more deeply connected with God. They are not something to be done and left after completion. You will never complete them; they are not an end but a means to an end- the end being a loving, joy filled, peaceful, obedient fellowship with God and a soul that moves with His Spirit.

To begin a spiritual exercise, after much prayer, work through the following:

1. Choose a spiritual exercise.

Choose the one that would be most helpful to you currently. Why do you think that it will be helpful to you? Keep in mind that spiritual exercises are only a means to an end. What is the spiritual end that you are working toward?

2. Create a plan.

What are you going to do and when? Where will you do it and how?

3. Make yourself accountable

Explain to someone what you are doing. You should have a deep and honest relationship with the person that you chose. They should be bold enough to challenge you and give you feed back.

4. Prepare for battle

What attacks or resistance do you think will come against you? Prepare with prayer. Have a go to person, a spiritual coach, accountability partner, that you can call 24 hours a day with the attack comes.

5. Work hard on that exercise for 30 days

6. Evaluate the usefulness of your actions after 30 days and share with your accountability partner.

Do I feel closer to God now?

My soul is experiencing a more consistent sense of peace now?

I am exhibiting more love, patience and grace in my most important relationships?

I am focusing less on me and more on others?