Spiritual Disciplines Handbook
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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
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
Centering prayer

Centering prayer is a popular method of contemplative prayer or Christian meditation, placing a strong emphasis on interior silence.

Though most authors trace its roots to the contemplative prayer of the Desert Fathers of early Christian monasticism, to the Lectio Divina tradition of Benedictine monasticism, and to works like The Cloud of Unknowing and the writings of St. Teresa of Avila and St. John of the Cross, its origins as part of the "Centering Prayer" movement in modern Catholicism and Christianity can be traced to several books published by three Trappist monks of St. Joseph's Abbey in Spencer, Massachusetts in the 1970s: Fr. William Meninger, Fr. M. Basil Pennington and Abbot Thomas Keating.[1]
Centering Prayer

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer — verbal, mental or affective prayer — into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Him.

The source of Centering Prayer, as in all methods leading to contemplative prayer, is the Indwelling Trinity: Father, Son, and Holy Spirit. The focus of Centering Prayer is the deepening of our relationship with the living Christ. The effects of Centering Prayer are ecclesial, as the prayer tends to build communities of faith and bond the members together in mutual friendship and love.
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
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
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
Discipling
to be in a relationship where I am encouraged or where I encourage another to become an apprentice of Jesus
Finding them
Keeping them
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 God 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
Lectio Divina

Lectio Divina, literally meaning "divine reading," is an ancient practice of praying the scriptures. During Lectio Divina, the practitioner listens to the text of the Bible with the "ear of the heart," as if he or she is in conversation with God, and God is suggesting the topics for discussion. The method of Lectio Divina includes moments of reading (lectio), reflecting on (meditatio), responding to (oratio) and resting in (contemplatio) the Word of God with the aim of nourishing and deepening one's relationship with the Divine.

Like Centering Prayer, Lectio Divina cultivates contemplative prayer. Unlike Centering Prayer, Lectio Divina is a participatory, active practice that uses thoughts, images and insights to enter into a conversation with God. Lectio Divina also is distinguished from reading the Bible for edification or encouragement, Bible study, and praying the scriptures in common, which are all useful but separate practices.
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
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 un complicate and untangle my life so I can focus on what really matters
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 to leave people behind and enter into time alone with God
Solitude

to give caring attention to my relationship with God, accompanied by the prayerful presence of someone who helps me listen well to God
Spiritual Direction

to develop a friendship that encourages and challenges me to love God with all my heart, soul, strength and mind
Spiritual Friendship

to live as a steward of God's resources in all areas of life
Stewardship

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
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