

be still and know that I am God  
be still and know that I am  
be still and know that I  
be still and know that  
be still and know  
be still and  
be still  
**be.**



### **PAUSE: To Practice the Presence of God** **Stillness - Breathe Prayer - Sabbath**

- Stillness is 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. To curb my addiction to busyness, hurry and workaholism; to learn to savor the moment
- Breath Prayer is to pray a simple, intimate prayer of heartfelt desire before God
- Sabbath is to set apart one day a week for rest and worship of God

### **REMEMBER: To Reflect on the Redeeming Work of the Father, Son, and Holy Spirit** **Examen - Milestones - Gratitude**

- Examen is to notice both God and my God-given desires throughout the day and to reflect through journaling, morning or evening prayers, or any method of noticing
- Milestones are useful as various ways we remember through regular rhythms. Communion, baptism, birthdays, and anniversaries can all be holy activities to remember what God is actually doing in our lives
- Gratitude is 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

### **PURSUE TRUTH: To Reflect on God's Word** **Study - Memorize - Meditate**

- Studying is to know what the Bible says and how it intersects with my life
- Memorize is to carry the life-shaping words of God in me at all times and in all places
- Meditate is to more deeply gaze on God in His works and words

### **PUT OFF: To Notice Falsehood and Confess Sin** **Confession - Noticing - Restoration**

- Confession involves surrendering my weaknesses and faults to the forgiving love of Christ and intentionally desiring and embracing practices that lead to transformation
- Noticing to see what is happening around me and to delight in and recognize the voice and will of God for correction or new insights
- Restoration to align myself with Christ and His intercession for the Kingdom to come

## **GLORIFY: To Love God With All Your Heart, Mind, Soul, and Strength**

### **Worship - Stewardship - Honoring**

- Worship is to honor and adore the Trinity as the supreme treasure of life
- Stewardship to live as a steward of God's resources in all areas of life to me: to live out of the awareness that nothing I have is my own
- Honoring is a true lifestyle choice. Honoring God with our heart, mind, soul, and strength (body) is strengthened by many disciplines

## **DELIGHT: To Choose to Enjoy Life with God**

### **Attention - Joy - Celebration**

- Attention is engaging the five senses and giving your soul (mind, heart, body) to the activity and presence of God
- Joy is accessing biblical joy and a deep sense of good that transcends mere happiness
- Celebration is to take joyful, passionate pleasure in God and the radically glorious nature of God's people, Word, world and purposes

*\*Many of these phrases are taken from the Calhoun Spiritual Disciplines Handbook which we highly recommend*

### **Other Recommendations:**

The Pause App by Wild at Heart

The Bible Project reading plans and App

Gospel in Life ministries featuring Tim Keller

Sacred Rhythms by Ruth Haley Barton

Practicing the Way by John Mark Comer

Lectio 365 App



### **worship lyrics**



### **be. gift link**

