

## SPIRITUAL DISCIPLINE CHAT NOTES

---

### DEFINITIONS OF WHAT A SPIRITUAL DISCIPLINE IS:

Practices which draw you closer to God

Something that helps focus your attention on God!

Ways to connect to God.

A way of creating space to connect with the living God

Tools that we use to connect with God

God

I liked the definition from the reading, that spiritual disciplines are practices which "put us in a place where we can begin to notice God and respond"

Spiritual practices that center you and connect with the Divine

Sacramental activities - mediate God

Freedom from the entrapments of the world, which keep us closer and steady in God

Practices that open you to the Holy Spirit, to become a closer friend of Jesus.

Practices, ways to plug into the divine

Means of grace that enables the Spirit to form us. Prayer, fasting, solitude, journaling, worship, service, etc.

Spiritual disciplines are intentional practices that open us to God's transforming grace—habits of body, mind, and spirit through which we cooperate with the Holy Spirit to be formed into the likeness of Christ for the sake of others.

Practices that help us have a relationship with God, both receptive and worshipful

Any activity that focuses me on The Holy Spirit's working in my life

And ordering/centering in which we can notice ourselves in relation to God

Finding a sacred space to have a hush in the hustle..

### RANDOM COMMENTS

From Christina Turner: Happened to me once when I was leading a prayer at the beginning of a meeting — folks thought I was just reflectively & silently praying for a very long time...

From Sherieta Neleigh: I've experienced that with fasting. I keep trying as if I am "supposed to", but the Spirit reminds me that maybe, I'm not ready.

From Jen: I needed it. It was intentionally getting out of my own head to focus on God's creation around me.

From Susan Juergensen: Being in different spaces doing this exercise was a great point someone made.

From Christina Turner: For me, it regulates my nervous system to be outside in creation and noticing. Reading Scripture outside when I pray my morning prayers usually gives a different context to the Scripture, too.

From Christina Turner: When I was living in New Mexico, the Psalms about "the rock of my salvation" gave me a gorgeous image every day as I looked out on the mesas. Here in NC yesterday morning, the geese reminded me of the Celtic symbol of the Spirit as the wild goose that is free & sometimes disrupts us.

From Sherieta Neleigh: was my grandmother's favorite Psalm. She lived and passed away in Northern NM looking upon the hills of the canyon.

From Rhonda Bletsch: What is secrecy as a discipline?

From Jim Daniels: Nobody has ever talked about it. They'll never tell.

From Juana Jordan: I wonder if it is also the times when we need to be quiet about what God is doing. Sometimes we need to be about the work and not talking all the time.

From Jim Daniels: I like that. Or maybe We can see something God is up to, but It's not to share with the person just yet?

From Juana Jordan: Yes! I think of it that way as well. I have seen something happening with students, but was led to just be like Mary, cherish it in my heart until led differently.

From Lea Jacobs: what are the corporate ones?

From Sherieta Neleigh: fellowship, worship,

From Deb De Vos: Laundry is a spiritual discipline for me

From Brian Burton: Making a pour-over coffee. Slow process

From MaryAnn: I love doing laundry! Especially during time when I am so distracted.

From Christina Turner: The beginning, middle, and end of the laundry is nice! Of course, I'm single with no kids, so there IS an end. 😊

09:49:56 From Rhonda Bletsch - Wayne, PA to Everyone:

From Twila Lahey: The most transformative prayer I got out of Foster's Prayer book was the Prayer of Relinquishment. Great for starting solitude or a reflection/meditation time.

From Deb De Vos: Along with these Bible Art Journaling is wonderful!

From MaryAnn: Zen tangles ROCK!

From Sherieta Neleigh: my Spiritual Director showed me how to draw mandala in prayer

From Christina Turner: I've started collecting stones from different "thin places" I've been. Just holding a stone and turning it over is centering & calming.

From Daniel Weick: One of Thomas Cranmer's great achievements was condensing the monastic hours to Matins and Evensong in the Book of Common Prayer so parishes and individuals could access the practice. The Venite app from the Forward Movement makes the Daily Office very accessible.

From Juana Jordan: I just shared Prayer of Examen with students for their anxiety and they like it!  
We asked them to think about the next best step they can take tomorrow.

From Christin Tomy: The app called "Pray as You Go" also includes several versions of guided examen exercises. There are some geared toward young people, some focusing on beginning or end of the day, and others.

From Twila Lahey: I have also given up speeding before. A great practice for "slowing"

From Twila Lahey: Our family has also given up lights for Lent. It forced us to be in tune with the rhythm of the natural daylight and following God's created day for productivity.

From Edna: Fasting is a practice of emptying that then allows God to fill that empty space with needed graces

From Christin Tomy: There's a famous painting of St. Dominic bending over a book. As the joke goes: is he studying or praying? The answer is, "YES!"

From Julie Wagner: There is a space between the impulse and the action: Its name is Serenity.

## DISCIPLINES BEING PRACTICED

- From MaryAnn: the examen
- From Jen: meditation
- From Rhonda Bletsch: Examen
- From Mary Adams: Study
- From Sherieta Neleigh: prayer
- From Brian Thie: Memorizing Scripture
- From Edna: Meditation
- From Scott Jobe: Prayer
- From Jen: Sattva - is a free medication app
- From Joe Fisher: Lectio prayer - currently
- From Twila Lahey: Prayer
- From Brian Burton: Prayer and memorizing scripture
- From Stefon Napier: Meditation/Study
- From Sherieta Neleigh: But I realize prayer is strengthened and deepened with meditation, silence
- From Julie Wagner: Simplicity
- From James Bernhardt: Meditation and Study
- From Lea Jacobs: Pray without ceasing
- From Melissa Love: Study - desiring to move into practicing fasting more
- From Daniel Weick: I've found it's a season of study for me. I completed a six-course program in Christian spirituality at Fordham over the last two years, and I'm doing a program on social justice at Union now (in addition to this program).
- From Lisa Woodlee: prayer
- From Deb De Vos: Study, Bible Art Journaling, Meditation, Prayer, Laundry
- From Edna: Liturgy of the Hours.
- From Russell Hart: The Jesus Prayer
- From Lea Jacobs: Prayer and Meditation together
- From Christina Turner: Being called to examen, study, meditation.
- From Stefon Napier: greet loneliness as a friend and you get solitude
- From Sherieta Neleigh: solitude is not a place, but an attitude of heart

From Christin Tomy: Henri Nouwen has some beautiful writings on solitude as the foundation for relationship in community

From Deb De Vos: Silent retreats are wonderful! Start with a day and work up to a week!

From James Bernhardt: Not speaking first was a lenten discipline one season. It was amazing how much everyone else knew!

From Sherieta Neleigh: love that Discipline of asking for help! Such an important need for so many self-reliant

From Sherieta Neleigh: I like to say, "for those who need to ask for help, God has placed people who need to learn to help."

From Sherieta Neleigh: Our current economy is in a great depression of being able to pay attention to one another.

From Sherieta Neleigh: Just a comment to remember: while simplicity is important to center and reprioritize, abstaining from purchases or "boycotts" can affect the work of others. For every place we buy or are served, there is someone there who needs that job, that income. They may not be called to ministry and have that time/ privilege of spending time in contemplation because they have a house to provide for.

From Sherieta Neleigh: Meditating on for example, a room; who all is involved in every item, and structure and aspect of that room? Who paints? Who builds? Who transports the materials? Who works to maintain the utilities i that room?

From Scott Jobe: Advice on website to find good silent retreats?

From Deb De Vos: Eastern Pointe is run by the Jesuits. They have 3 locations - NJ, MA, and GA.

From Sherieta Neleigh: Scott, there is a place near Comfort Texas. I have not tried it, but I can send that info to you when I look it up again.

From Center for Spiritual Formation: you can simply google "silent retreats near me" and use your location

From Twila Lahey: The Benedictine Monks have a directory. These centers would incorporate corporate liturgical prayers if that is something that you are wanting during silent retreat.

From Juana Jordan: I have attended the one in Atlanta and it was refreshing and revelatory. The Spirit revealed things I really needed to hear.

From Sherieta Neleigh: Scott, Warbler Woods in Cibolo is a favorite of mine. It's more designed for birdwatchers, but sometimes I go for retreat. Warbler Woods website.

From Juana Jordan: Ignatius House Jesuit Retreat Center is in Sandy Springs

From Daniel Weick: I've had wonderful silent retreats at Holy Cross Monastery in West Park, NY; the Society of Saint John the Evangelist in Cambridge, MA; and the Jesuit Retreat Center in Parma, OH

From Christina Turner: To add to the list of retreat centers, I love St. Francis Springs outside Greensboro, NC!

From Twila Lahey: I've heard Laity Lodge in TX is a great option.

From Christin Tomy: Yes! I've had similar issues with visualization in prayer, and always felt like I was "failing" until I finally realized I might have some variety of aphantasia, or really not being able to visualize things in my mind

From Scott Jobe: Is the discipline of "Holy Attention" work better than that of contemplative prayer?  
Does dependency of baby remind you of your dependency on God? Jesus Welcomed Children. What do you define as worship? Can it be done at other moments of the week? Do they have a nursery at your church? Do you have someone who can watch your baby while you go to church. What is your definition of Church? Is it just a building to go to on Sunday? Is this a season of extra grace given by God?  
The calling of being a parent is one of the most valuable callings that God gives some of us! How do you know people are judging you? Is there a way that you can get more rest since rest is important? Is there a grandparent you trust with your baby?

From Christina Turner: I like the framing of "holy attention." Reminds me of the noticing exercise we did.

## **BOOKS AND OTHER RESOURCES MENTIONED THROUGHOUT THE DAY:**

---

A Guide to Prayer for Ministers and Other Servants by Norman Shawchuck

Opening to God by David Benner

Life as Prayer by Evelyn Underhill

The Jesuit Guide to Everything

Soul Feast by Marjorie Thompson

Learning to Pray: A Guide for Everyone by Fr. James Martin

This Day: A Wesleyan Way of Prayer Laurence Hull Stookey

True Awakening, the Highs Lows and Mess of Spiritual Transformation by Kerra Becker English

The Quotidian Mysteries: Laundry, Liturgy and 'women's work' by Kathleen Norris

Keeping House by Margaret Kim Peterson

The Remarkable Ordinary by Frederick Buechner

Liturgy of the Ordinary: Sacred Practices in Everyday Life by Tish Harrison Warren

Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborn

A Simple, Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola's Examen by Jim Manney

The Rule of Life on Spotify

The Way of the Heart by Nouwen

Reaching Out by Henri Nouwen

The Only Necessary Thing by Henri Nouwen

Hallelujah Anyway by Anne Lamott

[www.practictheway.org](http://www.practictheway.org)

[www.backstorypreaching.com](http://www.backstorypreaching.com)

The Lectio 365 app from