

Spiritual Discipline Ideas

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

2 Peter 1:5-8

- Download or get a CD of the Bible and listen to it during your commute for one month.
- Make a list of 30 people you know. On a month-view calendar, write each of their names on a day and commit to praying for each person on “their” day.
- With a friend, send an e-mail to each other each day for one month, detailing your spiritual ups and downs, observations, etc.
- Take a two-hour block of time once a week for six weeks. During that time, reflect through a Bible reading, journal, or just simply think. (No distractions like music, TV, etc.)
- Start a new giving pattern of some type. (Examples: support a missionary, a Compassion child, or give of your time to a ministry, etc.)
- Do a fast of some kind. Refrain from one meal a day for a week, don't watch TV for a week, or don't listen to your iPod for 2 weeks. With the time usually spent in those activities, choose to read the Bible, pray, or write down thoughts/prayers of thanksgiving and worship.
- Push yourself a little further with Scripture memorization. If you don't memorize at all, try to do one verse a week. If you memorize easily, try to memorize a chapter of the Bible in one month.
- Go on a prayer walk at the mall once a week for one month.
- Join one of the elective classes offered at GCR on Sunday mornings, or join the six-week “Starting Point” group in January.
- Spend one hour, as an act of worship, to write down all the character qualities of God that you can think of.