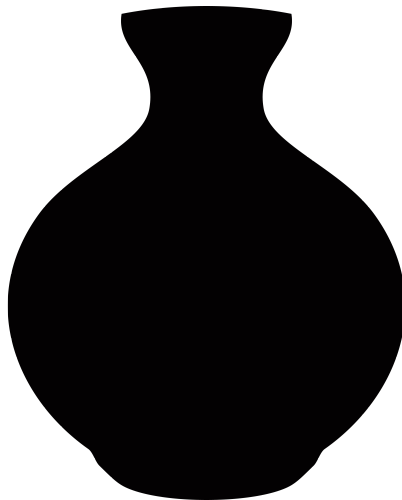


Sacred Space

Making Room to Grow
with the
Spiritual Disciplines



Christ Church East Bay Moms Group
Spring 2018

Sacred Space

Precisely because our secular milieu offers us so few spiritual disciplines, we have to develop our own. We have, indeed, to fashion our own desert where we can withdraw every day, shake off our compulsions, and dwell in the gentle healing presence of our Lord.

–Henri Nouwen

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Introduction

I'm no expert on Spiritual Disciplines. I have started and stopped, dabbled and mixed them, but no matter how little I put in, they seem to provide benefits I clearly didn't earn and don't deserve.

The disciplines are a way of making space to come close to God, or more probably, to give him room to come close to us--something He is always seeking to do.

It seems that there is not one definitive list, or a universally prescribed way to engage with the disciplines. As I look through the lists and definitions, there aren't hard edges between them; they merge together and blend. Meditation becomes silence, fasting leads to simplicity, and prayer weaves through all of them.

Meeting God in these sacred spaces is mystical and transformational; it will change those who enter in. It is work, but not the kind that leads to being rated or judged; it's the kind that feels uncomfortable, risky or even painful. It takes an act of will to start, but once you are there, open and quiet, it's more like rest than work. It's more like stepping off the platform of a zip-line than building wings and trying to fly.

We are undertaking this journey together to begin to overcome the reluctance and to engage closely with God, wading in at the edges together to see where it takes us.

Judy Hanawalt

January 2018



Silence and Solitude

When I go to a quiet place to pray, I realize that, although I have a tendency to say many things to God, the real “work” of prayer is to become silent and listen to the voice that says good things about me. This might sound self-indulgent, but, in practice, it is a hard discipline. I am so afraid of being cursed, of hearing that I am no good or not good enough, that I quickly give in to the temptation to start talking and to keep talking in order to control my fears. To gently push aside and silence the many voices that question my goodness and to trust that I will hear a voice of blessing--that demands real effort.

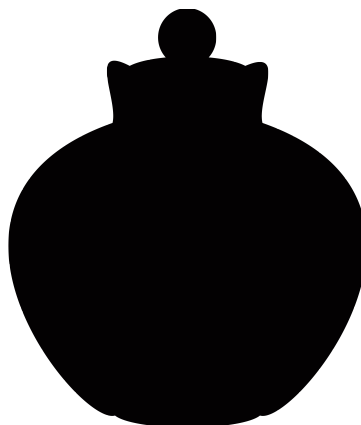
It is not easy to enter into the silence and reach beyond the many boisterous and demanding voices of our world and to discover there the small intimate voice saying: You are my Beloved Child, on you my favor rests.” still, if we dare to embrace our solitude and befriend our silence, we will come to know that voice.

The movement of God’s Spirit is very gentle, very soft--and hidden. It does not seek attention. But that movement is also very persistent, strong and deep. It changes our hearts radically.

–Henri Nouwen

Silence and solitude: two blissful ideas every mother has longed for when life feels overwhelming. My mother used to complain, “I can’t hear myself think!” How can we slip away from the clamor and chaos of everyday life to find rest?

These moments of peace can be found here and there, precious minutes when you can disengage with the outside world and engage with your inner thoughts. Once you manage to create the space, the challenge becomes choosing to not fill it with



something else--music, a show you've been wanting to watch, or anything handy, really--because silence and solitude feel like a vacuum that needs to be filled.

To make this quiet a sacred space, you have to be intentional to hold it open in what may feel like an awkward silence until you can hear the smaller, softer whispers of your soul.

It would be wonderful to be able to get time away--a couple of hours or even a weekend--to be quiet, to stop talking, and to limit input from movies, music and social media and just be. It would be a start to find a few minutes out of your ordinary schedule to intentionally find silence and solitude in the midst of your normal ambient noise.

If we tune out the noise--even the noise of our thoughts--and just be still, what is there? Once all the tasks, needs, fears, complaints and obligations that compete for attention settle into the background, silence and solitude open up a space for you to hear what's happening in your heart.

Scripture

Psalm 48:10-11

*He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
The Lord Almighty is with us;
the God of Jacob is our fortress.*

Take time now to be still.

Quiet the intrusive thoughts that try to get your attention—let them go by without stopping them or engaging with them.

Breathe deeply a few times. Close your eyes.

Are you afraid? Grieving? Lonely? Confused?

Are you excited? Brave? Yearning to embark on something new?

What image fills your mind when you are quiet? Heaviness? Or maybe lightness?

Has something that you need to think about or decide been tugging at the corners of your mind, waiting for a chance to be heard?

Response

The Spiritual Disciplines engage different parts of our body and mind to bring us into communion with God in ways we might not naturally use. They get our attention by upsetting the routine and nudging us out of our ruts. Prayer, simply talking to God, seems to be woven into all of them. The last moments of our time together will be finding our voice in prayer to respond to whatever has moved us as we consider or try a particular discipline.

Here are some pages to fill with prayers, notes and ideas, or doodle. There will be some thought starters for your use now or later. Use them in whatever way appeals to you.

Prayer & Response

Examen is an ancient practice that began in the monastic tradition. It is typically used at the end of the day to review the day and prepare for the next day. It can be used anytime you want to slow down and connect with where in your life you are experiencing God's presence, and where you are missing it.

Take a moment again to take a few deep breaths and find a comfortable position. Begin to review your day or your week as you thoughtfully move through the four steps of this prayer.

A Prayer of Examen

Thank you, God, that you are here with me, and the Spirit dwells in me.

Open my heart to remember where I experienced your presence today, and where I was caught up in distractions.

Are there changes I need to make to live more in step with the Spirit, or to be more responsive to your presence in my life?

I give tomorrow to you, and look forward to meeting you in a new, fresh way.

Amen

Meditation

As you read, pause frequently to meditate on the meaning of what you are reading. Absorb the Word into your system by dwelling on it, pondering it, going over it again and again in your mind, considering it from many different angles, until it becomes part of you.

- Nancy Leigh DeMoss

While silence and solitude give space for what is in our hearts to bubble to the surface, meditation is the conscious seeding of God-thoughts into our hearts and minds. The Bible talks about meditating on God's law, dwelling on his character and attributes and on the ways he reveals himself to us, not only in the written scriptures, but in nature and in other people.

Scripture

Psalm 1

*Oh, the joys of those who do not
follow the advice of the wicked,
or stand around with sinners,
or join in with mockers.*

*But they delight in the law of the Lord,
meditating on it day and night.*

*They are like trees planted along the riverbank,
bearing fruit each season.
Their leaves never wither,
and they prosper in all they do.*

Have you ever spent time meditating?

What has your experience been?



Reading a written text, ancient prayer or a Bible verse can serve to pull wandering thoughts back to pondering who God is and how he is moving in us and the world.

Another way to deepen meaning is to put yourself into the text you are reading using your imagination. Even reading a fictional account of a biblical event can be a type of meditation.

Some meditate by imagining themselves being held by God, and thinking about him gazing down lovingly, perhaps saying, "You are my beloved daughter. I am pleased with you (Mark 1:11)."

Take some time now to meditate on one or more verses of this passage.

Scripture
Colossians 1:15-20

*Christ is the visible image of the invisible God.
He existed before anything was created and is supreme over all creation,
for through him God created everything
in the heavenly realms and on earth.
He made the things we can see
and the things we can't see—
such as thrones, kingdoms, rulers, and authorities in the unseen world.
Everything was created through him and for him.
He existed before anything else,
and he holds all creation together.
Christ is also the head of the church,
which is his body.
He is the beginning,
supreme over all who rise from the dead.[f]
So he is first in everything.
For God in all his fullness
was pleased to live in Christ,
and through him God reconciled
everything to himself.
He made peace with everything in heaven and on earth
by means of Christ's blood on the cross.*

Prayer & Response

Prayers that have been used by the church for hundreds of years can also be used to meditate. If one of these prayers gives resonates with you, spend some time praying through it, using it to bring your thoughts back to God when they wander.

Prayer of Saint Teresa of Avila

Let nothing disturb you,
Let nothing distress you,
While all things fade away,
God is unchanging.
Be patient, for with God in your heart,
Nothing is lacking.
God is enough.

Prayer of Saint Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Amen.

Fasting & Confession

Fasting helps us keep our balance in life. Our human cravings and desires are like a river that tends to overflow its banks; fasting helps keep them in their proper channel.

–Richard J. Foster

Fasting

Hunger pangs are persistent and hard to ignore. Fasting uses the discomfort of a rumbling stomach to attune us to our need for spiritual nourishment. In the Bible, fasting usually accompanies repentance, sorrow or mourning. It seems fitting to refuse to satisfy bodily cravings when there are aspects of life that cannot be satisfied, and to join the cry of our bellies with the cry of our hearts to God to fill and heal us.

It can also be helpful to do a partial fast from a specific food or drink, like sugar or coffee, or from something other than food, like technology or social media.

Fasting is not an end in itself, though. It is a time to step away from the rote filling of our stomachs and lives and the numbing effect of a satisfied appetite to feel hunger again. It is a chance to reset our spiritual appetite. Afterwards, we return to daily life with sharpened awareness and recalibrated motives.

Scripture

Joel 2:12-13

Give me your hearts.

Come with fasting, weeping, and mourning.

*Don't tear your clothing in your grief,
but tear your hearts instead."*

Return to the Lord your God,

*for he is merciful and compassionate,
slow to get angry and filled with unfailing love.*



Matthew 6:17-18

But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Have you spent time fasting, from food or something else?

What was your experience?

Confession

Fasting and confession seem to go together. Fasting can reveal things in our life that we need to bring to God, or sometimes the Spirit points out an area or an action that is out of alignment with who we are as God's beloved, and the response is fasting.

Confession is simply agreeing with God. He knows us and loves us; we won't be surprising him with any of our thoughts or feelings. When we know that something has come between us, we can ignore it, or try to hide it, or we can lay it out before him and confess our need for him.

The Bible also tells us to confess our sins to one another. Sharing our pain, disappointment and weaknesses with fellow believers can lighten our load and allow us to experience God's grace and forgiveness in a more tangible way.

Spend some time meditating and listening with these verses.

Scripture

Psalm.139:23-24

*Search me, O God, and know my heart;
test me and know my anxious thoughts.*

*Point out anything in me that offends you,
and lead me along the path of everlasting life.*

1 John 1:9

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Prayer and Response

Spend some time with this prayer seeking what the Spirit wants to communicate with you. Below, there are some ways to approach sin that may help you as you open up space for confession.

Merciful God,
you pardon all who truly repent and turn to you.
We humbly confess our sins and ask your mercy.
We have not loved you with a pure heart,
nor have we loved our neighbor as ourselves.
We have not done justice, loved kindness,
or walked humbly with you, our God.
Have mercy on us, O God, in your loving-kindness.
In your great compassion,
cleans us from our sin.
Create in us a clean heart, O God,
and renew a right spirit within us.
Do not cast us from your presence,
or take your Holy Spirit from us.
Restore to us the joy of your salvation
and sustain us with your bountiful Spirit. Amen.

The Jesus Prayer

Lord Jesus Christ, Son of God
Have mercy on me, a sinner

Approaches to Sin

From *Jewish Spiritual Guidance* by Carol Ochs and Kerry Olitzky

Sin as Pride Through pride, we insist on being “self-made.” We end up feeling alone and defenseless. We forget that God is the source of all that we are, have and do.

Sin as Distance from God God is ever-present, but we are not always open to this divine presence.

Sin as Alienation We are in community when we feel the love provided by God’s presence. When we sin, we are alienated from community, God and from true self.

Sin as Inauthenticity When we sin, we don’t live according to our truest self. We no longer know who we are. We believe the labels our behaviors give us or the roles that others expect of us.

Sin as Division We are called to be whole. The sacred and the secular must permeate each other so that we learn to find God in every dimension of our daily routine.

Sin as Disordered Love If sin causes a blockage in our relationship with God, our relationships with our self and others will be affected.

Sin as Impatience Impatience is based on a lack of trust and a need to control. Without patience, we can’t develop a substantial relationship with others or with God.

Sin as Refusal to Love When we refuse to love, we reject one of the gifts that God has given us. We may do so out of fear of being vulnerable or rebuffed. Instead of taking risks, we try to shelter ourselves, making us cold or distant.

Sin as Refusal to Recognize that We are Loved Perhaps as a result of rejection or failed love relationships, we do not know how deeply loved we are. We think that we have to keep proving that we are lovable.

Sin as Jealousy When we are jealous, we become possessive of love, but love cannot be possessed. It can only be welcomed as a freely offered gift.

Sin as Refusal to Grow Growth requires change and effort on our part, which may be unsettling. We grow weary and want to stay put.

Lectio Divina

Lectio Divina is the name of an ancient practice that simply means sacred reading. It's a way of engaging with scripture that consists of four parts: Reading, Meditating, Praying and Resting.

Lectio is very adaptable; it can be done in a group or alone, the passage can be read or listened to, and the reading can be from any part of the Bible. A short passage—15 verses or less—may be easier to digest, but some passages may lend themselves to bigger chunks.

One way to experience Lectio is have the passage read four times. The first time, the listener picks one word or phrase that stands out, or “shimmers.” The second reading, the listener asks what the word or phrase means or how it applies to their life. On the third reading, the listener prays, asking the Spirit what their response should be, in attitude or action. After the fourth reading, the listener takes time to rest in the presence of God.

Let's take time now to go through a Lectio Divina using this passage.

Scripture

James 1:2-17

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.



If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. Such people should not expect to receive anything from the Lord. Their loyalty is divided between God and the world, and they are unstable in everything they do.

Believers who are poor have something to boast about, for God has honored them. And those who are rich should boast that God has humbled them. They will fade away like a little flower in the field. The hot sun rises and the grass withers; the little flower droops and falls, and its beauty fades away. In the same way, the rich will fade away with all of their achievements.

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else.

Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

So don't be misled, my dear brothers and sisters. Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.

What word or phrase stands out to you?

How does this word or phrase apply to your life?

What is your response to this application?

Thank God for his gift of communication with you.

Prayer and Response

How do you know when the Spirit is speaking to you? As with a friend, the more time you spend listening, the easier it will be to recognize the Spirit's voice. Here are a few ideas.

The Spirit's voice is affirming and encouraging, never condemning or harsh. You will hear words of love and grace, not disappointment, shame or anger.

The Spirit will not contradict scripture. Reading the Bible and seeking wise counsel will dovetail with what you hear in your time of meditation and prayer.

God's ways are higher than our ways (Isaiah 55:8), and usually the ideas and thoughts that come from the Spirit are not the ones you would come up with yourself. When you hear from the Spirit, often the response is awe and delight at God's creativity and love.

The Spirit's voice is a "still, small voice" or a gentle whisper (1 Kings 12:12). It can be heard best in quiet time with him. But it is also very persistent, like a soft tugging at the edge of your attention.

Record anything you think the Spirit might be saying to you here.

Simplicity

Simplicity is the only thing that sufficiently reorients our lives so that possessions can be genuinely enjoyed without destroying us.

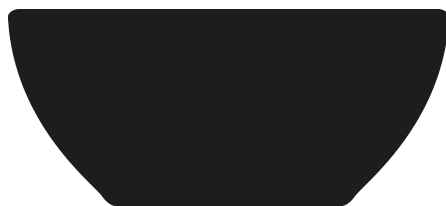
–Richard Foster

The Spiritual Discipline of simplicity goes beyond tidying up. It is an inner reordering of priorities that frees us from our dependence on getting and hoarding possessions and our need to be constantly going and doing. Simplicity creates literal space in our physical lives, and mental space that can host time with God.

To begin to cultivate simplicity, we need to get to the root of our preoccupation with stuff and busyness. Material possessions themselves are neutral, but materialism has many ways of getting its tendrils into us. Possessions represent security, create ease and keep discomfort at bay. They hold memories in the form of mementos and heirlooms. They are decorations that declare to the world our wealth and our worth. Along the way, we start to believe that they keep us safe, healthy and happy.

Our lives also get cluttered—with activities and busyness that make our calendars look as cluttered and disheveled as our junk drawers. Inner life—our peace of mind and clear focus—is susceptible to a lack of simplicity too, leaving us overwhelmed and discontent.

Once we can name the beliefs that keep us tethered to possessions and busyness, we can begin to transfer our weight from dependence on them to fully trusting God with our lives and our futures.



What kind of relationship do you have with your “stuff?”

What is the sticking point about possessions for you? What stops you from getting rid of something or motivates you to buy something?

Are your activities intentional, or out of control? How do you determine how to spend your time? Is it a positive or negative motive? Love, joy, fear, shame?

What is your contentment level? Do you need more of it in your life?

Spend some time meditating on the verses below and then use the journaling prompt, or whatever other method you want to use, to write down what comes to mind.

Scripture

Philippians 4:11-13

I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.

Matthew 6:31-33

So don't worry about these things, saying, "What will we eat? What will we drink? What will we wear?" These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Colossians 3:1-3

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.

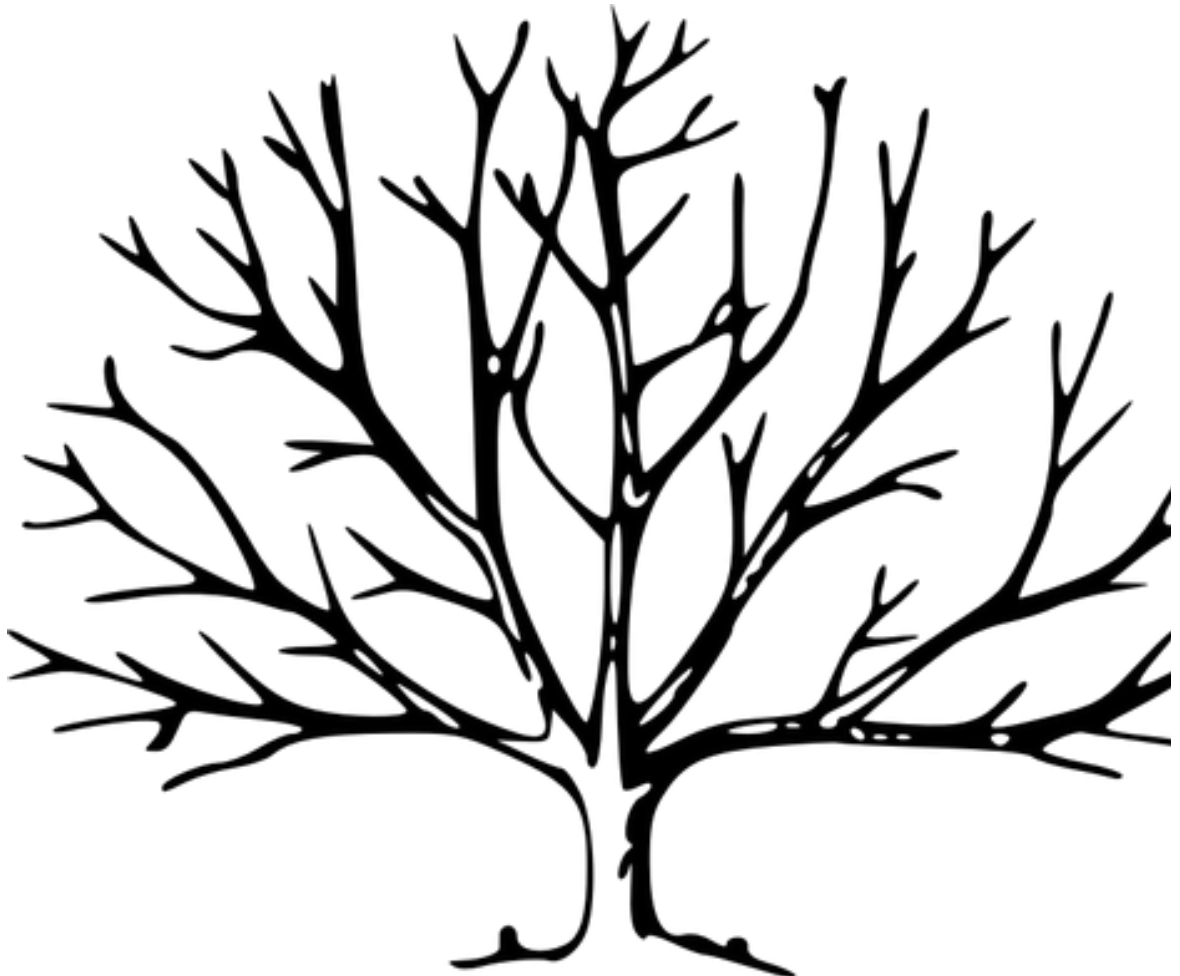
Prayer and Response

I view my life as a tree. The trunk represents my relationship to Christ; the limbs represent major areas of God-given responsibility such as family, job, ministry and personal development; and the branches represent the activities and opportunities of life. Even without special care, activity branches multiply. Soon, the profusion of branches becomes more prominent than the trunk and limbs. When this happens, I feel trapped, frustrated and empty.

This is the process I use to prune my life. Three or four times a year, I spend half a day with the Lord to evaluate my life, to examine my schedule, and to set some new directions for the months ahead. This quiet time acts like a knife to cut through the illusions and mirages of everyday life. It enables me to focus my attention, to set my heart on things above.

Then I lay my tree out before the Lord. I pray, "At this point in my life, Lord, what is it you want me to do? What must I do to keep my relationship to you vital? What do you want me to say yes and no to?"

—Jean Flemming



Study

The important thing is not to stop questioning. Curiosity has its own reason for existence. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery each day.

–Albert Einstein

The Spiritual Discipline of study is making room for the Spirit to inspire, to lead you into something new, to surprise and awe you. This is not the studying of school days, the stuff of anxiety dreams about forgotten classes and tests we're not prepared for; it is enriching, life-giving learning that flows from engaging and understanding truth.

The activities are not just reading and memorizing, but contemplating, discussing, making connections and putting pieces together to see the world in a new way. It doesn't have to be just studying a book; it can be a learning a new skill, a new hobby, a language, or digging and discovering something that captures your imagination.

Scripture is the primary source for study, but other books about spiritual things are useful as well. You can also hold this sacred space by being aware of the world around you and engaging with it to learn. Nature, music, creativity and imagination all have a role in our study.



How often do you pursue an area of interest or mystery out of curiosity?

Have you intentionally learned anything new in the last year?

Is there anything that has been coming to mind that you'd like to pursue?

How do you feel about making time for study?

How might God use something you study to not only enrich you, but to encourage or bless others in your life?

The spiritual discipline of study can be broad, but nothing is better than studying the Bible. Scripture is foundational and necessary to a healthy Christian life. One way to start studying on your own is to choose a passage, look up background information to give yourself context, and then to read it with these questions in mind:

What does the passage teach me about God?

What does the passage teach me about me?

What do I need to apply to my life from this passage?

Take some time to study the following passage.

Scripture

James 1:19-27

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you.

Prayer and Response

Keeping a prayer journal can be a way to remember the discoveries and moments of closeness that you experience in study and prayer. Journaling can be as simple as jotting down bullet points, it can be written as a letter to God, or you can illustrate your thoughts and feelings with art materials. It's your space and your time.

As you study, use this space to journal: take notes on what you are learning; articulate what you would like to say to God, or what God is saying to you; write out your prayers. Let go of your need to do it right and jump in here and see where it leads.

Sacred Spaces

Perhaps nothing helps us make the movement from our little selves to a larger world than remembering God in gratitude. Such a perspective puts God in view in all of life, not just in the moments we set aside for worship or spiritual disciplines. Not just in the moments when life seems easy.

–Henri Nouwen

Take time to look back over what we have talked about over the last six weeks.

Do you see any sacred spaces beginning to open up inside you?

Silence & Solitude

Meditation

Fasting & Confession

Lectio Divina

Simplicity

Study



Which spiritual disciplines appeal to you the most?

What have you noticed in yourself as you have explored the different ways to create space for God?

Do you think you will make any of these a regular part of your life?

Prayer and Response

Labyrinths are an ancient prayer tool that I love. Something about walking the path closer and farther and around the center and then back again causes my thoughts to percolate. Maybe following the path occupies the part of my brain that tries to put my world in order, and lets the feelings and emotions that aren't neat and tidy bubble to the surface.

You can try it here. Trace the path of the labyrinth with your finger. As you follow the course to the center, think about what you need to release. As you return to the entrance, think about what you need to take up.



Resources

This is a list of websites and books that I have found helpful. Use it as a jumping-off place—there is so much more good material out there to explore!

Spiritual Practices

Jean Flemming *Feeding Your Soul*

Richard J. Foster *Celebration of Discipline*

Nathan R. Hale

<http://nathanrhale.com/the-12-spiritual-disciplines-an-overview/>

Renovare

<https://renovare.org/about/ideas/spiritual-disciplines>

Dallas Willard *The Spirit of the Disciplines* and *Hearing God*

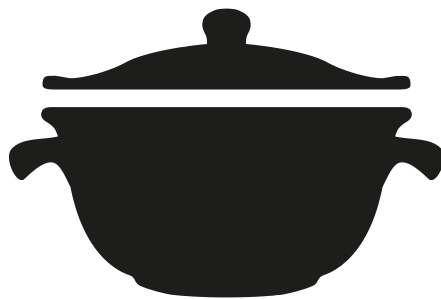
<http://www.dwillard.org/>.

Meditation

Henri Nouwen *Life of the Beloved* and *The Way of the Heart*

Fictional accounts of Jesus' life

Anne Rice *Out of Egypt* and *Road to Cana*



The Daily Examen

<https://www.loyolapress.com/our-catholic-faith/ignatian-spirituality/examen-and-ignatian-prayer/how-can-i-pray-try-the-daily-examen>

<https://www.theparkforum.org/wp-content/uploads/2016/03/Prayer-of-Examen.pdf>

Reimagining the Examen website and app

Lectio Divina

The Carmelites

<http://ocarm.org/en/content/lectio/what-lectio-divina>

Ignatian Spirituality

<https://www.ignatianspirituality.com/ignatian-prayer/the-what-how-why-of-prayer/praying-with-scripture>

Simplicity

Bible Study Guide

<https://www.christianitytoday.com/biblestudies/a/life-of-simplicity.html>

Jean Flemming *Finding Focus in a Whirlwind World*

Prayer Journaling

Nathan Hale

<http://nathanrhale.com/prayer-journal/>

Prayer Apps

<http://www.ministrybestpractices.com/2015/12/the-big-list-of-best-prayer-apps.html>

Study

Five Techniques

<https://www.cru.org/us/en/train-and-grow/help-others-grow/mentoring/five-techniques-study.html>

Inductive method

<https://www.navigators.org/resource/how-to-study-the-bible/>

