

Spiritual Practices

Awareness: God, Self & Others

Definition: A maturing mindfulness – to know & love the true living God, to understand & accept oneself, and to appreciate & value others.

Relevant Scripture:

Psalm 42:1-5, Psalm 139, Isaiah 43:1-13

Mark 12:28-31, Luke 10:30-37, John 14:6-14

1 Corinthians 13:1-13, Galatians 5:6, Colossians 1:13-23

Suggested study:

Emotionally Healthy Spirituality (updated edition 2017) by Peter Scarzzero

On-going Practice/Spiritual Disciplines:

1. Develop a 'Rule of Life', your own practices & rhythms to become more like Jesus.
2. Practice 'the presence of God' (walks, scripture memory & meditation, listening prayers.)
3. Spend 30 days praying the names of God (www.navigators.org/resource/praying-names-attributes-God)
4. Explore the various personality theories: *DISC, Myers-Briggs, StrengthFinders, Enneagram, etc.*
5. Become aware of the gifts of the Spirit, and how God has uniquely created you.

Suggested experiences:

- Participate in a short-term mission into another culture.
- Be a volunteer with a ministry i.e. local thrift store, food pantry (*Coldwater*), Urban ministry (*Freedom Fire in KC*).
- Live with a sincere interest in knowing & serving others, learn their story.
- Regularly take a spiritual retreat or undergo spiritual direction.
- Expand your mind: read/listen to authors of different race, gender, age and perspective.

Additional resources:

- ***Knowing God*** (1993) by J.I. Packer
- ***The Road Back to You*** (*Enneagram Journey to Self-Discovery*) (2016) by Ian Morgan Corn & Suzanne Stabile
- ***Boundaries*** (1992) by Dr. Henry Cloud & Dr. John Townsend

