NOTES

Spiritual Practice - Where is the Starting Line

2 Timothy 1: 1-8 - Paul, an apostle of Christ Jesus by the will of God, in keeping with the promise of life that is in Christ Jesus, To Timothy, my dear son: Grace, mercy and peace from God the Father and Christ Jesus our Lord. I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers. Recalling your tears, I long to see you, so that I may be filled with joy. I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self discipline. So do not be ashamed of the testimony about our Lord or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God.

Although we call them spiritual disciplines or habits, we can't let the "check list mentality" creep into our walk with God by becoming legalistic about it. I think we can agree that the goal of starting spiritual disciplines in the first place is to create a deeper intimacy with God, not keeping a list like a bunch of Pharisees. - The Disciple Project

Gratitude

Counting your blessings is a powerful spiritual exercise make a list of all of the things God has blessed you with, all of the things that make life wonderful. Pay attention to the details of your life. Look for the hidden things. Take notice of all those wonderful things you easily overlook.

Start small: try to come up with a list of ten things God has blessed you with. It can include things like your loved ones, material provision or opportunities you have been given.

This exercise is aimed at helping you see "The wide-spread mercy" that God gives us daily.

-From The Good and Beautiful God
James Bryan Smith