



### **Spiritual Disciplines Packet #2**

“Only to sit and think of God, oh what a joy it is! To think the thought, to breathe the Name, earth has no higher bliss.” – Frederick Faber

Welcome to the second set of exercises in the online spiritual discipline packets offered through Scottsdale Bible Church’s Women Ministry! Our prayer is that this packet would serve as a springboard that helps you to practice the spiritual disciplines of *journaling, meditation, solitude and silence, and prayer* as you relate and grow in intimacy with your God.

We encourage you to carve out time over the next week to work through each exercise that follows, and to walk through them again as often as you’d like in the months to come. The things you’ll pray about will change, and there may be additional Bible verses you would like to slow down and mediate on as the weeks before you unfold. Simply draw near to God and experience more of him through these exercises as you make them your own!

Our theme for this year is “Awaken.” We feel that as a ministry, our God is calling us as women to awaken to more of Him, to make the most of every chance to love others & glorify God, and to understand what He wants for our lives!

*“Wake up from your sleep, Climb out of your coffins; Christ will show you the light! So watch your step. Use your head. Make the most of every chance you get. These are desperate times! Don’t live carelessly, unthinkingly. Make sure you understand what the Master wants.” ~ Ephesians 5:14b-17 MSG*

May this also guide and help focus your time with God as you work through this packet. It is time for us to awaken, ladies! These are desperate times, but Christ will show us the light- be encouraged!

#### **Spiritual Disciplines Flow:**

- 1.) Journaling prayer exercise (setting your intention)
- 2.) Meditation/Bible Intake exercise
- 3.) Silence and solitude exercise
- 4.) Close in prayer with God
- 5.) Bonus Content: Ways to bear with one another & enjoy the gift of community



### **Journaling Prayer Exercise**

- 1.) Find a quiet spot with paper and pen
- 2.) Open the day with personal prayer (journal out):
  - Adoration/Praise (directed to God and His character and attributes)
  - Confession
  - Thanksgiving
  - Supplication/Requests
- 3.) Then move into praying for your intention of the day. Pray for God's presence and blessing upon this day and set aside time together. Pray about how you can awaken to a deeper relationship with God and with those in our church community during this season. Is there any doubt or disappointment in your heart towards God? Why is it there and have you released these feelings to Him, trusting He can take it, walk with you through it, and love you through your feelings towards Him?

Or is there any unforgiveness, offense, or bitterness towards someone else that you are harboring in your heart? Pray for God to help you see them through His eyes, and about how you can seek reconciliation with them. Or maybe there is someone that's heavy on your heart that you feel led to reach out to in this season, but you haven't yet. Spend some time praying and writing what the Holy Spirit lays upon your heart.



### **Meditation Exercise**

- 1.) Begin by utilizing one of these two exercises:
  - a. Palms Down and Palms Up
    - i. Palms down - Release the thoughts, strongholds, fears and etc. with palms down unto the Lord
    - ii. Palms up – Receive God's rest, sovereignty and provision upon those things
  - b. Inhale and Exhale
    - i. Operates in the same way as above. Exhale is equivalent to palms down and inhale is the equivalent to palms up.
- 2.) Now that your mind and heart are cleared let's meditate on the verses below and allow them to fill our minds and take root. Accept these Words of Scripture and ponder them deeply in your heart. Seek God to give you some insight, application and understanding as to how they apply to your personal life.

Colossians 3: 12-15 NIV: "*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*"

- 3.) Pray through the text while contemplating these questions:
  - a. Does this text reveal something I should believe about God?
  - b. Does this text reveal something I should praise or thank God for?
  - c. Does this text reveal something I should pray about for myself, others or our ministry year?
  - d. Does this text reveal something I should have a new attitude about?
  - e. Does this text reveal something I should make a decision about?
  - f. Does this text reveal something I should do for the sake of Christ, others, or myself?
  - g. Does this text point to the heart of what God wants to stir in us in our relationship with Him? Does this text point to the heart of what God desires for our intent this year in ministry (**Awaken**)? Explore.

4.) Journal out your responses from above as a means to capture how God is moving in your heart and mind right now. Think through how you can bear with one another better and write down 1-2 ways you can do so over the next month. Revisit these goals throughout the month to remind you to follow through on them! Next, ask God to help you awaken to more of His love for you, so you can then share His love with those around you. Continue to pray through these verses as you head into the following exercises.



### Solitude and Silence Exercise

- 1.) Find a quiet spot with paper and pen. Set an alarm for when this exercise is to be over.
- 2.) The discipline of silence is the voluntary and temporary abstinence from speaking so that certain spiritual goals might be sought.
- 3.) Sit and be still and present with the Lord. Take in a deep breath and slow your heart and mind down. Imagine yourself sitting with the Lord and resting. Ponder the following attributes with Him from our verse in Colossians 3 that we journaled about in the previous exercise: *compassion, kindness, humility, gentleness and patience*. Prostrate your heart to listen. What is He saying to you about these or about one or two of them in particular?

As things come to mind write them down and let them go and exist on your paper to revisit later and position yourself back into a present and listening place with the Lord. Be open to all directions God might take you, but also be intentional to seek what God has uniquely for you today as you seek to love Him, love those around you, and anything else He reveals that relates to our theme and idea of “Awaken” in your personal and ministry life.

- a. Goals to seek in the silence:
  - i. Listen
  - ii. Be restored
  - iii. Regain spiritual perspective
  - iv. Seek the will of God



### **Ways to bear with one another & enjoy the gift of community**

You've made it to the end of the spiritual packet we've prayerfully prepared for you~ well done! We pray you feel a deeper sense of God's presence and love as you've walked through these exercises with Him. Now we encourage you to extend the love of Christ to those around you! The following is a list of ideas or ways you can practically live out the verses we've been thinking upon from Colossians chapter 3. Not only will these help you to bear with one another, but they will also help you enjoy the gift of being in community with one another.

- Write out your prayer for someone who is in the midst of suffering. Tuck your written prayer for them in a card and mail it to them.
- Text an encouraging Bible verse to someone who could use some hope, love, or encouragement every day for one week.
- Invite others to participate in a progressive dinner night, or invite them to meet you somewhere for dinner, coffee, or ice cream. A little food and fellowship can do a heart good!
- Organize a day at the spa or invite others to go get a manicure or pedicure with you.
- Invite others to dinner and a movie night at your home. Have each person bring ingredients for a portion of the meal they can prepare once they arrive, so you can all enjoy cooking together. After dinner, break out the popcorn and enjoy a movie.
- Organize a group hike, walk, or bike ride.
- Start a book club.
- Get out and do something crafty together- take a painting, sewing, or pottery class.
- Invite others to serve or volunteer with you at a local foodbank, nursing home, or homeless shelter.
- Pick a time and meet with others for prayer in the Prayer Garden on the Shea campus of Scottsdale Bible Church.
- Attend a women's Bible study together, here at Scottsdale Bible Church.

Feel free to share how God moved in your relationships as you put these ideas into practice by sending your update to: [women@scottsdalebible.com](mailto:women@scottsdalebible.com) so we can rejoice with you! Enjoy!

Love,  
Your Women's Leadership Team