

## A Base Camp of Spiritual Practices

**Movement 1:** Identify a practice for each space. What practices have been life-giving and connect with the person God created you to be? Write them down. It is okay to leave a space blank. Be gentle with yourself.

**Movement 2:** Reflect on these questions: How has God produced fruit in your life through these practices? How has God used them to bring you closer to God, make you more aware of the Lord's presence in your everyday life, or form you in Christlikeness? Then offer a prayer of gratitude.

**Movement 3:** Notice what surfaced for you during the second movement. Choose one emotion, practice, or space and talk (and listen) to God about what is coming to the surface.

**Movement 4:** As you look forward, is God inviting you to identify a practice in an empty space, adjust a practice, or lean into a practice more intentionally in the coming season?

**Community** – How are you intentionally including others on the journey?

### Potential Practices

Spiritual Friendship

Spiritual Direction

Small Group/Practice Table

Listening Group

**Scripture** – How are you listening to and meeting God in the pages of scripture?

### Potential Practices

Lectio Divina

Memorization or Meditation

Praying Scripture

Devotional Reading

**Sabbath** – How are you pausing in rest to orient your life toward God’s kingdom?

**Questions for Practice**

What do you intentionally  
abstain from on Sabbath?

What do you intentionally  
engage on Sabbath?

**Prayer** – How are you learning to speak and listen to God in your everyday life?

**Potential Practices**

Examen

Breath Prayer

Intercession

Centering Prayer

**Serving** – How are you joining God’s kingdom work in the world?

**Questions for Practice**

What need in the world  
breaks your heart?

How is God inviting you to  
join God’s kingdom work?