



COVID-19 Resource Portal: SPIRITUAL DISCIPLINES

Dear brothers and sisters,

The COVID-19 situation has resulted in many activities and plans being suspended. But it should not suspend your walk with God. In fact, it may afford you more time and space to deepen your walk with Him. You may have always wanted to practice some spiritual disciplines to deepen your relationship with God. So whether you are working or learning from home, or still going to your workplace, here are some ideas and information to help in your practice of spiritual disciplines.

You can attempt all or just start one of the listed disciplines. You can also do it as a family!

*God bless,
Discipleship & Nurture Committee*

How to use?

Read the short introduction. Click the link to find out more. Then make time and ask God to help you as you practice it.

Why Spiritual Disciplines?

Richard Foster explains it as “a way of sowing to the Spirit... By themselves the Spiritual Disciplines can do nothing; they can only get us to the place where something can be done”. It is as John Wesley puts it, “means of grace” for God to work in our lives.

Which one to start first?

You can start with one or a few at the same time. We suggest that the ‘basic’ will be using the Word-in-Season for your daily reading of God’s word. The Spiritual Disciplines are complementary. For example, Journaling may be used to capture what God has spoken to you during your Reflecting the day with God, Praying with the Bible or Fasting. You can choose to practice a few or start with just one at a time. We encourage you to at least try these Spiritual Disciplines a few times and be surprised by the encounters with God.

When should I start?

Whenever you are ready. Decide how much time you need and which time of the day. If it is fasting, it can be during meal times. If it is Reflecting the day with God, it will be best at the end of the day. But if you do not have the time at the end of the day, you may even fast during lunch and use the free time for a lunch-time Reflecting the day with God. You can do it every day, alternate day or even twice a week. We want you to experience success in practicing them. So start with what will not rush you through but savour your time with God.

Where can I practice the Spiritual Discipline?

Your inner room (Matthew 6:6). This can be a place with the least distraction where you can have uninterrupted time with God and yourself.

Who can I practice the Spiritual Disciplines with?

On your own. You can also have an accountable buddy if you are in a Small Group or make a 'pact' with your SG. We have also provided ideas for families, so that you can journey together as a family.

Spiritual Disciplines

Reading the Bible

Get your daily word from God by following the Word in Season. Let's ABIDE in Christ.

Acknowledging His Presence

Basking in His Word

Identifying with His heart

Discern His truth

Embrace His grace

You can download the Word in Season app into your mobile phone.

Fasting

"Fasting is for this world, for stretching our hearts to get fresh air beyond the pain and trouble around us. And it is for the battle against the sin and weakness inside us. We express our discontent with our sinful selves and our longing for more of Christ." - David Mathis

For details: <https://www.desiringgod.org/articles/fasting-for-beginners>

You could fast a meal, social media, television or even gaming. You can fast along with other spiritual disciplines. Make plan to use the freed-up time to read the Bible, Praying with the Bible or Reflecting the day with God.

Journaling

"Writing has the power to help you see the beauty of God at work in your life experiences. When you express your thoughts and feelings in a journal, you'll be surprised by how much you discover about God in the process – and God will use your journal as a tool to transform you." Helen Cepero

For more details: <https://bit.ly/2UXr7j7>

You can practice journaling by itself or complement it with your own reflection and discovery while practicing the other Spiritual Disciplines such as Reading the Bible, Reflecting the day with God or Word in Season, or simply praying and journaling.

Praying and Journaling

You can also start a journey of praying and journaling. Use the guide: <https://bit.ly/2wiFDYO>

Praying with the Bible (Studying the Bible using Lectio Divina)

'*Lectio divina* is a slow, contemplative process often termed, "praying the Scriptures", by Elizabeth Canham

It follows the following stages. You can use the suggested passages, one passage a day.

1. Reading – *Lectio*
2. Meditation – *Meditatio* – rumination
3. Prayer – *Oratio*
4. Contemplation - *Contemplatio*

More information: <https://bit.ly/2VdIY5f>

Suggested passages for reading (one passage a day, don't rush it), or you can focus on certain verses in Word-in-Season:

Mark 1:1-8	Mark 13:33-37	John 1:6-8, 19-28	Luke 1:26-38	Luke 2:22-40	Luke 2:16-21
Isaiah 40:1-5, 9-11	Isaiah 63:16-17, 64:1, 3-8	Isaiah 61:1-2, 10-11	2 Samuel 7:1-5, 8-12, 14, 16	Genesis 15:1-6, 21:1-3	Numbers 6:22-27
Psalms 85:8-13	Psalms 80:1-2, 14-15, 17-18	Luke 1:46-55	Psalms 89:1-4, 27, 29	Psalms 105:1-6, 8-9	Psalms 67:1-2, 4-5, 7
2 Peter 3:8-14	1 Cor 1:3-9	1 Thess 5:16-24	Romans 16:25-27	Hebrews 11:8, 11-12, 17-19	Galatians 4:4-7

Reflecting the day with God (Examen)

'Examen is a method of reviewing your day in the presence of God.' - www.ignatianspirituality.com

It is best to practice this at the end of the day as you review the day. You may want to do this with Journaling. The following are the stages:

1. Ask God for light
2. Give thanks
3. Review the day
4. Face your shortcomings
5. Look toward the day to come

Read more on the stages at <https://bit.ly/2JLaocd> or <https://bit.ly/2RjUauR>

Go to <https://bit.ly/3e1GkXO> to listen to the daily reflection (6 days)

This Segment is for doing it together as a Family

Praying and Blessing Each Other

Activity to bless each other in the family:

Pray with your spouse / parents / children

1. Appreciate – Thank God for what you appreciate your spouse/parents
2. Confess – Confess and repent what you might have wounded or offended your spouse/parents.
3. Bless – Pray Numbers 6:3-26 over your spouse/parents.

Bless each other and **journal** it.

1. What you are thankful of them?
2. What challenges they are facing?
3. What prayer you can pray or what can you do for each other?

Reflecting the day with God as a Family (Examen as a family)

Practice Reflecting the day with God as a family! Yes, it is possible! Follow these steps:

1. One person names the highs and lows of his/her day.
2. After that person names the highs and lows of the day, another person in the family says a prayer for that person, thanking God for the highs and asking God to help that person with the lows.
3. Every family member gets a turn to share the highs and lows of the day, and every family member gets a turn to say a prayer for another person.
4. Close with an Our Father or other prayer.

For more details: <https://bit.ly/3c0YhUH>

You may structure even personal Examen with individuals in your family.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
With your spouse	With your children (one child a time) / or any family members at home	As a family	With your spouse	With your children (one child a time) / or any family members at home	As a family



You are welcome to suggest or give feedback to llectsehorna@faithmc.sg. We like to hear how you have been blessed by your time with God. Share with us your encounter with God here: <https://qrgo.page.link/Lcbvy>