

# Practising Spiritual Disciplines

## A Territorial Spiritual Life Development Focus Suggested Monthly Guide



### GUIDANCE

*Mentors • Life Goals • Discipleship*

#### January

**THEME:** New Year's Resolutions—The beginning of a new year is a great time to set goals and make a fresh start by practising the discipline of guidance.



### SOLITUDE

*Slowing • Silence • Listening*

#### July

**THEME:** Summer Schedule—As ministry programs take a break, seize the opportunity to learn how to really listen to and be with God.



### SELF-DENIAL

*Simplicity • Fasting • Missional*

#### February

**THEME:** Partners in Mission—The practice of denying yourself something in order to give to others is well-known in the Army world. Make self-denial a special focus this year.



### SABBATH

*Resting • Health • Trust • Community*

#### August

**THEME:** Summer Schedule—Resting is very important for us. Summer can provide time to develop some healthy habits before the busy season arrives.



### CONFESSION

*Accountability • Self-Examination*

#### March

**THEME:** Easter—As we focus on the life of Jesus, the cross and his Resurrection, we have the opportunity to confess our sins and failures and be made new.



### HOSPITALITY

*Sharing • Relationships • Thankfulness*

#### September

**THEME:** Programs Restart—Help congregants learn to practise and support the needs of others and the church with what they have.



### PRAYER

*Submission • Obedience • Presence*

#### April

**THEME:** The Early Church—Following Christ's Resurrection, the early Christians earnestly prayed and sought after God.



### TITHING

*Giving • Investing • Kingdom-Building*

#### October

**THEME:** Thanksgiving—Use this time to emphasize the blessing in giving and the responsibility of tithing.



### EVANGELISM

*Proclaiming • Witnessing • Testimony*

#### May

**THEME:** Pentecost—When the Holy Spirit came upon the disciples at Pentecost, the gospel began to be shared around the world. What is your testimony?



### SERVICE

*Servanthood • Others • Supportive*

#### November

**THEME:** Christmas Kettles—Service opportunities abound at this time of year, from kettle shifts to volunteering at community and family services. Take advantage of the many ways you can help the Army's Christmas effort.



### SCRIPTURE

*Soul Food • Meditation • Convictions*

#### June

**THEME:** New Testament—After Pentecost, the early church leaders began writing letters which eventually became the New Testament.



### WORSHIP

*Holiness • Set Apart • Priorities*

#### December

**THEME:** Advent and Christmas—Ensure your worship is centred on Christ as you hear again the story of his birth.