

The Salvation Army
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Spiritual Life Development Department

Dear friends:

Practising Spiritual Disciplines is an exciting new resource designed to educate and inspire Salvationists to explore 12 spiritual disciplines which offers practical, hands-on materials that can be used to guide Salvationists on their spiritual journey. This focus fits with the territory's strategic priority of Spiritual Health under the Mobilize theme. Our prayer is that this tool will draw Salvationists closer to God and, in return, bless our community and mission.

Take up the challenge of practising a different spiritual discipline each month for one year: prayer, evangelism, Scripture, solitude, Sabbath, hospitality, tithing, service, worship, guidance, self-denial and confession. Invite God to speak into your life, to show you his glory and to transform you into his image. God will use these spiritual disciplines to strengthen your relationship with him. He has promised: "Come near to God and he will come near to you" (James 4:8 NIV).

On this website find the Practising Spiritual Disciplines poster to display in your ministry unit, a suggested monthly guide and 12 monthly bulletin inserts for download in black and white and colour. Also included will be a one-page study guide for each discipline and additional resources.

A French version of the materials will be available soon.

Blessings.

Ann Braund
Lieut.-Colonel
Territorial Secretary for Spiritual Life Development