

Spiritual Exercises

Foster

Inward

- Meditation
- Prayer
- Fasting
- Study

Outward

- Simplicity
- Solitude
- Submission
- Service

Corporate

- Confession
 - Worship
 - Guidance
 - Celebration
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Willard

Abstinence

- Solitude
- Silence
- Fasting
- Frugality
- Chastity
- Secrecy
- Sacrifice

Engagement

- Study
- Worship
- Celebration

- Service
 - Prayer
 - Fellowship
 - Confession
 - Submission
-

Calhoun

Worship

- Celebration
- Gratitude
- Holy Communion
- Rule for Life
- Sabbath
- Worship

Open to God

- Contemplation
- Examen
- Journaling
- Practicing the Presence
- Rest
- Retreat
- Self-Care
- Simplicity
- Slowing
- Teachability
- Unplugging

Relinquish False Self

- Confession & Self-Examination
- Detachment
- Discernment
- Secrecy
- Silence

- Solitude
- Spiritual Direction
- Submission

Share Life with Others

- Accountability
- Chastity
- Community
- Covenant Group
- Discipling
- Hospitality
- Mentoring
- Service
- Small Group
- Spiritual Friendship
- Unity Witness

Hear God's Word

- Bible Study
- Devotional Reading
- Meditation
- Memorization

Incarnate Love of

Christ

- Earth Care
- Compassion
- Control of Tongue
- Humility
- Justice
- Stewardship
- Truth Telling

Prayer

- Prayer
- Fasting