

## Classic spiritual disciplines based on the World's Religions<sup>1</sup>

1. **Pray** or hold others in **mindfulness** at a set time each day.
2. **Meditate** or be in **silence** for 10 minutes every day.
3. **Practice hospitality to the stranger.** *Service work, sharing meals with strangers*
4. **Daily Examine.** *See where you've fallen short of living out the "consequences" of your relationship with the Divine.*
5. Read from a **holy text** every day.
6. **Have a spiritual friendship.** *Ask someone to hold you accountable for who you truly want to be.*
7. **Practice forgiveness.** *Ask others to forgive you.*
8. **Practice Sabbath.** *Take time to honor the Divine.*
9. Do one thing each day to **care for your body** like it is the temple of the Divine.
10. **Write in a journal** each day where you saw the signs of The Holy at work.
11. **Seek to find the Divine** in the people you detest and those with whom you share no common values.
12. **Give away** your last bus token, last dollar, last minutes on a phone card, last serving of food, or anything of which you don't have an easy way to have more.
13. **Practice Fasting.** *Not just from food, but things that don't help you lead a healthy life (TV, alcohol, shopping, binge eating, smoking, cursing, gossiping, blaming )*
14. **Read.** *Books that inform your relationship with the Divine.*
15. **Share Community.** *Get to know, get involved, make change happen.*
16. **Write a Spiritual Autobiography.** *Think about the Holy moments in your life and why they were.*
17. **Retreat.** *Set apart time to deepen your relationship with the Divine.*

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<sup>1</sup> Patricia Lull, "Ten Easy Things That Are Hard to Do" and Dorothy C. Bass, *Practicing our Faith*