

# Resources for Spiritual Practices



- \* Upper Room (devotional - email or papercopy)
- \* Biblegateway.com and sign up for a daily devotion or reading plan
- \* *Sacred Rhythms* by Ruth Barton
- \* *The Life You've Always Wanted* by John Ortberg
- \* Read through a book of the Bible. In a notebook or journal, take notes, ask questions, write verses that are meaningful. A good book to start with is Mark.
- \* Daily/Advent/Lent Devotional



- \* *Spiritual Disciplines for the Christian Life* by Donald S. Whitney
- \* *Celebration of Discipline* by Richard Foster
- \* *The Spiritual Life* by Evelyn Underhill
- \* *5 Marks of a Methodist* by Steve Harper
- \* *Three Simple Rules* by Rueben Philip Job
- \* Read through a book of the Bible. In a notebook or journal, take notes, ask questions, write verses that are meaningful. Good books to start with are: Mark, John, Acts, Romans, Genesis, Exodus, Psalms.
- \* Daily/Advent/Lent Devotional



- \* *Streams of Living Water* by Richard Foster
- \* Practice at least one new spiritual discipline every six months to a year
- \* Continue to read through the Bible. Try using an inductive approach as you read asking the following questions as you read: "What does the passage say?"; "What does it mean"; "What does it mean to my life?"
- \* Daily/Advent/Lent Devotional



- \* *The Spirit of the Disciplines* by Dallas Willard
- \* *A Shared Christian Life* by Ben Witherington III
- \* *Mysticism* by Evelyn Underhill
- \* Books by Henri Nouwen
- \* Read your Bible daily and use a commentary or other resources for deeper understanding
- \* Daily/Advent/Lent Devotional



- \* Speak with a pastor for more resources or additional guidance
- \* [www.upperroom.org](http://www.upperroom.org) (books, devotions, resources)
- \* [www.seedbed.com](http://www.seedbed.com)
- \* *A Disciple's Journal* by Steve W. Manskar

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Central United  
Methodist Church

## Connecting with God:

Faith Growth Pathway

As I follow Jesus,  
What's the next Step for Me?



Connecting with God  
Connecting with Others  
Changing Our World with  
Christ's Love

# Where Are You?

	Planting	Nurturing	Shaping	Sharing
Is this You?	You have come to check out the church or you attend occasionally. You may read the Bible from time to time. You pray occasionally, perhaps know the Lord's Prayer.	You attend worship at least twice a month. You are a new Disciple who is learning how to grow in your own faith and share your faith with others.	You participate in worship and faith formation opportunities. You engage in daily discipline to help grow in your faith.	You participate in worship and faith formation regularly (through attendance and leadership). You share with others how you connect with God through spiritual practices.
How to Grow to the Next Level	Come to worship regularly. Start a spiritual practice. Learn about what Scripture, Tradition, Experience, and Reason mean, and share your story with others. Learn about the Sacraments.	Attend worship every week unless sick or out of town. Learn about foundational spiritual practices, have a daily devotional time, explore Christian beliefs, and join a Bible Study or group to deepen your faith.	Commit more of life to following God. Make your spiritual life a priority. Learn about spiritual practices. Deepen your faith through faith growth opportunities. Attend worship and begin to find ways to participate in worship leadership.	Share your story. Multiply leaders. Become a mentor or coach for newer disciples. Explore new spiritual practices to deepen your faith.
Things You Can Do to Grow	<ul style="list-style-type: none"> <li>□ Talk to a Pastor</li> <li>□ Commit to attending worship at least twice a month</li> <li>□ Pray every day</li> <li>□ Ask questions</li> <li>□ Make a commitment to Jesus</li> <li>□ Read the Bible on a regular basis</li> <li>□ Learn about spiritual practices</li> </ul>	<ul style="list-style-type: none"> <li>□ Participate in the New Member Class</li> <li>□ Participate in a Bible Study/Faith Formation Group</li> <li>□ Be baptized</li> <li>□ Begin a daily time with God</li> <li>□ Attend worship regularly</li> <li>□ Develop spiritual practices</li> </ul>	<ul style="list-style-type: none"> <li>□ Join a Bible Study/ Faith Growth Group</li> <li>□ Engage in daily spiritual practices</li> <li>□ Attend worship every Sunday and explore ways to serve in leadership</li> <li>□ Learn about and use other resources for understanding the Bible</li> </ul>	<ul style="list-style-type: none"> <li>□ Continue to feed your spirit through spiritual practices</li> <li>□ Become a spiritual mentor or faith growth pathway coach</li> <li>□ Share your story</li> <li>□ Provide leadership within the church</li> <li>□ Serve in Planting, Nurturing, and Shaping Ministries</li> </ul>