



## Tending the Garden of the Soul

Gary Thomas writes in the conclusion to his book, "Each church is full of conflicting temperaments. It is unreasonable to expect everyone's spiritual needs to be fully met by an hour-long service every seven days. It is my hope that this book **will make it easier for people to supplement the corporate worship service with their own regular devotional times.** Then during church they can focus on the corporate call of the Christian faith and how they can reach out to others."

This worksheet is all about getting specific when it comes to you supplementing what Brenneman provides. By filling it out, you are creating a Rule of Life. This is not meant to be a rigid exercise, but one that provides clarity around the priorities you are making when it comes to how you participate in the life that Christ is offering you through the pathways. By naming what you want to incorporate into your rhythms, you are taking responsibility for your walk with Christ.

### Instructions

1. Find the sacred pathway(s) below that you resonate with the most. They are listed in the same order from the book.
2. Each sacred pathway includes several possible practices you could try or adopt. Read them and their description.
3. Select the ones you would like to begin practicing, as well as any you are already practicing. Remember that no one person will select all of them under one pathway.
4. Place a checkmark under either "Daily," "Weekly," or "Monthly" to denote how often you plan on practicing this.
5. In the lines underneath, write out a detailed plan describing what you think this might look like. You can choose to follow the description of that practice or edit it to fit what you envision.
6. On the back of each page are suggested resources that you may find helpful.
7. At the end, copy all of your writing to the last page to integrate it and to see if your plan is doable. The goal is not to overwhelm yourself with more to-dos, but to incorporate sustainable practices.
8. Find a friend or family member that you can share your plan with. Give them permission to check in with you and set a date to do so.

# Naturalist

Naturalist Practices	Daily	Weekly	Monthly	Description
Care of the Earth				Clean up litter; recycle; beautify a space by planting flowers or cleaning out weeds and overgrown plants; walk or ride your bike more often; etc.
Gardening/Local Gardens				Plan to give away extra produce from your garden or the canned goods you get from it. Have those who will be recipients learn with you how to take care of a garden. Visit local gardens and take in the beauty of cared-for creation.
Nature Photography/Scripture Art				Create your own artwork by using a verse and a picture you've taken on sites like Shutterfly. Frame them and give as gifts or hang in your home for the winter months when it's harder to get outside.
Prayer Walking				Walking outside, thank God for the aspects of creation you encounter; pray for others you pass by whether you know them or not. Let the things you see influence the prayers you pray.
Sabbath				Prepare meals a day in advance; practice restful activities that day; set aside time for God and others you love; begin your Sabbath gently the night before; put cell phones and other work-related distractions away for the day.
Time Alone with God Outside				Bring your Bible and any other devotional tools with you to a specific place outside when possible. Create a space on your porch or backyard for regular times of prayer.
Unplugging				Turn off technology for days or extended periods of time; intentionally get outside with your family.
Visualizing Spiritual Truths				Journal how you see the beauty and glory of God displayed in His creation; let aspects of creation remind you of truth from Scripture, like Christ's parables.
Other: _____				

What This Looks Like to Me: \_\_\_\_\_

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Who do you need to talk to for more information about what to do? In other words, what other "naturalists" do you know who can encourage you in your plan? \_\_\_\_\_

What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## Naturalist Resources

Care of the Earth	<i>Care of Creation</i> edited by Joseph Coleson
Gardening	<a href="https://wellfieldgardens.org/education/educational-resources/">https://wellfieldgardens.org/education/educational-resources/</a>
Local Gardens	<a href="http://www.visitelkhartcounty.com/blog/post/2022-master-gardener-guidebook/">www.visitelkhartcounty.com/blog/post/2022-master-gardener-guidebook/</a>
Nature Photography/	
Scripture Art	Create your own artwork by using a verse and a picture you've taken on sites like Shutterfly.
Prayer Walking	Pathways Retreat's Prayer Path (309 ½ Hackett Rd. Goshen)
Sabbath	<i>24/6</i> by Matthew Sleeth <i>The Rest of God</i> by Mark Buchanan
Time Alone w/ God Outside	<a href="https://elkhartcountyparks.org/destinations/">https://elkhartcountyparks.org/destinations/</a>
Unplugging	<i>Everyday Sabbath</i> by Paul Patton & Robert Woods

# Sensate

Sensate Practices	Daily	Weekly	Monthly	Description
<b>Artwork</b>				Draw or paint the scenes you read in Scripture. They can be as simple or intricate as you like. Purchase an adult coloring book which has Scripture as part of it.
<b>Audio Bible</b>				Rather than silently reading your Bible, read it aloud or listen to it with an audio Bible.
<b>Decoration</b>				Choose artwork, Scripture art, sculptures, crosses, etc. to enhance the space you use for quiet times. Make it an inviting space you want to spend time in.
<b>Scripture Videos</b>				Watch videos which bring the books of the Bible to life in creative ways.
<b>Singing</b>				Singing in the car, as you get ready for the day, during your devotional times, as you wash dishes, alone or at church.
<b>Smells</b>				This can go beyond candles, but they are one of the easiest ways to add scent to your devotional times. Pick a scent you already like and have it going while you pray. Imagine your prayers as pleasing aroma to Christ.
<b>Taste: Communion &amp; more</b>				Take communion when at church, drink water and remind yourself of the living water Jesus gives, or enjoy milk and honey when you read of the Promised Land.
<b>Other:</b> _____				

What This Looks Like to Me: \_\_\_\_\_

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Who do you need to talk to for more information about what to do? In other words, what other “sensates” do you know who can encourage you in your plan? \_\_\_\_\_

What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## Sensate Resources

Artwork + Beauty

*The Return of the Prodigal Son* by Henri Nouwen

*Art + Faith: A Theology of of Making* by Makoto Fujimura

*The Soul of Desire* by Curt Thompson

<https://christian.art/>

Audio Bible

Bible App by YouVersion

Dwell: Audio Bible App

Coloring Books

<https://www.christianbook.com/page/arts-and-crafts/adult-coloring-books>

Decorations

[etsy.com](https://www.christianbook.com/page/gifts/home-decor) for paintings, Scripture word art, crosses, sculptures, icons, etc.

<https://www.christianbook.com/page/gifts/home-decor>

Music and Art

Biola's Center for Christianity and the Arts <http://ccca.biola.edu> (see them especially for devotionals during Advent and Lent)

Scripture Videos

The Bible Project <https://bibleproject.com/>

# Traditionalist

Traditionalist Practices	Daily	Weekly	Monthly	Description
<b>Christian Calendar</b>				Look up the Christian calendar: Advent, Christmas, Epiphany, Lent, Holy Week, Easter, and Pentecost. Read about how Christians have celebrated this and begin taking up those practices.
<b>Church History</b>				Pick a period of church history and begin reading about it. Find people from church history and learn more about their lives.
<b>Daily Liturgies</b>				Use prayers that have been written for all sorts of common daily activities.
<b>The Daily Office</b>				Pausing each day, three to four times, for prayer from the psalms, prewritten prayers, and Bible readings.
<b>Prayer of Examen</b>				Prior to falling asleep, let God help you examine your day for how you were aware of His presence, things to be grateful for, and sin to confess.
<b>Praying the Psalms</b>				Pick one psalm a day. Read it aloud first. Then go back, line by line, and pray through the psalm as if it were you writing it. You can expand on certain phrases. You can pause when the text says "Selah."
<b>Prayers of the Saints</b>				Pray the prayers that have been written by saints throughout church history as a supplement to your own prayers.
<b>Other:</b> _____				

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Who do you need to talk to for more information about what to do? In other words, what other "traditionalists" do you know who can encourage you in your plan? \_\_\_\_\_

What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## Traditionalist Resources

Christian Calendar	<i>Ancient-Future Time</i> by Robert Webber <a href="https://lectionary.library.vanderbilt.edu">https://lectionary.library.vanderbilt.edu</a>
Church History	<i>Turning Points</i> by Mark Noll <i>Church History in Plain Language</i> by Bruce Shelley <i>On This Day in Christian History</i> by Robert Morgan <i>131 Christians Everyone Should Know</i> by Christian History Magazine <a href="https://christianhistoryinstitute.org">https://christianhistoryinstitute.org</a>
Daily Liturgies	<i>Every Moment Holy</i> by Douglas Kaine McKelvey (there are 3 volumes)
Daily Office	<i>The Divine Hours</i> 3-book set by Phyllis Tickle Lectio 365 App by 24-7 Prayer
Prayer of Examen	<a href="https://www.24-7prayer.com/prayer_guide/try-ancient-prayers/">https://www.24-7prayer.com/prayer_guide/try-ancient-prayers/</a>
Praying/Singing the Psalms	Seedbed's Psalms Project <a href="https://psalms.seedbed.com/">https://psalms.seedbed.com/</a> Pastor Josh's "Psalms" Spotify Playlist Soul Shepherding's Article "Praying the Psalms" <a href="https://www.soulshepherding.org/praying-the-psalms/">https://www.soulshepherding.org/praying-the-psalms/</a>
Praying Others' Prayers	<i>Fount of Heaven: Prayers of the Early Church</i> by Robert Elmer, ed.

# Ascetic

Ascetic Practices	Daily	Weekly	Monthly	Description
<b>Fasting</b>				Give up a meal or meals, not for the health benefits, but in order to recognize your dependency on God who sustains you.
<b>Night Watches</b>				Get up in the middle of the night in order to pray and be in the presence of God.
<b>Retreat</b>				Spend half a day or a full day away in a cabin, retreat center, or monastery. Bring your Bible and any other tools (worship music, journal, snacks, etc.) that will aid in being alone with God.
<b>Sacrifice</b>				Give up something that is inherently good during Lent in order to be freed from the grasp it has on you. You can choose other seasons of the year for fasting from social media, a certain food or drink, technology, etc.
<b>Silence</b>				Set a timer and spend those minutes or hours without background noise or speaking. Present yourself to God by saying, "Here I am." Or meditate on Scripture in silence.
<b>Simplicity</b>				Limit your choices, saying no to unnecessary calendar events, getting rid of possessions you really don't need, etc.
<b>Solitude</b>				Take time to be alone with God, free from distractions. You can practice other disciplines at the same time.
<b>Other:</b> _____				

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Who do you need to talk to for more information about what to do? In other words, what other "ascetics" do you know who can encourage you in your plan? \_\_\_\_\_



What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## **Ascetic Resources**

- Fasting                      *Celebration of Discipline* by Richard Foster (one chapter)  
                                      *Spiritual Disciplines for the Christian Life* by Donald Whitney (one chapter)
- Night Watches              *Prayer in the Night* by Tish Harrison Warren
- Retreat                        *Invitation to Retreat* by Ruth Haley Barton  
                                      *A Guide to Prayer for All God's People* by Reuben Job and Norman Shawchuck  
Book a day-long retreat @ one of these places:  
                                      Pathways Retreat (309 ½ Hackett Rd. Goshen)  
                                      <https://www.pathwaysretreat.org/individual-retreats.html>  
                                      The Hermitage (11321 Dutch Settlement Rd. Three Rivers, MI)  
                                      <https://www.hermitagecommunity.org/individual-retreats/>
- Simplicity                    *Freedom of Simplicity* by Richard Foster
- Solitude/Silence            *An Invitation to Solitude and Silence* by Ruth Haley Barton

# Activist

Activist Practices	Daily	Weekly	Monthly	Description
<b>Economic Justice</b>				Sell possessions and give to those in need, volunteer at places like The Window or Faith Mission. Review the various places you spend your money and how they use it. What is the impact of your food, clothing, and gadgets on people around the world?
<b>Intercessory Prayer</b>				Pray for specific people and situations. Use the Lord's Prayer as a guide, glean topics from current events, create a weekly prayer list, gather photos of people you are praying for, use missionary prayer cards, etc.
<b>Justice</b>				Volunteer at local organizations, research a major injustice in our world and do something about it.
<b>Racial Reconciliation</b>				Intentionally befriend someone from another ethnic background. Learn what it is like to walk in their shoes.
<b>Sexuality &amp; Abortion Ministry</b>				Serve with a local organization which focuses on life. Learn to speak into the current conversation about sexuality with grace and truth.
<b>Short-Term Mission Trip</b>				Go on a short-term mission trip with Brenneman in the coming years.
<b>Truth-Telling</b>				Choose not to exaggerate, gossip, or rationalize your behavior. Find an accountability partner who will tell you the truth about your sin. Speak truthfully from Scripture about current events.
<b>Other:</b> _____				

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Who do you need to talk to for more information about what to do? In other words, what other "activists" do you know who can encourage you in your plan? \_\_\_\_\_

What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## Activist Resources

Abortion Ministry	She Found His Grace <a href="https://www.shefoundhisgrace.org/">https://www.shefoundhisgrace.org/</a> RETA Pregnancy Clinic <a href="https://retaforlife.com/">https://retaforlife.com/</a>
Economic Justice	<i>Christians in an Age of Wealth</i> by Craig Blomberg
Immigration Assistance	In Elkhart County, La Posada Immigrant Aid <a href="https://www.laposadaaid.com/">https://www.laposadaaid.com/</a>
Intercessory Prayer	<i>Prayer</i> by Philip Yancey
Justice	Starfish Project <a href="http://www.starfishproject.com">www.starfishproject.com</a> Volunteer locally by contacting them: <a href="mailto:customer.service@starfishproject.com">customer.service@starfishproject.com</a> Elkhart County Jail Ministry <a href="https://elkhartcountyjailministry.org/">https://elkhartcountyjailministry.org/</a> <i>Generous Justice</i> by Timothy Keller John Perkins Masterclass <a href="https://enrich.moody.edu/courses/one-life-well-lived">https://enrich.moody.edu/courses/one-life-well-lived</a>
Racial Reconciliation	<i>He Calls Me Friend</i> by John Perkins <i>One Blood</i> by John Perkins
Sexuality	<i>People to Be Loved</i> by Preston Sprinkle <i>For the Body</i> by Timothy Tennant
Short-Term Mission Trip	See Pastor Josh or a member of our mission board
Truth Telling	<i>Living into Community</i> by Christine Pohl

# Caregiver

Caregiver Practices	Daily	Weekly	Monthly	Description
<b>Calendar of Encouragement</b>				Create a calendar with names of people each day you'd like to write a note to or buy a small gift for to encourage them.
<b>Caring Financially</b>				Give to our deacons as they care for financial needs in the church. Pray for discernment in how/whether to give.
<b>Caring Locally</b>				Brenneman currently partners with Ribbon of Hope, Child Evangelism Ministries, Elkhart County Jail Ministry, and Starfish Project.
<b>Hospitality</b>				Open your home to strangers or visiting missionaries, whether you can create an apartment or guest room or not.
<b>Kindness Evangelism (or Caring for Neighbors)</b>				Who can you bless in the name of Jesus in small ways? Bake cookies and deliver them to a neighbor, mow a lawn, care for a pet while a neighbor is on vacation, babysitting, repair work on a home or vehicle, etc.
<b>Lending Library</b>				Create a list of your possessions that you're willing to loan to another person. Make that list public for your friends.
<b>Mentoring</b>				Mentor a child or teen once a week, help them with homework, doing activities they enjoy doing, pray together, etc.
<b>Service</b>				Get involved behind the scenes at Brenneman setting up or tearing down after events. Use your spiritual gifts and talents to freely bless someone at church or a neighbor.
<b>Shut-ins Care</b>				Visit one of Brenneman's shut-ins regularly with a nice meal or card. Read the Bible with them, pray with them, listen to them.
<b>Other:</b> _____				

What This Looks Like to Me: \_\_\_\_\_

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Who do you need to talk to for more information about what to do? In other words, what other "caregivers" do you know who can encourage you in your plan? \_\_\_\_\_

What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## Caregiver Resources

Caring Financially	<i>Toxic Charity</i> by Robert Lupton <i>When Helping Hurts</i> by Steve Corbett and Brian Fikkert See our deacons
Caring Locally	Ribbon of Hope <a href="https://ribbonofhope.org/">https://ribbonofhope.org/</a> The Window <a href="https://www.thewindowofgoshen.com/">https://www.thewindowofgoshen.com/</a>
Calendar of Encouragement	Get a calendar and write down the names of the people you'd like to encourage along with the tangible ways you'd like to do this.
Hospitality	<i>Living into Community</i> by Christine Pohl <i>The Living Table Cookbook</i> by Abby Turner
Kindness Evangelism	<i>Conspiracy of Kindness</i> by Steve Sjogren
Lending Library	For lending libraries in our area, <a href="https://www.myepi.org/free-little-libraries/">https://www.myepi.org/free-little-libraries/</a>
Mentoring	<i>Mentoring</i> by Tim Elmore
Shut-Ins Care	Check out our "Connecting with Care" cards by the Info Center To assist with visiting shut-ins, check with Pastor Craig Garber or our deacons

# Enthusiast

Enthusiast Practices	Daily	Weekly	Monthly	Description
<b>Awakening</b>				Pray for revival and awakening to take place in our day. Study the awakenings of church history.
<b>Celebration</b>				Regularly celebrate what God has done and is still doing in your life. Make it a weekly time. Include your whole family. Combine this with gratitude, and put dates on your calendar which matter in your spiritual journey (date of your conversion (if known) or baptism, Easter, and put together a party kit to celebrate with family and friends annually).
<b>Communion</b>				Worship the Lord prior to communion, celebrating His death on your behalf [incorporate other practices to make your form of worship personal, like Scripture meditation, singing praise songs, journaling, etc.).
<b>Dream Journal</b>				Keep a journal by your bed to record details of your dreams. Compare them to Scripture and ask God to give you understanding of their meaning.
<b>Gratitude</b>				Write thank-you notes to God and keep them in a file for remembering. Thank others who have invested in your life. Begin or end each day by thanking God for one thing.
<b>Play</b>				Intentionally play, with kids or other adults, and let that time of play reconnect you with the God who calls you to childlike faith.
<b>Prayer of Expectancy</b>				On Sunday morning, as you are preparing to come to church, tell God that you expect Him to be present during worship and pray for Him to be God (rather than people praising God while remaining in control of their lives).
<b>Other:</b> _____				

What This Looks Like to Me: \_\_\_\_\_

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Who do you need to talk to for more information about what to do? In other words, what other “enthusiasts” do you know who can encourage you in your plan? \_\_\_\_\_

What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## Enthusiast Resources

Awakening	<a href="https://awakeninglibrary.com/">https://awakeninglibrary.com/</a>
Enthusiastic Worship	<i>Fresh Wind, Fresh Fire</i> by Jim Cymbala
Gratitude	<i>Living into Community</i> by Christine Pohl
Miracles	<i>Miracles</i> by Eric Metaxas
Passionate Faith	<i>Fiery Faith</i> by A.W. Tozer <i>The Insanity of God</i> by Nik Ripken
Play	<i>Faith Like a Child</i> by Lacy Finn Borgo
Prayer of Expectancy	A simple prayer prior to coming to church on Sunday morning could go something like, “Jesus, I prepare myself to worship you, expecting that you will meet with me through your Holy Spirit. Speak, Lord, for your servant is listening.”

# Contemplative

Contemplative Practices	Daily	Weekly	Monthly	Description
<b>Centering Prayer</b>				Pick one word or phrase and repeat it
<b>The Jesus Prayer</b>				The Jesus Prayer is “Lord Jesus Christ, Son of God, have mercy on me, a sinner.” Repeat this with your breathing over and over at various parts of your day, emphasizing a new word each time you say it.
<b>Practice the Presence of God</b>				Knowing that Christ is present with you all the time, intentionally speak with Him. Talk with him like you would a friend when you need to make a decision or when you feel joy or sadness. See how long you can go thinking about Jesus each moment in the midst of everyday activities.
<b>Prayer as a Dance</b>				As you pray, give the Holy Spirit permission to lead you in the words to say. Instead of jumping right in, pause and ask God to direct your words. Become comfortable with frequent pauses during your prayers.
<b>Scripture Meditation/Lectio Divina</b>				Read one passage of Scripture slowly. Read it as many times as you need to, pausing over words and phrases. Rather than trying to understand the meaning, try putting yourself into the passage. Imagine God is speaking directly to you. Pay attention to how you feel and let the Holy Spirit direct you toward one word or phrase.
<b>Secret Acts of Devotion</b>				Keep quiet about your giving, serving, fasting, and any other spiritual practices you keep.
<b>Other:</b> _____				

What This Looks Like to Me: \_\_\_\_\_

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Who do you need to talk to for more information about what to do? In other words, what other “contemplatives” do you know who can encourage you in your plan? \_\_\_\_\_



What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## Contemplative Resources

Centering Prayer	<i>Prayer: Finding the Heart's True Home</i> by Richard Foster <a href="https://www.contemplativeoutreach.org/centering-prayer-method/">https://www.contemplativeoutreach.org/centering-prayer-method/</a>
Contemplative Examples	<i>The Imitation of Christ</i> by Thomas á Kempis <i>The Interior Castle</i> by Teresa of Avila <i>Life Together</i> by Dietrich Bonhoeffer <i>A Testament of Devotion</i> by Thomas Kelly
Practicing the Presence	<i>The Practice of the Presence of God</i> by Brother Lawrence
Prayer as a Dance	<i>Prayer: Finding the Heart's True Home</i> by Richard Foster
Scripture Meditation/ Lectio Divina	<i>Eat This Book</i> by Eugene Peterson Lectio 365 App

# Intellectual

Intellectual Practices	Daily	Weekly	Monthly	Description
<b>Apologetics</b>				Learn how to defend your faith in a winsome way. Go beyond learning into conversation with friends.
<b>Bible Book Study</b>				Choose one book of the Bible to read through in its entirety in one sitting. Go back and read it again. Make titles for each chapter that describe what is going on, list out the major themes, try to make your own outline of the flow, memorize some of the major verses from that book.
<b>Creeds</b>				Memorize the Apostles' Creed or Nicene Creed. Read the passages of Scripture which go along with each of the lines to better understand what you believe.
<b>Inductive Bible Study</b>				Create a chart for each time you read your Bible. One column has your observations (what you notice), the next has questions, and the last has possibilities (your tentative answers to those questions). Focus on letting the text speak for itself rather than on what you have heard in the past.
<b>Theology</b>				Study one aspect of theology in Scripture and by reading theologians.
<b>Topical study</b>				Pick a topic and devote several days or weeks for reading what the Bible says about it. Make notes of how the passages say the same thing and how they differ.
<b>Other:</b> _____				

What This Looks Like to Me: \_\_\_\_\_

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Who do you need to talk to for more information about what to do? In other words, what other "intellectuals" do you know who can encourage you in your plan? \_\_\_\_\_

What resources do you need to gather in order to make this plan happen? \_\_\_\_\_

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## Intellectual Resources

Apologetics	<i>The Allure of Gentleness</i> by Dallas Willard <i>Mere Christianity</i> by C.S. Lewis <i>The Reason for God</i> by Timothy Keller <a href="https://www.youtube.com/@Daily_Dose_Of_Wisdom">https://www.youtube.com/@Daily_Dose_Of_Wisdom</a>
Bible Book Study	If you'd like to study individual books of the Bible, we recommend picking up a commentary to supplement your reading. If you'd like personal recommendations, speak with one of the pastors.
Creeds	<i>The Creed</i> by Luke Timothy Johnson <i>What Christians Ought to Believe</i> by Michael Bird
Inductive Bible Study	<i>Grasping God's Word</i> by Scott Duvall and Daniel Hays <i>How to Read the Bible For All Its Worth</i> by Gordon Fee and Douglas Stuart <a href="https://www.blueletterbible.org/">https://www.blueletterbible.org/</a>
Theology	<i>The Knowledge of the Holy</i> by A.W. Tozer <i>How to Read Theology for All Its Worth</i> by Karin Spiecker Stetina <i>Classic Christianity</i> by Thomas Oden
Topical Study	Like the Bible Book Study, check in with one of the pastors if you have a particular topic you'd like to study for recommendations.

## Bonus: Spiritual Disciplines Resources

Finally, for a general overview of spiritual disciplines, which has short chapters and would include disciplines that fit with every pathway, check out *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun. Other resources for the spiritual disciplines, some of which are mentioned above in various pathways, include

*Celebration of Discipline* by Richard Foster

*The Making of an Ordinary Saint* by Nathan Foster

*The Means of Grace* by Andrew Thompson

*Sacred Rhythms* by Ruth Haley Barton

*The Spirit of the Disciplines* by Dallas Willard

Spiritual Classics: Selected Readings on the Twelve Spiritual Disciplines by Richard Foster, ed.

*Spiritual Disciplines for the Christian Life* by Donald Whitney

## My Practices

Use this chart to incorporate all of the practices you had listed above. Put them all in this one spot and write out your own description of what you mean by them.

My Practices	Daily	Weekly	Monthly	My Description

What resources do I need to gather in order to make this plan happen? \_\_\_\_\_

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Who do I need to talk to for more information about what to do? For accountability? \_\_\_\_\_

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Is my plan feasible? Or have I bitten off more than I can chew? \_\_\_\_\_