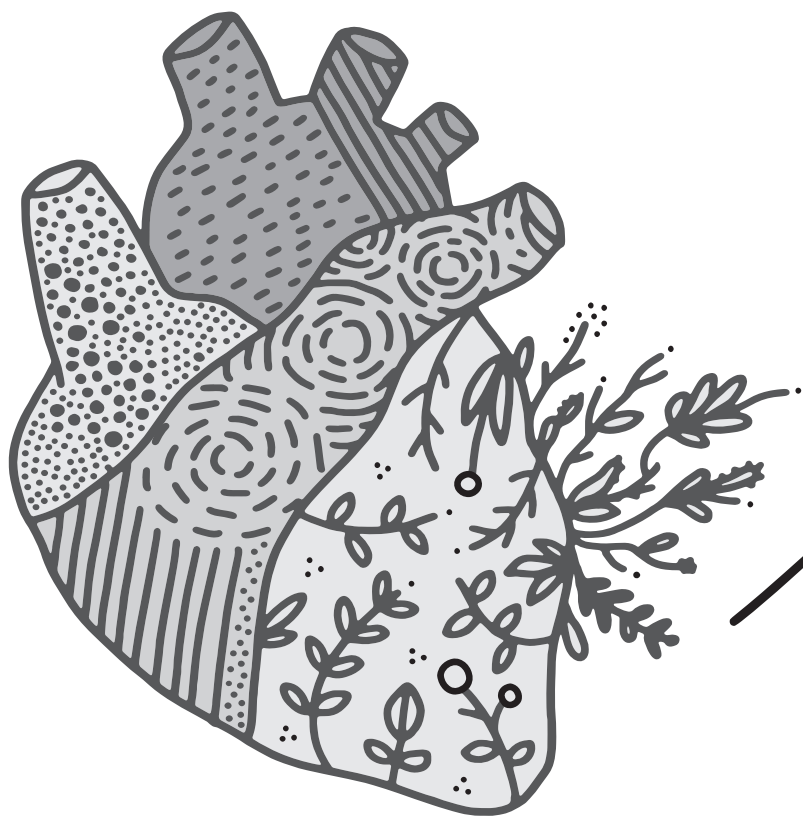


A WEEKLY CALENDAR & GUIDE FOR SPIRITUAL DISCIPLINES



become.

Spiritual Disciplines Weekly Calendar

WHAT ARE SPIRITUAL DISCIPLINES?

Spiritual disciplines are activities that place us in the presence of God so we can continually grow in our faith. These are activities we take from the life of Jesus and His early followers that include things like fasting, solitude, silence, corporate worship, prayer, service, confession, and study, among others. As we set out to become people who love, live, and labour like Jesus did, we must incorporate the disciplines He used in His relationship with the Father.

Here are some quotes from some fantastic authors on spiritual disciplines:

“The Spiritual Disciplines are the means of God’s grace for bringing about genuine personality formation characterized through and through by love and joy and peace and patience and kindness and goodness and faithfulness and gentleness and self-control (Gal. 5:22–23).”

– Richard Foster

“The spiritual disciplines are those practices found in scripture that promote spiritual growth among believers in the gospel of Jesus Christ. They are the habits of devotional and experiential Christianity that have been practiced by the people of God since biblical times.”

– Donald Whitney

“The [spiritual] disciplines...are time-tested activities consciously undertaken by us as new men or women to allow our spirit ever-increasing sway over our embodied selves.”

– Dallas Willard

INTRODUCTION

It is very easy to keep things like spiritual disciplines in the realm of theory, instead of weaving them into our lives. We study and learn them, but seldom put them into practice with intention.

Everyone is busy. As with many things in life, without setting time aside, our great intentions don’t turn into great results. But we always make time for what we love. In order to move Spiritual Disciplines from theory into real, daily practices, it takes planning and intentionality.

This weekly calendar is designed to help you bring the Spiritual Disciplines into your whole life. This isn’t an exhaustive list of every spiritual discipline, but rather meant to give you a framework for you to build upon. We encourage you to continue finding and implementing new spiritual disciplines in the days to come. As you cultivate habits, these things will turn from something you “should do more” to practices you love and relish. Theories shape our ideas about life, but habits shape us from the inside out.

We do not do these things in order to check them off our spiritual checklist. These are not laws and mere religious practices in order to curry favour with a divine being. Instead, they place us regularly in the presence of the Living God. And the reward is this: knowing Him more, receiving from Him daily, hourly, and being transformed into the image of Jesus Christ.

HOW TO USE

This resource corresponds with many of the Spiritual Disciplines highlighted in our sermon series called “Become”. The sermons explain several disciplines in depth, so they are a helpful resource when using this calendar. You can watch all the sermons from this series at wchurch.ca/Become.

Use this calendar to schedule time in your week to practice each discipline. Actually do it! You can choose to either focus on just the one practice each week or you can layer them adding a new spiritual discipline every week.

An example of what it might look like to do all the practices every week is provided. Each week is left blank so that you can customize it to your schedule. The example shows how you can fit each one into your week without it being completely overwhelming.

Each week contains:

- The blank weekly template with morning, afternoon and evening indicated
- An insightful quote pertaining to the practice
- A scripture for you to meditate on or memorize throughout the week
- A helpful tip
- A specific suggestion on how to practice the discipline that week
- Additional recommended reading if you want more on the topic

Note: This template is created with daily Bible reading and prayer in mind.

Example Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
morning	MORNING DEVOTIONS +15 MIN OF MEDITATION ON SCRIPTURE	MORNING DEVOTIONS +30 MIN OF SILENCE AND SOLITUDE SERVICE : LEADING BIBLE STUDY	MORNING DEVOTIONS +PRAY THROUGH A PSALM	MORNING DEVOTIONS STUDY	MORNING DEVOTIONS FAST FOR THE DAY (EX : MEALS, TV, SOCIAL MEDIA, ETC.)	MORNING DEVOTIONS	MORNING DEVOTIONS SERVICE CONFESSION WORSHIP CELEBRATION
afternoon	20 MIN PRAYER	20 MIN PRAYER	20 MIN PRAYER	20 MIN PRAYER	20 MIN PRAYER	20 MIN PRAYER	
evening	EVENING PRAYER (BEDTIME)	EVENING PRAYER (BEDTIME)	CONFESSION : COMMUNITY GROUP EVENING PRAYER (BEDTIME)	EVENING PRAYER (BEDTIME)	EVENING PRAYER (BEDTIME)	EVENING PRAYER (BEDTIME)	

Instructions and Overview

This is an example of what a weekly calendar could look like when every discipline is incorporated. This guide provides a calendar that you can print and fill out for each week, but feel free to use a digital calendar if that works better for you.

This incorporates silence and solitude, prayer, fasting, study/meditation, simplicity, worship, secrecy, service, confession, and celebration. Simplicity, secrecy, and worship are constant practices that are woven throughout the disciplines.

Tip:

Each week will include a tip to help you begin adding these disciplines into your regular life rhythms.

Quote:

You'll find encouraging quotes to help spur you on!

Scripture:

We need to be reminded of where these disciplines come from and that they are rooted in the Word.

Recommended Reading:

If you're looking to learn more about each of these disciplines, this will be a very helpful resource to come back to time and again.

Week 1 – Silence and Solitude

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

Schedule 15 minutes to 1 hour of silence and solitude into one day this week. Once you have made this practice a part of your week, start to increase the time you set aside, if you are able. It may be difficult at first, but you'll soon discover that the more you do it, the easier it becomes. Take a moment to find a spot in your house where you can be alone in silence. Set your phone aside and take a break from electronics. When you find your mind wandering, refocus yourself on a simple verse from the Bible. For example, Psalm 46:10a "Be still, and know that I am God" is a great verse to meditate on.

Tip:

It is so important to plan ahead for this. Otherwise, it won't happen. Choosing a specific time and place to do this regularly can transform this practice from a chore to a delight!

Quote:

*"God will not compete for our attention. We must arrange time for our communion with Him as we draw aside in silence and solitude."
– Dallas Willard (The Great Omission)*

Scripture:

*"But Jesus often withdrew to the wilderness to pray."
– Luke 5:16*

Recommended Reading:

*The Cost of Discipleship – Dietrich Bonhoeffer
The Great Omission – Dallas Willard*

Week 2 – Prayer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

We are called to pray without ceasing, but most of us would say that we don't pray enough. Plan to spend 20 minutes daily in prayer this week, in addition to your normal devotion time. Set an alarm, if necessary. If you can't do this daily, choose one day for an extended time of prayer. Challenge yourself; don't just settle for what is easy.

Tip:

If you struggle to pray regularly and feel guilty about it, this may cause prayer to feel like a difficult and unpleasant chore. If you feel like this, think about what an incredible privilege and joy it is that you can speak to the Creator of the Universe and that He hears you and loves you—all because of Jesus' life, death and resurrection! The Almighty God hears you and answers.

Quote:

*"Prayer is the open admission that without Christ we can do nothing."
– John Piper (Desiring God)*

Scripture:

*"In my distress I called upon the LORD, to my God I cried for help... My cry to him reached His ears."
– Psalm 18:6*

Recommended Reading:

*Prayer - Timothy Keller
With Christ in the School of Prayer - Andrew Murray
Praying the Bible - Donald Whitney*

Week 3 – Fasting

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

Choose a day for a partial or total food fast and schedule it into the calendar. Alternatively, pray and ask God if there is something else you should fast from for the whole week or month even. This should be something you turn to for satisfaction or comfort other than Jesus. Examples include: Netflix, TV, reading, exercising, mindless internet scrolling, shopping, coffee, socializing, social media etc.

Tip:

It is easy to have the intention of fasting, but unless planned for, the week goes by and fasting is forgotten or done half-heartedly. Ask someone you trust to check in on you for accountability. Remember to make sure to fill that extra time with seeking God. Otherwise, your fast is just a religious activity.

Quote:

*“More than any other discipline fasting reveals the things that control us.”
– Richard Foster (Celebration of Discipline)*

Scripture:

*“But he (Jesus) answered, ‘It is written, Man shall not live by bread alone, but by every word that comes from the mouth of God.’”
– Matt 4:4*

Recommended Reading:

A Hunger for God – John Piper

Week 4 – Study and Meditation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

Set aside 15 minutes to 1 hour this week for extra study this week, in addition to your regular daily Bible reading. Also spend time meditating on a specific passage of scripture from your daily Bible reading. Choose a day and plan for 5 - 20 minutes of meditation on this passage. As you continue this practice, try to increase the time spent doing it.

Tip:

Some people love to study and some people do not. Time simply spent studying without putting it into practice tends to inflate the ego. On the other hand, if we skip the study and jump right into the action, we miss out on the richness of understanding study brings. You know which tendency you naturally lean towards. Challenge yourself in the opposite direction.

Quote:

“The vigor of our spiritual life will be in exact proportion to the place held by the Bible in our life and thoughts.”
– George Muller

Scripture:

“All Scripture is breathed out by God and profitable for teaching, reproof, correction and training in righteousness...”
– 2 Timothy 3:16

“I have stored up your word in my heart, that I might not sin against you.”
– Psalm 119:11

Recommended Reading:

Spiritual Disciplines for the Christian Life
– Donald Whitney
Prayer – Timothy Keller

Week 5 – Simplicity

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

Simplicity is not a practice you can adopt once a week. It is a mindset that should influence your whole life. Take some time this week to critically assess your life in order to find ways to embrace simplicity as a life rhythm. Examples of this could be assessing your spending habits and simplifying your budget, taking stock of how you’re spending your time and figuring out what you can eliminate from your schedule (ex. Netflix, a social event, etc.), or seeing how you can pare down your material possessions in your home and bless someone else with the things you realize you don’t need.

Tip:

Some of us look at a topic like this and feel overwhelmed. Unsure where to start and frozen by indecision, nothing happens. Others may get excited and react quickly, making many dramatic changes really fast. One approach produces no change and one can be unsustainable. Don’t feel like you have to change everything all at once. Start with one area. But DO start.

Quote:

*“May God give you - and me - the courage, the wisdom, the strength always to hold the Kingdom of God as the number one priority in our lives. To do this is to live in simplicity.”
– Richard Foster (Celebration of Discipline)*

Scripture:

*“But seek first the kingdom of God and his righteousness, and all these things will be added to you.”
– Matthew 6:33*

Recommended Reading:

*The Joy of Less – Francine Jay
Minimalism (Documentary) – Matt D’Avlla*

Week 6 – Worship

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

Worship is to be woven through all of life. It is not just something we do, like singing songs on Sunday. Worship is our whole lives. Choose something you do daily that brings you joy and turn your heart in worship to God while doing it.

Tip:

All of creation and all of the angels and all of God’s people in heaven are constantly worshipping God. We are merely choosing to participate in the extravagant worship service that is perpetually occurring!

Quote:

*“Worship is the heart of the disciplines because it is the gymnasium in which God retrains our hearts.”
– James K. A. Smith (You Are What You Love)*

*“You have made us for yourself, O Lord, and our hearts are restless until they rest in you.”
– Saint Augustine of Hippo (Confessions)*

Scripture:

*“You shall love the Lord your God with all your heart, with all your soul, and with all your might.”
– Deut 6:5*

*“Worship the Lord in the splendor of holiness; tremble before him, all the earth!”
– Psalms 96:6*

Recommended Reading:

You Are What You Love – James K. A. Smith
The Practice of the Presence of God – Brother Lawrence

Week 7 – Secrecy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

This is another practice that you can't really just write into your weekly schedule because it should be a daily attitude of the heart. But as you do your regular practices this week, pay attention to your heart. When you serve, when you tithe, when you pray, when you do the various other disciplines, do you seek praise from men? Are you desiring the glory that comes from man or is your heart fixed on God and His glory?

Tip:

Obviously we can't do everything in total secrecy. However, we know if we are doing good to be seen by people. If you notice a desire to be praised by man in your good works, confess this struggle (sin) to a brother or sister in Christ and pray to God that he would purify your heart in this area.

Quote:

*"If visibility becomes the goal, then we have lost sight of our primary aim which is to follow Jesus... Genuine love is always self forgetful in the true sense of the word."
– Dietrich Bonhoeffer (The Cost of Discipleship)*

Scripture:

*"But when you pray go into your room and shut the door and pray to your Father who sees in secret. And your Father who sees in secret will reward you."
– Matt 6:6*

Recommended Reading:

The Cost of Discipleship – Deitrich Bonhoeffer

Week 8 – Service

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

Every member of a church should serve it in some way. We are not consumers, but members of one Body who cheerfully serve and love one another. We should all be serving regularly. Schedule a time to do this. Also, look for ways to serve others around you throughout your day and week.

Tip:

The book of James makes it clear that faith without works is dead. However, Jesus also makes it very clear that works without love are meaningless. Our world sees service as less than: the one who serves is less than the one who is being served. Jesus flipped the script by humbling Himself and putting on flesh to become nothing. He was the servant to all.

Quote:

“We ought not be weary of doing little things for the love of God, who regards not the greatness of our work, but the love with which it is performed.”
 – Brother Lawrence (*The Practice of the Presence of God*)

Scripture:

And he (Jesus) sat down and called the twelve. And he said to them, “If anyone would be the first, he must be the last of all and a servant of all.”
 – Mark 9: 35

Recommended Reading:

The Imitation of Christ – Thomas À Kempis (the section called Works Done in Charity)

Week 9 – Confession

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

Set aside time this week to be still before God. Ask Him to search your heart and reveal any areas of sin or unbelief. (You can pray through Psalm 51 or Psalm 139:1) Repent and confess to God whatever He shows you, but also confess to a trusted brother or sister in Christ as well.

Tip:

Jesus forgives us of all unrighteousness, so confession of our sin can produce joy and freedom! If we remember the grace that was given to us in Jesus when we were still His enemies, then we can joyfully confess our sin, instead of hiding it in shame.

Quote:

“Do you mortify; do you make it your daily work; be always at it whilst you live; cease not a day from this work; be killing sin or sin will be killing you.”
 – John Owen (*The Mortification of Sin*)

Scripture:

“I am God Almighty, walk before me and be blameless.”
 – Gen 17:1 (b)
“If we confess our sins, he is faithful and just to forgive our sins and cleanse us from all unrighteousness.”
 – 1 John 1:9

Recommended Reading:

Life Together - Dietrich Bonhoeffer

Week 10 – Celebration

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>morning</i>							
<i>afternoon</i>							
<i>evening</i>							

Instructions and Overview

We are often rushing to the Sunday morning church gathering feeling scattered, tired, anxious, stressed, distracted and so on. But we have so much to celebrate! Plan your Sunday this week so that you can arrive early. Set your alarm earlier. Plan out your morning the night before so it goes more smoothly. When you arrive in the morning, give yourself a few minutes to still your heart and mind before God. Then you will be more prepared to enter into a time of celebration for all that He has done!

Tip:

Sometimes we don't feel like celebrating. But with our eyes fixed on Jesus and our hope secure in Him, we always have something wonderful to celebrate—even in the hardest times of life.

Quote:

*"Celebration is central to all the Spiritual Disciplines. Without a joyful spirit of festivity, the Disciplines become dull, death-breathing tools in the hands of modern Pharisees. Every Discipline should be characterized by carefree gaiety and a sense of thanksgiving."
– Richard Foster (Celebration of Discipline)*

Scripture:

*"For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal."
– 2 Cor 4:17-18*

Recommended Reading:

Celebration of Discipline - Richard Foster