

Living
PRACTICING the WAYS of JESUS
PART 1

Making Space to Listen

Resources for learning more about space to listen to God:

- Pray-as-you-go.org—A great tutor in contemplation, this website offers guided prayer times daily via MP3.
- *Celebration of Discipline*, by Richard Foster—Foster's work is a modern classic. He writes insightfully about engaging in the ways of Jesus.

Questions to consider:

- What habits do you typically utilize to foster your own spiritual formation?
- What are your biggest sources of noise and busyness?
- What are your biggest reasons for resisting silence and solitude?
- What rhythms already exist in your day and week that could be starting places for developing habits of listening?
- Who can you invite into your life to help encourage you to implement the ways of Jesus on a regular basis?

Challenge for the week:

Find someone who can be a companion for the journey; someone who will embrace the spiritual disciplines alongside you. Check in with each other to share the insights that come from silence and solitude this week.