***Spiritual Preferences - Ideas***

**Intellectual**

*Ways to Grow:*

Read great, challenging, books

Expose yourself to good teaching

Find like-minded people with whom you can learn

Try spiritual disciplines of journaling, Bible study, Bible reading, spiritual friendships, spiritual direction

*Ways to be challenged:*

Devote yourself to corporate worship as well as private adoration and prayer

Engage in self-examination to assess whether or not you are being loving

Try spiritual disciplines of prayer walking, fellowship, service

**Relational**

*Ways to Grow:*

Lead a relationally rich and healthy life

Use your spiritual gifts to serve others

Pray with others in community

Learn in a classroom or in a small group

Try spiritual disciplines of celebration, fellowship, service, spiritual friendship and spiritual direction

*Ways to be challenged:*

Develop a capacity for solitude and silence

Keep some of your experiences with God secret so you don’t get addicted to what other people think

Invite close friends to speak truth to you so your relationship is more than just social

Try spiritual disciplines of retreat, private prayer

**Serving**

*Ways to Grow:*

Get plugged into a church or ministry so you have opportunities for meaningful service

Look for glimpses of God’s presence in the people you serve

Prepare to serve by first praying so your service is genuinely spiritual service

Try spiritual disciplines of examen, giving

*Ways to be challenged:*

Balance your service with small group and community life

Learn how to receive love even when you’re not being productive

Practice expressing love through prayer as well as actions

Try spiritual disciplines of silence, solitude, secrecy

**Worship**

*Ways to Grow:*

Experience worship on a regular basis

Use worship songs to make your car and home a private sanctuary

Learn about other worship traditions

Try spiritual disciplines of creative expression in your worship, gratitude, giving, journaling

*Ways to be challenged:*

Engage in the disciplines of silence and solitude

Serve God in concrete ways as an extension of your worship

Remain committed to your church even when worship isn’t all you want it to be

**Activist**

*Ways to Grow:*

Create a sense of fulfillment in your life by immersing yourself in tasks that call out the best you have to offer

Find a team of people you can invest in and work with to accomplish big goals

Try spiritual disciplines of simplicity, celebration, creative expression, fasting, giving

*Ways to be challenged:*

Spend time in solitude and silence

Cultivate a reflective discipline like journaling

Develop close spiritual friendships with one or two other people

Try spiritual disciplines of slowing down, practicing God’s presence, secrecy

**Contemplative**

*Ways to Grow:*

Have regular, protected, intense times of solitude and silence

Faithfully follow the intuitions and leadings that come in your times with God

Act on what you hear from God in the silence.

Try spiritual disciplines of Sabbath, slowing down, private prayer, examen, secrecy, fasting

*Ways to be challenged:*

Choose a regular place of active service

Stay relationally connected, even when those relationships become difficult

Connect with those who have an activist pathway

Try spiritual disciplines of celebration, corporate prayer, fellowship

**Creation**

*Ways to Grow:*

Spend time outdoors and in beauty

Make natural beauty part of your spiritual life and everyday life

Try spiritual disciplines of prayer walking, silence and solitude in places of nature, retreat

*Ways to be challenged:*

Stay involved in a worshipping community

Be willing to help out in less-than-beautiful settings

Try journaling how God spoke to you while in creation

Take Scripture with you into nature, and meditate on God’s word as you enjoy creation

Try spiritual disciplines of practicing God’s presence, celebration

Adapted from Ordinary Day with Jesus, by John Ortberg