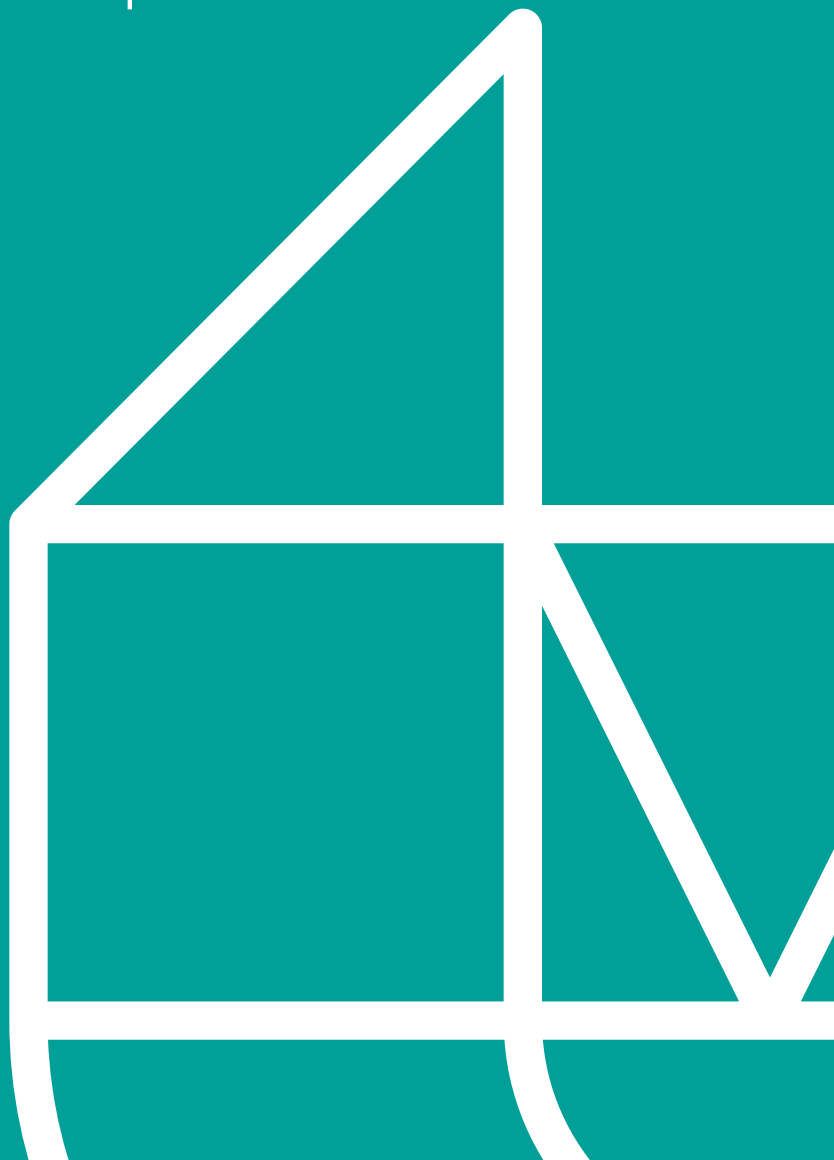


# Spiritual Practices Resources

Find here a list of content you may find helpful for your spiritual growth, as well as a template of how you could intentionally schedule spiritual practices into your life.



# Resources

## Spiritual Exercises

Click on the links below to access the recommended spiritual exercise resources:

### [Lectio Divina Resource](#)

A practical guide to Lectio Divina 'Divine Reading'.

### [Examen Resource](#)

A guide to the daily Examen - including practical videos.

### [VCUKI Spiritual Exercises](#)

We highly recommend these Spiritual exercises that Vineyard Churches UK & Ireland (VCUKI) have made available in this season.

## Rule of Life

### [Rule of Life Webinars](#)

Trent Small Group webinars and reflection resources

## Trent Talks

### [Living a Fruitful Life](#)

John Wright, Sunday 14th June 2020

### [Making Room for More: Rest](#)

John Wright, Sunday 5th August 2017

### [Good Works \(Unforced Rhythms of Grace\)](#)

John Wright, Sunday 22nd April 2018

## Trent Daily Devotionals

All of the Trent devotionals and accompanying booklets can be found by visiting [trentv.org/devotionals](http://trentv.org/devotionals)

## VCUKI Videos

### [Abide & Bear Fruit \(2 mins\)](#)

In this Vineyard Insight video, John Mark Comer talks about the role of maintaining spiritual rhythms in helping us to keep in step with the Spirit.

### [Rule of Life: How to Abide \(3 mins\)](#)

In this Vineyard Insight video, John Mark Comer explains the ancient term "rule of life", unpacking what it looks like to create your own.

### [How to Un-hurry Your Life \(3 mins\)](#)

In this Vineyard Insight video, John Mark Comer talks about the practises of Silence & Solitude and Sabbath & Slowing.

### [Thriving Not Surviving](#)

John Wright - NLC 2017

### [Leading From a Place of Rest](#)

John Wright - NLC 2018

## Recommended Reading

A Celebration of Discipline by Richard Foster

Spirit of the Disciplines by Dallas Willard

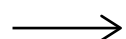
Emotionally Healthy Spirituality by Peter Scazzero

The Ruthless Elimination of Hurry by John Mark Comer

Invitation to a Journey by M. Robert

Mulholland JR & Ruth Hayley Barton

Sacred Rhythms by Ruth Hayley Barton





# Intentional Spiritual Practice Template

Daily	Weekly	Monthly	Annually
<p><b>Prayer &amp; Meditation</b> Set aside specific times each day to pray and meditate. This might be through traditional prayers, spontaneous conversation with the Holy Spirit or simply sitting in silence. Use these moments to invite Jesus into your day, share your burdens and listen for His guidance</p> <p><b>Scripture</b> Regularly reading and meditating on the Bible helps refocus our hearts on Jesus. Consider using a devotional or guided reading plan that encourages reflection on His teachings</p> <p><b>Mindfulness</b> Practice being aware of Jesus' presence in everyday moments. Whether whilst commuting, working or spending time with loved ones, gently remind yourself that Jesus is you. A simple phrase like "I am here, and you are with me." Can help redirect our focus.</p>	<p><b>Journaling</b> Writing down your thoughts, prayers and reflections on God's work in your life can deepen your awareness of His presence. Reflect on moments when you felt drawn to Jesus and consider how He has guided you through challenges.</p> <p><b>Small Groups</b> Engaging with a community of believers through small group gatherings reinforce our intentional focus on Jesus and provide a space to grow alongside others. Shared worship, discussion and accountability helps us remain intentional in our spiritual journey and we can support and encourage one another along the way.</p> <p><b>Extended Quiet Time or Retreat</b> Set aside a dedicated block of time, perhaps a morning (if possible) to dive deeper into prayer, scripture study or silence without distractions. This might also include a weekly one-to-one with a prayer partner.</p>	<p><b>Intentional Acts of Service</b> Engage in acts of Compassion and service, either within church or individually, as a reminder to live out Jesus' love intentionally</p> <p><b>Half-Day or Full-Day Retreats</b> Once a month, carve out time for an extended retreat. This could be a day spent in nature, a time of extended solitude or a dedicated session for deeper reflection and worship.</p>	<p><b>Extended Spiritual Retreat or Sabbatical</b> An annual retreat gives you a chance to step away from routine and engage in intensive spiritual formation – recharging your relationship with Jesus and reassessing your spiritual wellbeing.</p> <p><b>Annual Reflection &amp; Renewal:</b> Take time to review your personal Rule of Life. Reflect on the past year's spiritual journey, celebrate growth areas and set intentional goals for the coming year.</p> <p><b>Participation in the Christian Calendar</b> Engage with annual or seasonal practices, such as Advent, Lent or other church seasons that call you to a particular rhythm of repentance, reflection or celebration.</p>

## Focused Fasting or Spiritual Practices

Consider a fast from food or a particular habit - that creates space for prayer and reliance on God. Paired with intentional Scripture reading, and biblical podcasts to 'fill' the gap a fast creates.

## Deepening Community Connections

Arrange a meal, a coffee or a shared Bible study with a few friends to nurture deeper authentic relationships that encourage your spiritual growth.