



# Spiritual Practices 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.

### [The Breathe Prayer](#)

A Devotional from John Mark Comer

### [The Welcoming Prayer](#)

A Devotional from John Mark Comer

## Rule of Life

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

Trent Small Group webinars and reflection resources

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

A simple guide to develop a personal rule of life designed by Bridgetown church.

## 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