

## 50 Spiritual Practices In Four Categories

### HEAD Spirituality

1. Reading the Bible
2. Bible Study
3. Scripture memorization
4. Listening to Sermons
5. Meditating on the scriptures
6. Reflecting about God (theology)
7. Remembering the presence of God
8. Family devotions
9. Journal writing
10. Sharing the Gospel
11. Giving a testimony
12. Being mentored
13. Spiritual direction

### HEART Spirituality

14. Personal prayer
15. Praying with others
16. Christian fellowship
17. Quiet time
18. Confessing of sins
19. Repenting of sin
20. Submitting to God and those in authority
21. Corporate worship
22. Personal worship
23. Praising God
24. Singing
25. Interpretive dancing
26. Thanksgiving
27. Obedience to God
28. Following Biblical teaching
29. Participating in an accountability group
30. Forgiving someone
31. Exhibiting the fruit of the Spirit (Gal. 5)

### BEING (Mystical) Spirituality

32. Solitude (Being alone with God)
33. Silence
34. Stop, Look and Listen
35. Taking a personal spiritual retreat
36. Fasting
37. Observing Sabbath
38. *Lectio Divina*
39. Contemplation
40. Participating in communion
41. Labyrinth prayer
42. Gardening

### DOING (Social Action) Spirituality

43. Advocating for justice
44. Defending the oppressed, abused, and vulnerable
45. Showing mercy
46. Encouraging
47. Using spiritual gifts
48. Serving/helping others
49. Loving others sacrificially
50. Giving money