**Spiritual Disciplines**

**Inward Disciplines**

**MEDITATION**

As you begin meditating, what I encourage you to do is set a realistic timeline. The first time that you do it, do it for no more than 1 minute. Then next time, a few more minutes, and so on. Have you ever been to a loud concert where you leave and your ears are ringing? That’s what it’ll be like when you start meditating, there is so much leftover noise that will take some time to quiet down. So pick a time each day you want to practice this, find a place that won’t be too distracting, and a posture that is comfortable. Later on you can talk with your youth leader about different body postures you can take as you pray.

*2 Ways to Meditate:*

1. As I said before, meditation helps you to enter into your world, so let’s practice this within Scripture and see what God speaks to you as you enter in.

Pick a scripture passage and enter yourself into the story. Seek the live the experience, applying all your senses within it. Who do you want to be in the story, which perspective do you want to take? What do you see? Hear? Feel?

2. Pick 1 scripture this week that you have trouble believing, maybe about your identity. Read the same scripture everyday for the week.

**PRAYER**

While we have the freedom to use our own words as we talk to God, sometimes it can be helpful to have a guided prayer. Try these ones out!

*A.C.T.S Prayer*

**A**doration: Begin prayer bay adoring and worshipping God - acknowledging Him. God you are so \_\_\_\_\_!

**C**onfession: Simply saying sorry to God. It does not mean that we are overly hard on ourselves or down on ourselves, instead, it means being honest and open to ourselves and to God about our actions and attitudes. “God I am sorry that today I did this”

**T**hanksgiving: becoming aware that ll we have and life itself is a gift from God. God thank you for\_\_\_\_!

**S**upplication: means to ask, to make your requisition known to God no matter how small they may seem. Pray for others, the world and yourself. “God please \_\_\_”

*Arrow Prayers*

Develop the habit of saying short prayers throughout the day for anything and anyone you encounter. These prayers can be as simple as “Help”, “Lord please help that person” “God thank you for this person.” Try to learn how to live so that to see or hear anybody will be able to pray for them.

*Scripture Prayers:*

Find a Psalm that you want to pray through, or the Lord’s Prayer

Psalms you can explore: Psalm 139, Psalm 121, Psalm 147, Psalm 100

**FASTING**

What do you believe God may be initiating in you to fast from? What’s taking the place of God in your life? Is it perhaps something that God is calling you to fast from?

Ensure that you are able to eliminate these distractions. If He is calling you to fast from your phone, place your phone somewhere where it won’t be tempting to pick it up. If He is calling you to fast from Video Games, ask a parent to put your console somewhere that you wont be able to find.

If you decide to fast from food, please begin with fasting from 1 meal a day for the next week. Eat a light meal (don’t “stock up” your stomach) and drink fruit juice as well as plenty of water. Have your first meal back as a light meal as well. You can also choose to do a dietary fast, such as not eating meat for the next week.

**JOURNALLING**

Find a fresh notebook, pen/colouring utensils, and a comfortable place which wont be too distracting for you. Write the date, place where you are, and thank God for the opportunity to have this time to journal/draw. Whether writing or drawing, think about God, a scripture passage, or a prayer that you have, then draw out what comes to mind. Ask God why he put that image in your mind to draw out. Likewise, follow some question prompts that can be found on the sheet provided. If you are experiencing strong emotions, journal/draw them out and release them to God - receive what He is offering to you in place of those emotions - His peace, His comfort, His truth.

*Journal Prompts:*

* Reflect on your day’s journey. Describe what you have seen, heard, or felt.
* Share a meaningful poem or quote.
* Write or draw out your hopes, struggles and questions. Record your goals. Outline your day and pray through it with God. If nothing comes to mind, start with just one sentence and see where it goes - remember, spelling/grammar doesn’t matter as these are for your eyes only! -Occasionally re read your past entries/drawings to see where God has led you.

*Questions for Prompts:*

* What is a Scripture passage that gives you peace?
* Describe a time when you believe God spoke to you
* How can you be bold and courageous for the Lord?
* This week, I was most blessed by…
* What’s an area that I need to trust God in?
* I feel most close to God when…
* You can search a lot more prompts online!