

Spiritual Disciplines for Different Seasons

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... to a hammer, everything is a nail ...

The purpose of spiritual disciplines is to create space in order to be present to God.

“The danger in finding a way to God is that people grow to love the way more than they love God.” Meister Eckhart

“Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies,
it remains alone; but if it dies, it bears much fruit.” John 12:24

1. Temperament

Temperament generally reflects two things:

- Our created design to reflect God’s image and glory
- Our adapted self which came about as we tried to navigate the world

Spiritual Disciplines can help us ..

- Nurture what is authentic and
- Release what is adapted.

Consider specific disciplines related to releasing adapted self:

Enneagram 1 – Patience, body prayers
Enneagram 2 – Secrecy, self-care
Enneagram 3 – Secrecy, sabbath, confession
Enneagram 4 – Secrecy, gratitude, acceptance
Enneagram 5 – Connection, community
Enneagram 6 – Taking risks, releasing control
Enneagram 7 – Fasting, Silence
Enneagram 8 – Confession, Serving, Equipping Others
Enneagram 9 – Setting Goals, Finding One’s Voice

Consider general disciplines that help you in living into your created design:

Enneagram 1 – Gratitude, releasing expectation
Enneagram 2 – Humility
Enneagram 3 – Truth telling, practicing presence
Enneagram 4 – Breathe prayer, body prayer
Enneagram 5 – Generosity
Enneagram 6 – Courage/Trust
Enneagram 7 – Present Moment
Enneagram 8 – Acts of Mercy, Justice

Enneagram 9 – Faith in Action, Perseverance

2. Stage of Life – first half/second half

Engagement Disciplines are more helpful in the first half of life.

study	worship
celebration	service
prayer	fellowship
confession	submission

Abstinence Disciplines are more helpful in the second half of life.

Solitude	silence
fasting	frugality
chastity	secrecy
sacrifice	watching

3. Season of the Soul (Adele Calhoun)

	Spring	Summer	Autumn	Winter	Seasoned Saint
Description	Renewing, Thirst, Awakening	Rejoicing, Identity in Christ	Releasing, Spiritual Pruning	Resting, time of reflecting, hard season	Abiding, loving God above all else
Disciplines	<ul style="list-style-type: none"> • Confession • Bible Study • Conversational Prayer • Worship • Spiritual Friendship • Teachability • Discipling 	<ul style="list-style-type: none"> • Sm Grp • Service • Community • Simplicity • Unity • Truth Telling • Intercession • Stewardship 	<ul style="list-style-type: none"> • Examen • Mentoring • Rule for Life • Rest • Self-Care • Walking Prayer • Hospitality • Meditation • Slowing 	<ul style="list-style-type: none"> • Journaling • Devotional Reading • Detachment • Solitude • Labyrinth • Fixed-Hour Prayer • Spiritual Direction • Healing Prayer • Unplugging • Discernment 	<ul style="list-style-type: none"> • Contemplative Prayer • Detachment • Humility • Practicing the Presence • Breath Prayer • Submission • Gratitude

“Spiritual disciplines are intentional ways to keep moving through the seasons.” Adele Calhoun, *Spiritual Disciplines Handbook*, p. 283

4. Stage of Spiritual Development/Our Intimacy with God

Mansion	0	1	2	3	4	5	6	7
Movements of Growth	Exposure to the Gospel and desire for meaning and help from God	Knowledge of Scripture; self-knowledge and humbling; community and mentoring	Perseverance, community and support; Scriptures applied to daily life; spiritual warfare	Humility –this is not the peak. Mentors who can point them into more responsive relationship with God	Desire for solitude; habitual practice of prayer vs. demand for productivity; deeper levels of warfare; mentors; interpreters	Love of neighbor; service and extended silence. Mentors and community	Increased responsiveness in prayer; service led by God; Silence and solitude; extended prayer; elders for discernment	“intellectual” vision of the Trinity; beholding the fullness of God that empowers; obedience in love. communion in service. God and other focus.

5. Times of Extreme Experience/Emotion

Great joy or great despair

Spontaneous vs. set prayers

6. Seasons of Busyness

How do we stay connected during busy seasons?

What are disciplines that help us during these times? Practicing His Presence/Prayer Walk/Exercise/Grace

7. Circumstances as Spiritual Disciplines

What are some present circumstances?

How might these experiences be utilized as spiritual disciplines?

Questions for Reflection:

1. How would you describe the season you are in right now?
2. How do the areas presenter connect with where you are right now?
3. What seems to be invited right now?

Considerations:

1. Consider a Rule of Life
2. Community and Scripture
3. Counsel