

Spiritual Habits

Rule of Life (Judges 13.12)

Question: How is your soul?

We do not “earn” our salvation—that is a gift from God—but we must *respond* to that gift. We must take hold of it and never let go. We do this by a combination of *willpower* and *grace*. Without the grace of God, no amount of our own willpower will be sufficient; But God asks us to *respond* to his grace—to *choose* to follow him, not just once, but every day and in every action. And if we are faithful for *our* part, his grace will *always* be sufficient.

Antony of Egypt (ca. 300 A.D.): “I will have no mercy upon you, nor will God have any, if you yourself do not make an effort and if you do not pray to God.”¹

Abba Matoes: “I prefer a light and steady activity, to one that is painful at the beginning but is soon broken off.” Don’t set too high of a bar to begin with. But *set* one and get to work. And keep working.

You are what you **eat** and **see** and **hear** and **read** and **think**; You are what you **do** and **say** and who you **hang out with** (*cf. Philippians 4.8*).

God

Worship (*both public and private*):

Bible Devotion/Reading (*2 Tim 3.16-17*):

Prayer time (*both public and private*):

Spiritual Growth:

Generosity:

¹ *The Sayings of the Desert Fathers*, trans. Benedicta Ward (Cistercian: Kalamazoo, 1984), p. 4

Self

Sleep Routine:

Exercise Routine (*1 Tim 4.8*):

Diet Routine (*including fasting/abstinence; see e.g. Daniel 1.8-21*):

Hobbies & Habits:

- News Consumption
- Social Media
- Entertainment (TV/radio/music/movies/sports)
- Simplicity
- Celebration (*cultivate joy*)

Relationships with Family and Others

Quality Time:

Service:

Relationship Growth:

Fellowship with other Christians (*Hebrews 10.24-25; 1 Thess 5.11; 1 Cor 15.33*):

Work/Vocation

Productivity:

Career Development: