

Holy Habits an overview



Guide



ROOTED
in Holy Habits

*Part of Gold Hill's 'Take a Step' discipleship pathway.
www.goldhill.org/disciple*

We all have habits in our lives. Some are good and others are bad. Some we have put in place deliberately, and some have developed even though we never intended them. The same is true in the way we live out faith in Jesus. We take steps on that journey all the time, and this guide lays out a number of ways we can take good and deliberate steps regularly. The aim here is not to give a full description of each, but rather to stimulate your thinking: which of these might you seek to pick up as a habit next?

The classic name for this is 'Spiritual Disciplines'. They are things we do in a regular and disciplined way, to expand our spiritual lives. 'Holy Habits' gives a similar idea. The grouping of the different habits below, as well as some of the ways to think about them, borrow from Richard Foster's *The Celebration of Discipline*, an excellent book that might help you along your way.

For a number of these areas, you'll be able to find other resources we've put together to point you in the right direction at www.goldhill.org/disciple.

Inward Habits

These are habits between us and God, opening up a space for Him to meet with us and lead us in the ways He wants to.

Prayer

Spending time with God in prayer is one of the most vital things we can do in our relationship with Jesus. If we want to grow with Him, we must take time relating with Him, so building a consistent prayer life is essential.

Meditation

Meditating on God's word and opening up our imaginations to where God will lead us through it. There are techniques like *Lectio Divina* that can be used, or you can make use of a journalling Bible. The emphasis is on being attentive to God's voice to us and responding to where He leads.

Fasting

This is going without food (or other things, but food is the norm) for a set duration in order to give focused time to God and deepen reliance on Him.

Study

Honing our minds to understand God more fully, by deliberate study of the Bible (through notes, sermons, etc.) or by reading Christian literature that will help us to engage better with God and with the world we are in.

Retreat

Going away for a short period of more intense focus on God, freeing from all distractions and leaning completely into Him.

Outward Habits

These are things that we do, creating conditions around us to grow deeper.

Simplicity

This is about learning to live with less, not to fill or clutter our lives either with busyness or with material things, reducing distractions from God.

Solitude

Surrounded by many people, it is hard to have God as our prime audience. This is about being alone with God, either by literally being by ourselves or by learning to practise a heart of solitude in the midst of others

Submission

Ultimately, we submit to God. But in submitting to others (mutually, not in unhealthy ways), we learn our own place and deepen humility before God.

Service

This habit is about using our time, energy and skills to bless and benefit others. We do it to serve them, but in doing so we grow enormously.

Corporate Habits

These are things that take place within the life of Christian community, with others rather than by ourselves.

Confession

Regularly sharing with one or two others about the ups, downs and pitfalls of our lives, including our struggles and our failings, is so helpful. It grows our honesty, and regularly leads us back to God's grace and forgiveness.

Guidance

We look for guidance when we know we do not have the answers. And we should be in that place before God. Others can help, not by giving us the answers but by helping us to seek God's direction. Often this is known as having a 'Spiritual Director', or a mentor or coach.

Worship

Joining with others in worship of God. This can be through attendance in a church, but also in homes with others, and in all kinds of creative ways.

Celebration

Choosing to celebrate who God is and what He has done will help to settle our posture in a good place. This involves celebrating 'sacraments' in the form of baptism and communion, and celebrating God's good work by sharing testimonies of God's activities today.



www.goldhill.org/disciple