

# Twelve Spiritual Disciplines

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## 1. **Meditation**

Get quiet and listen to God through your feelings and intuition.

## 2. **Prayer**

Talk to God as if you were talking to a close, personal friend.

## 3. **Humility**

God is a higher power; you are a lesser power. You know this. You are humbled by it.

## 4. **Study**

Read, write, learn, listen.

## 5. **Simplicity**

Slow down. Experience and appreciate the simple things in life—nature, music, friends.

## 6. **Solitude**

Take some time to be alone and listen to your own inner music.

## 7. **Submission**

Surrender everything to God—as you understand God.

## 8. **Service**

Reach out to people in need and give of yourself and your resources.

## 9. **Confession**

Find someone you can trust and confide your deepest, darkest secrets to them.

*Release the shame.*

## 10. **Worship**

Be in awe of God. Bow your head—metaphorically or literally.

Be thankful for the grace that has been freely given to you.

## 11. **Celebration**

Be grateful! Raise your hands in joy and celebration. Sing, dance and be merry.

## 12. **Guidance**

Work with a mentor who is in constant contact with God.