

Celebration of Discipline

12 Steps to a Stronger Spiritual Life

1. Meditation

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

2. Prayer

Talk to God (out loud or in your head) 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. Putter around your nest.

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 your Higher Power. 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.