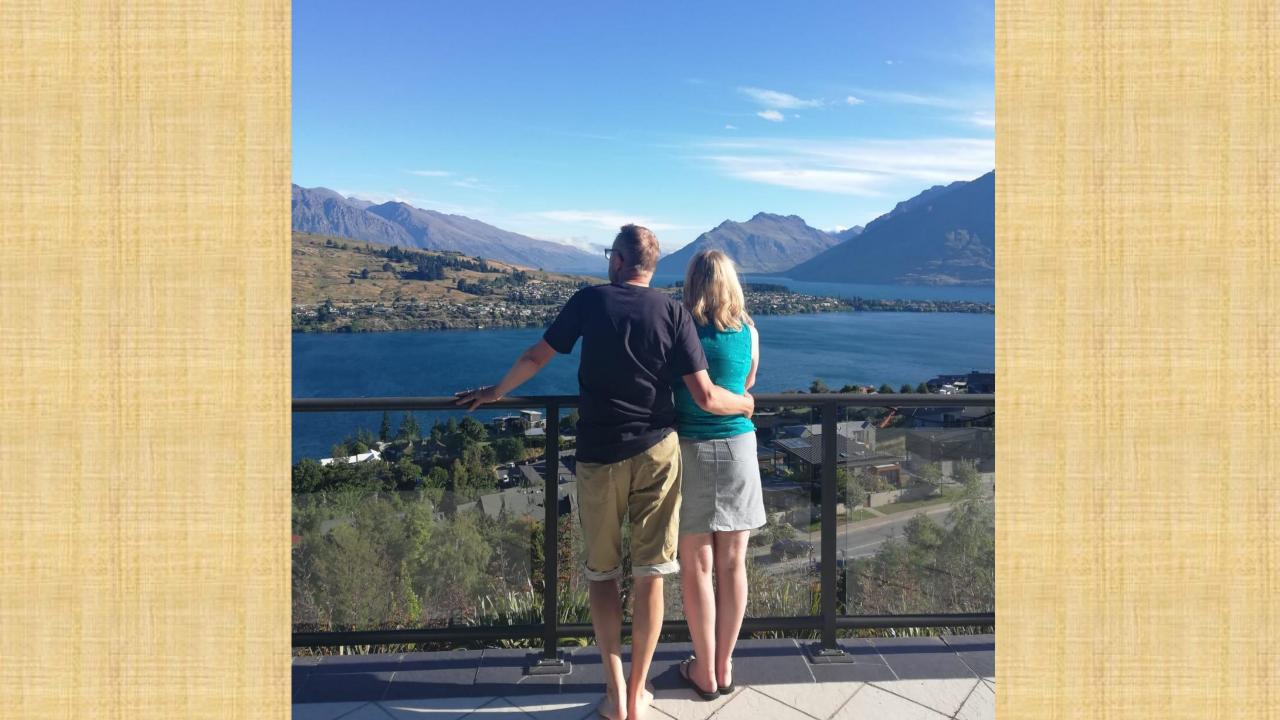


Where are your Sacred Spaces?

SPIRITUAL DISCIPLINES



Rhythm and Rule



Spiritual Disciplines

| Disciplines of Abstinence | Disciplines of Engagement |
|---------------------------|---------------------------|
| Solitude | Study |
| Silence | Worship |
| Fasting | Celebration |
| Simplicity | Service |
| Chastity | Prayer |
| Sacrifice | Fellowship |
| Watching | Confession |

Just be you

