



TOOLS TO TAKE THE NEXT STEP

The following are some tools and resources that can help you continue to practice a slowed down spirituality.

A Note on Apps: Our devices can be a great tool to our spiritual journey but also a great threat to our spiritual lives. Use wisdom in deciding how best to integrate your device into your spiritual practices.



Lectio365

Following the model of lectio divina, this app offers a morning and evening reflection that can be read on your own or read to you. Look also for Lectio for Families, offering a similar experience including children.



Daily Prayer

The Daily Prayer App offers a morning, midday, evening, and late evening prayer each day, with each including a confession, a Psalm, and the Lord's Prayer.




Inner Room

Inner Room lets you create and share prayer lists and offers a timed feature which will prompt you with your prayer list for 3 minutes. Also includes a daily prayer rhythm that offers morning, midday, and evening prayers.



Hallow

Hallow allows you to create a daily routine, set and track personal goals for prayer, silence, and reflection, and also includes a broad library of prayerful reflections on Scripture.



SOME RESOURCE RECOMMENDATIONS

The following are some tools and resources that can help you continue to practice a slowed down spirituality.

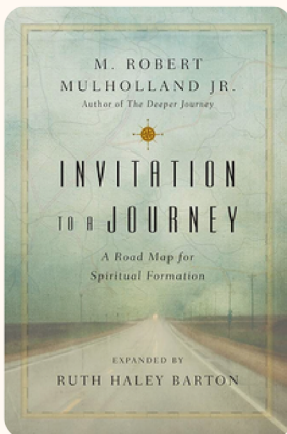
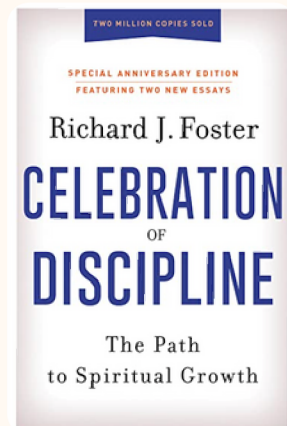


Habits of the Household by Justin Whitmel Earley

In *Habits of the Household*, Earley gives you the tools you need to create structure—from mealtimes to bedtimes—that free you to parent toddlers, kids, and teens with purpose, including how to develop a bedtime liturgy to settle your little ones and ground them in God's love, open your eyes to the spirituality of parenting, seeing small moments as big opportunities for spiritual formation.

Celebration of Discipline by Richard Foster

Hailed by many as the best modern book on Christian spirituality, *Celebration of Discipline* explores the "classic Disciplines," or central spiritual practices, of the Christian faith. Along the way, Foster shows that it is only by and through these practices that the true path to spiritual growth can be found.



Invitation to a Journey by M. Robert Mulholland

In *Invitation to a Journey*, Mulholland helps Christians new and old understand that we become like Christ gradually, not instantly. Not every personality is suited to an early morning quiet time, so Mulholland frees different personality types to express their piety differently. He reviews the classical spiritual disciplines and demonstrates the importance of undertaking our spiritual journey with (and for the sake of) others.

Rule of Life Podcast by Practicing the Way

The Rule of Life Podcast explores different spiritual practices from the way of Jesus and their relevance to the modern life. Available wherever you get your podcasts.



wingfootchurch.com/6P

Sermons and teachings through our rule of life, including practice guides and extra resources to build a personal rule of life.