

**WAY OF VIRTUE SPIRITUAL DISCIPLINES
BY STAGES OF FAITH**

...suggestions to get your virtuous desires stimulated, and your godly vision focused...

IN THE EXPERIENTIAL STAGE of childhood

FAITH - Security

Assurance of Forgiveness – Baptismal Practice

Receiving forgiveness in a way that one can believe that one's error or sin is covered, or atoned for by God the Redeemer, and that the relationship with Him or with others has been restored. For children this could include using water at handwashing or bath time, as a gentle reminder of The Father having washed away our sin.

Table Blessing - Communion Practice

Giving thanks before and/or after meals, either through using the prayers of the church, which can be memorized, or through extempore expressions of praise and gratitude, inviting God our Friend to be present with us at table.

Church Participation – Church Practice

Weekly participation in the life of the local church, finding strength and encouragement in being routinely united with others who are children of our Heavenly King.

Singing – Filling Practice

Being filled with The Spirit as we sing psalms, hymns, and spiritual songs, often to one another, finding God to be our Strength. This could involve developing a family spiritual playlists.

HOPE - Chosenness

Church Family – Fellowship Practice

Developing close relationships with others in the "forever family" of the church, engaging The Trinity by choosing to take part in those three-fold cords which are not easily broken.

Attitude Check – Devotional Practice

Inquiring about my own or someone else's attitude in the present moment, taking note of it, and giving it to the eternal God Who has chosen us to be part of His Family.

Special Day with Jesus – Sabbath Practice

Engaging Jesus in a dedicated time or day, such as Sunday, sometimes with others, discovering that Rest which He offers to those who come to Him.

Sharing – Stewardship Practice

Cooperatively using or intentionally giving away good possessions, adopting this as part of our way of living in Jesus Who gives of Himself and His gifts to all.

LOVE - *Creation*

Helping – Social Action Practice

Responding with help to others in need, including the earth and its creatures, seeing in them both the Hand of God, The Face of Jesus, and the God of Justice Who has compassion for all.

Wonder – Study Practice

Pausing to appreciate the great and marvelous deeds of God in creation and re-creation, developing curiosity about His Truth in all things in His world, Word, and people.

Names of God – Prophecy Practice

Learning the various Names of God in Scripture, so as to appreciate and engage His Fullness in the fullness of life in the life He has created for us, and communicate this to others.

Arrow Prayer – Prayer Practice

Confessing our need for God's Mercy in all circumstances and locations, praying in the moment about needs as they occur.

God-Sightings – Witness Practice

Witnessing to God's Merciful Presence by recalling occasions when we see Him at work in our lives and in our world.

Hol(y)days – Celebration Practice

Turning to God Who invites and gives us opportunities to celebrate His Grace in holidays that become holy days, and taking those opportunities together with others.

IN THE AFFILIATIVE STAGE of pre-adolescence

FAITH - *Belonging*

Forgiveness – Baptismal Practice

Learning to restore relationships broken by sin through speaking and showing forgiveness, and through asking for and receiving it. For children, and adults, the verbal and physical rituals of forgiveness manifest the Forgiveness of our Redeemer.

Table Fellowship- Communion Practice

Sitting down together at unplugged meals, engaging in generous conversation, recognizing God as our Friend Who accepts us and all at His Table.

Sunday School – Church Practice

Becoming part of a small group in the local church learning about God in Scripture, seeing His Church at work for good (and bad) in history, and getting to know Him personally through our classmates.

Mutual Prayer / Anointing – Filling Practice

Praying for one another, particularly at the beginning of the day, anointing each other with oil for the filling of The Holy Spirit, and at the end of the day, for healing from any hurts.

HOPE - Privilege**Making Friends** – Fellowship Practice

Discovering the beauty of relationships through making and being friends with others, both believers and non-believers, seeing God The Holy Trinity in such friendships. This can occur naturally, or parents – or websites – can assist with arranging for play-dates.

Personal Devotions – Devotional Practice

Learning to step back from the moment to engage God in His eternal Word, in prayer, and in personal reflection. Children, and adults, can journal their reflections through words, media, or audio-video recordings.

Sabbath Day Off – Sabbath Practice

Routinely un-plugging and de-scheduling, particularly on The Sabbath, learning how to enter into The Rest of the God Who is Shalom by ceasing work and other attempts to “get ahead”.

Tithing – Stewardship Practice

Giving to God 10% of one’s money and/or possessions through the local church, adopting the practice of The One Who routinely did such Himself, and Who gave all for us. Giving a weekly allowance to children facilitates giving 10%, as well as a percentage into savings.

LOVE – The Fall**Visitation** – Social Action Practice

Taking opportunities to demonstrate compassion by “showing up” for those who are sick, needy, or oppressed, learning that, as we do it for them, we do it for Jesus.

Bible Exploration – Study Practice

Getting to know the breadth and length of the Scriptures, developing curiosity about the Truth of God in His beautiful Image in us, and our disastrous Fall from Him. Reading plans can eventually cover all 66 books, adapted accorded to age.

Trinitarian Prayer – Prophecy Practice

Recognizing The Truth of God in Three Persons as we address Him in prayer as Father, Son, or Holy Spirit, and declaring this to others, particularly in how we pray.

Intercession – Prayer Practice

Developing ways to pray immediately and regularly for others, recognizing their need for God’s Mercy even if they do not. For children, a wall “Prayer Tree” with paper prayer requests can be helpful to remember, give thanks, and yield to God’s Will. -3-

Examen – Witness Practice

The Ignatian discipline of looking back through the day or week, noting times when we felt God's Presence (consolation) and associated feelings, or God's seeming Absence (desolation), and accompanying feelings, as we experience or miss His Mercy. This can be done with others.

Praise Reports – Celebration Practice

Celebrating the Grace of God as we acknowledge His Goodness, and give Him praise and thanks in all circumstances, including the bad and the ugly. This can be a helpful discipline at the end of day, or on The Sabbath Day.

IN THE SEARCHING STAGE of adolescence**FAITH – *Differentiation*****Rite of Reconciliation – Baptismal Practice**

Using or adapting one of the historic church's Rites of Confession, discovering the assurance of pardon through expressing aloud one's personal sins in the presence of someone other than family, and hearing the words of forgiveness as coming from God our Redeemer.

Faith Exploration- Communion Practice

Expanding the boundaries of one's experience of Jesus through exploring other expressions of faith in Him, as experienced in other churches, ministries, cultures, and Christian literature, seeing His acceptance as broad and wide, even in The Way which is narrowed to Him alone.

Hagiography – Church Practice

Seeing the strength of the church in the study of the lives of her saints, past and present, faithful to Him in both ordinary and extraordinary circumstances, and exemplary for us.

Confirmation Study – Filling Practice

Exploring the fuller dimensions of what it means to be a follower of Jesus Christ, in discernment of or preparation for personally confirming that faith in the presence of witnesses, receiving the Holy Spirit, and relying upon God our Strength.

HOPE – *Challenge***Mentoring Received – Fellowship Practice**

Developing relationships in God The Trinity with those of older generations, youth with their elders, finding the fullness of God in edifying friendship, and receiving godly encouragement to continue in faith.

Music / Singing – Devotional Practice

Expressing devotion to God in melody that reflects His Eternal nature, in song which exalts His eternal character, and in The Spirit which lifts the soul towards things heavenly.

Sabbath from “church” – Sabbath Practice

Entering into a season of separation from “church” for those whose search in faith has led them to be profoundly unhappy or resistant to religious observance, while being offered alternative ways of engaging in worship, prayer, study, Sabbath, and service to encounter the Shalom God.

Offering – Stewardship Practice

Giving beyond the 10% to other ministries or organizations that are furthering the Sacrificial Work and Values of Jesus in the world, learning how to live with less for God and for the world.

LOVE - Learning

Mission Trip – Social Action Practice

Exploring by first-hand experience and participation the global dimensions of the compassionate Justice of God at work in other places, cultures, or socioeconomic conditions.

Faith Study – Study Practice

Learning about the beliefs, values, and practices of other denominations, compared with one’s own, in order to appreciate better The Truth and Love of God in Christ.

Core Creed – Prophecy Practice

Apprehending, embracing, and declaring the Core Creeds of The Faith that are based in God’s Truth in Scripture and expressed in faith and action.

Ignatian Prayer – Prayer Practice

As in the Ignatian Bible Study’s engaging the characters in Scripture, entering into the hearts, minds, and circumstances of those for whom we pray, weeping with those who weep, rejoicing with those who rejoice such that we embody the God of Mercy.

Faith Testing – Witness Practice

Pushing the limits of one’s belief, either through praying for the seemingly impossible, or acting out of God’s Mercy in ways that go beyond one’s “normal”.

Accepting Mystery – Celebration Practice

Dealing with those realities which seem incomprehensible or irrational, such as God in Man, Life out of Death, suffering when innocent, “unanswered” prayer, or God’s Ways other mysterious ways, accepting His Inscrutability, and that His Grace must be sufficient in all things.

IN “THE FENCE” of late adolescence
FAITH – *Confusion*

Compromise – Baptismal Practice

Learning how to deal with irreconcilable differences, arriving at some sort of compromise within oneself in relationship to God and others, finding common ground in which agreement, forgiveness, and peace can be obtained through God our Redeemer.

Accepting – Communion Practice

Being able to accept oneself as one is, warts and all, and doing the same with others, and with God our Friend, in order to appreciate what is rather than what might be, what is good rather than what is wrong or evil.

Church History – Church Practice

Studying the history of the church, including its less flattering aspects, in order to deal with the reality of Christian brokenness, in other believers and in oneself, and to see how God our King has worked in wonderful ways with His broken and sinful subjects as He builds His Kingdom.

Blessed and Blessing – Filling Practice

Receiving the blessing of others, particularly blessings that are verbalized, and learning how to bless others, as a way to experience God our Strength and the infilling of His Holy Spirit.

HOPE – *Dis-ease*

Focus on Mentors – Group Practice

Drawing near to one’s mentors, not so much as to have them answer one’s searching questions, but rather to be accompanied on the strange journey of doubt and being unsettled by someone whose relationship with us represents God The Holy Trinity to us.

Diary-keeping – Devotional Practice

Keeping record of one’s thoughts, feelings, and experiences in this difficult journey, so as to be able to gain insight from one’s past and present, and to be prepared for a brighter future with the Eternal God.

Rumpspringa – Sabbath Practice

A German word describing the Amish custom of allowing youth, or oneself, the option of “jumping around”, taking a rest from church observances, in order to experience the life of the unchurched, so as to decide whether to continue in faith. Parents can offer this option to their spiritually oppositional children, in prayer that they would discover the Rest of God’s Presence.

Serving – Stewardship Practice

Learning how to serve others in one’s family or friendship circle, rather than expecting to be served, in order better to appreciate the gift of a life lived for others rather than for self.

LOVE – *Discovery*

Local Outreach – Social Action Practice

Engaging others in need in one's own community, in order to appreciate the gifts and resources which one has been given, to understand the brokenness of the world in which one lives, and to experience the joy of participating in God's Just Plan to restore the world as well as its people.

Faiths Exploration – Study Practice

Learning about the beliefs, values, and practices of other religions, compared with Christianity, in order to evaluate The Truth of God in Christ.

Core Convictions – Prophecy Practice

Coming to understand the nature of one's essential beliefs about life, God, self, and others, in order to evaluate their relationship with God with the teachings of His Truth.

Guidance – Prayer Practice

Seeking the guidance of God and/or others in a time of uncertainty, either in prayer, conversation, study, or submission to the Mercy of God and others.

Faith releasing – Witnessing Practice

Being able to admit that one's faith is changing, and that what one might have believed at an earlier stage is no longer satisfactory, in order to be able to discover a new sense of the Mercy, goodness, and truth of God.

Accepting Ambiguity – Celebration Practice

Dealing with those realities which seem incomprehensible or incompatible, such as a Good God and the existence of evil, through celebrating the mystery of God, and giving thanks for the God of Grace Whose self-revelation in Jesus and in His Word is more than enough for us.

IN THE RECOGNIZED STAGE (Hagberg Stage 1 – Recognition of God)

FAITH – *New self*

Repentance – Baptismal Practice

Routinely approaching God The Redeemer and others to ask for forgiveness, to be helped to forgive others, and to amend one's life of sin, including becoming aware of one's participation in, assent to, or being harmed by evil and oppressive systems which hurt, exploit, and oppress.

Holy Communion- Communion Practice

Regularly receiving Holy Communion as a way both to remember the accepting sacrifice of Christ, and to receive the Presence of our Friend by faith with thanksgiving.

Church Membership – Church Practice

Intentionally joining the ranks of the saints, the Body of Christ, through repentance, faith, and identification with God our King and with His People, The Church, in which one's confidence in God is anchored.

(re)Baptism / Confirmation – Filling Practice

Publicly professing one's faith and receiving the Holy Spirit through the sacrament of believer's Baptism or believer's Confirmation of Baptism, receiving Strength to resist the devil by so doing.

HOPE – Surrender

Small Group – Fellowship Practice

Participating weekly or bi-weekly in a group of believers who become the focal expression of one's relationship with God The Trinity and His People, in which one knows others and can be known as sisters and brothers in Christ, thereby giving up living the self-focused life.

Quiet Time – Devotional Practice

Yielding precious and valuable minutes daily to devote attention to a portion of God's Word and a time of prayer in order to reflect on His Eternal Life in us and our current and eternal life in Him.

Retreat – Sabbath Practice

Regularly taking a day or a weekend to leave one's work and regular companions aside in favor of a time of peaceful rest in The Shalom of God, sometimes in the company of or under the direction of others in Christ.

Worship – Stewardship Practice

Gathering weekly with other believers to give God praise, to hear His Word, and to intercede for others, in order to practice rendering ourselves to Him as a living sacrifice, which is our spiritual worship.

LOVE - Redemption

Pilgrimage – Social Action Practice

Visiting places of significance in Christian history, witness or service, in order to better worship The God of Justice revealed there, and to do so by dedicating oneself to loving justice, doing mercy, and walking humbly with God.

Bible Study – Study Practice

Engaging in a disciplined approach to rightly handling the Word of God, studying its particular words and central message, expressing godly curiosity through searching The Scriptures.

Credal Affirmations – Prophecy Practice

Exploring the historic creeds, from those mentioned in the Scriptures, through those developed in the early centuries of The Church, in order to know and to teach about The God of Truth.

Healing / Deliverance – Prayer Practice

Receiving prayer for healing of emotional, physical, and social illnesses, including deliverance from the influence of evil, in order to further depend on the Mercy of God to get well.

Testimony – Witness Practice

Witnessing to the God of Mercy by describing encounters with Him, including one's condition before the encounter, the encounter itself, and the good effect of God's Mercy thereafter.

Gratitude – Celebration Practice

Expressing one's contentment in the God of Grace by routinely giving thanks to Him verbally, in print, and in action, and especially gratitude for the great Gift of God Himself.

IN THE DISCIPLINED STAGE (Hagberg Stage 2 – The Life of Discipleship)**FAITH - *Reorientation*****Self-Examination – Baptismal Practice**

Routinely inviting God to search within, to know one's heart, thoughts, and actions, to see if there is any wickedness that will turn the soul to seek the forgiveness of God our Redeemer and others, including yielding any resentment or bitterness that points to the need to forgive.

Eucharist Preparation- Communion Practice

Pursuing God our Friend in His desire that we be one, accepting one another in love, putting away all resentment, bitterness or party spirit, examining ourselves before we approach the Holy Table of His acceptance to eat the bread and drink the cup.

Way of Life – Church Practice

Adopting a comprehensive way, custom, or rule of life for putting off the old manner of life in our family, nation and culture, and putting on the new self as a citizen of His Kingdom.

Daily Filling – Filling Practice

Relying on God more than self or others by daily praying to be filled with The Holy Spirit, and particularly for Strength to follow, worship, and serve Christ in any and all circumstances.

HOPE - *Retooling***Life Group – Fellowship Practice**

Engaging God The Trinity by joining a very dedicated group that pursues God and does Life in Christ together, emulating the unity and mutual commitment of the first believers who held all things in common so that outsiders might come to believe that Jesus is The Christ.

Lectio Divina – Devotional Practice

Adopting a monastic practice of Bible reading, meditation, and prayer intended to promote a reflective communion with the Triune God and a deeply intimate experience of His Truth.

Sabbath timing – Sabbath Practice

Committing oneself to a weekly 24-hour period of Sabbath rest, entering into the Shalom of God from sundown Saturday through sundown Sunday, resting in the worship, praise, and fellowship of God and His People, allowing this day to be the anchor of the other six.

Control Tongue – Stewardship Practice

Rejecting the permissively wordy spirit of our age in order to render one's tongue to the control of The Self-Emptying God, not allowing unwholesome talk to come out of the mouth, but only what is helpful for building others up according to their needs, benefiting those who listen.

LOVE - Consecration**Mission Discernment** – Social Action Practice

Seeking The God of Justice for how He shapes our life and calling in His compassionate mission of Creation care, evangelism, and social action

Culture Study – Study Practice

Pursuing The God of Truth through serious study of one's culture in the Light of God's Word, and in response to the ways in which every culture reflects fallen humanity, in order to address its failings and strengthen its reflecting the Kingdom of God.

Theology – Prophecy Practice

Engaging the various ways that Christian thinkers of various cultures have interpreted the Truth of Scripture, and developed threads of doctrine which can both point us to Christ and help us to prophecy to others about Him.

Hour Prayer – Prayer Practice

Encountering the Mercy of God throughout the day by adopting the monastic custom of praying at set times daily, thereby confessing our constant and routine need for Him.

Whole Life Faith – Witness Practice

Submitting every aspect of life to God's Mercy, 365/24/7, seeking to take every thought, word, and deed captive to make it obedient to Christ, such that our whole life witnesses to Him.

Healthy Partying – Celebration Practice

Rejecting the raunchy party culture, we discover ways to worship The God of Grace by celebrating and partying in ways that are healthy, edifying, and refreshing for us and for others.

IN THE PRODUCTIVE STAGE (Hagberg Stage 3 – The Productive Life)

FAITH – *Life purpose*

Apologize – Baptismal Practice

Learning to receive God The Redeemer's forgiveness by seeking it from those we have wronged through interpersonally or publicly admitting our sin or error and asking for forgiveness.

Special Worship- Communion Practice

Connecting with God as our Friend Who accepts our praises offered in times of worship and adoration other than the Sabbath Day, either by oneself, or in the company of others.

Ministry Discovery – Church Practice

Consulting with others in the Body of Christ to discern the particular ministries to which we are suited and called, and in which we can serve our King with confidence alongside others.

Empowering – Filling Practice

Being filled with The Holy Spirit daily in order to serve God and others in the Strength of our God rather than in the weakness of our flesh.

HOPE – *Transformation*

Ministry Team – Fellowship Practice

Pursuing ministry in relationship with others as part of a team of servants, mutually encouraging one another to adopt Trinity's strategy for serving Him together.

Prayer List – Devotional Practice

Developing a way of recording prayer requests given to us, and God's response to our prayers, so that we can devote ourselves to prayer, and reflect on our interaction with the Eternal God.

Sabbath Justice – Sabbath Practice

Recognizing the creation-established blessing of a day for resting in the Shalom of God, we seek to make this possible for everyone on the planet, believer or not, seeing it as a justice issue.

Time & Talent – Stewardship Practice

Rendering to God Who gave all for us by offering Him a significant portion of our time in serving Him and others, using the special talents and abilities which He has given us.

LOVE - *World transformation*

Mission Project – Social Action Practice

Asking The God of Justice to direct us to a particular group or need or project in which we can become personally involved, investing our compassion beyond our feeling of it.

Spiritual Gifts – Study Practice

Studying the Spiritual Gifts mentioned in the Bible, with a holy curiosity as to which gifts He has already given us or which He wants to give us, and as to how we are to use them.

Apologetics – Prophecy Practice

Learning how to declare God’s Truth with conviction, so that we are able to give an account for the hope that is in us, as well as explain to outsiders God’s Good News from the Scriptures.

Community Prayer – Prayer Practice

Developing ways to pray in one accord with others in non-church settings, acknowledging the greater community’s corporate need for the God of Mercy.

Evangelism – Witness Practice

Preparing ourselves and our Christian community to personally and publicly proclaim the Good News in Christ of The God of Mercy in a way which invites a response of faith.

Neighboring – Celebration Practice

Finding ways to engage one’s local community in The Grace of God through getting to know one’s neighbors and finding ways to celebrate and give thanks together with them.

IN THE SEEKING STAGE (Hagberg Stage 4 – The Journey Inward)

FAITH - *Depth*

Moral Inventory – Baptismal Practice

Turning toward God the Redeemer, seeking His forgiveness and that of others through making a searching and fearless moral inventory of ourselves so as to be cleansed of unrighteousness.

Self-Acceptance- Communion Practice

Learning to be accepted by God our Friend through accepting ourselves as He does, even as we seek to grow in that holiness without which no one can see The Lord.

Ecclesiology – Church Practice

Studying the history of The Church in order to grow in our confidence in being part of Christ’s imperishable Kingdom, and in identifying errors of the church in the past so as to avoid them.

Centering Prayer – Filling Practice

Engaging God our Strength in times of meditative prayer that are silent, largely wordless, and intently focused on being in the Presence of The God Who loves and saves us.

HOPE - *Abandonment*

Accountability Group – Fellowship Practice

Ceding control of our life to God the Trinity through a trusted circle of friends with whom we share personal oversight in a common intention for holiness and cleansing from sin.

Journaling – Devotional Practice

Cultivating the ability to reflect on our life day-by-day with The God of Eternity, seeking His perspective as to how we are responding to Him and growing in His likeness.

Inner Rest – Sabbath Practice

Seeking The God of Shalom through learning how to quiet the inner voices that shout down the still, small voice of God, taking captive every thought to make it obedient to Christ.

Fasting – Stewardship Practice

Encountering The God Who gave Himself up to The Cross by engaging in self-denial in matters of food, activity, or custom, in order more closely to take up our cross and follow Him.

LOVE - *Exploration*

Passion Search – Social Action Practice

Engaging The God of Justice as to the ways in which His Compassion is intended to become ours for the needs of others, pursued personally or corporately with others.

Culture / Deculture – Study Practice

Seeking The God of Truth to separate His Truth from the fictions of our culture, studying it so that we can be decultured in ways that will enable us to serve Him and it more faithfully.

Personal Creed – Prophecy Practice

Based on the Truth of God's Word and its faithful expression in The Body of Christ, we seek to develop a personalized creed which can define and focus our life and our witness to Him.

Support Group – Prayer Practice

Approaching The God of Mercy through joining a group which focuses on a particular concern that we have, confessing our need for the help of God and others in dealing with it.

Prayer Walking – Witness Practice

Led by The God of Mercy, we witness to His desire to bless all people as we walk through particular neighborhoods, praying as we go for the people who live, work, or study there.

Surrender Anxiety – Celebration Practice

Engaging The God of Grace as we seek to put away all earthly anxieties, through learning how to finish our work and worry at the end of the day or week, entering into celebration with God.

IN THE “WALL or DARK NIGHT” (Hagberg “The Wall”)

FAITH - *Expansion*

Receiving Grace – Baptismal Practice

Encountering God The Redeemer as we learn to receive His Salvation in His and other’s forgiveness, and in our putting aside any need to strive or earn it or to impress Him or others.

Love Feast- Communion Practice

Exploring with others a way of encountering Christ in the kind of meal he enjoyed with His friends, including conversation, testimonies, prayer, and an offering for those in need.

Sabbatical – Church Practice

A season of rest from one’s normal participation in the activities of the church in order to rediscover the joy and privilege of being part of His forever Family.

Receiving Support – Filling Practice

Accessing the filling of The Holy Spirit through seeking the God of Strength with others in visitation, prayer, counsel, encouragement, direction, or correction.

HOPE - *Suffering*

Grief Group – Fellowship Practice

Bringing one’s grief or sadness into the company of others similarly afflicted, in order to discover the blessing of not being alone in one’s suffering, accompanied by God the Trinity.

Spiritual Direction – Devotional Practice

Meeting regularly with a Spiritual Friend trained in helping others to discern the Presence and purposes of God in past, present, or future time in the perspective of The God of eternity.

Solitude – Sabbath Practice

Discovering The Peace of God through enjoying the company of oneself, alone, but not lonely, often expressed in the arts, the care of creation and its creatures, or exercise and body care.

Unplugging – Stewardship Practice

Leaving the world of virtual technology for a time of uninterrupted time with oneself, with others, or with God, rendering ourselves exclusively to those present in space and time.

LOVE - *Humility*

Creation Care – Social Action Practice

Acknowledging that God’s Justice includes compassion for all creation, expressed in specific commitments to caring for its creatures, or healing its environment.

Comparative Religion – Study Practice

Seeking The God of Truth through studying the beliefs, practices, and values of other religions, in an effort not to find certitude, but rather the mental and satisfaction found in Christ alone.

Self-Care/Love – Teaching Practice

While recognizing Jesus' primary command to love God and others, exploring what it means to love others "as one loves oneself", allowing the last, the self, to be the first to be loved.

Healing Memories – Prayer Practice

With the help of others, remembering experiences of hurt, inviting The God of Mercy to make His Healing Presence known in that experience, so that He becomes part of the memory.

Discernment – Witness Practice

With the help of others, discerning what God is or is not up to in one's life, seeking what it means to believe in and follow The God of Mercy at this particular stage in one's life.

Kenosis – Celebration Practice

Learning how to empty oneself of pride, unrealistic expectations, or delusional thinking through yielding to what now is, and what can be celebrated with The God of Grace.

IN THE SERVING STAGE (Hagberg Stage 5 – The Journey Outward)

FAITH - *Integration*

Reconciling – Baptismal Practice

In the forgiving Presence of God The Redeemer, listing all people we have harmed, and seeking to be reconciled, except when to do so would further injure them or others.

Embracing- Communion Practice

In the accepting Love of God our Friend, resolving to draw near to those we do not like, seeking to bless them by our presence, and by The Presence of The God Who loves them as He does us.

Re-churching – Church Practice

Rededicating ourselves to The Church, The Body of Christ The King, even though we may have been hurt or disappointed by it, recognizing our need for church and church's need for us.

Seeking The Presence – Filling Practice

Opening the eyes and ears of our hearts to recognize The Presence of God our Strength in the Activity of The Holy Spirit, and to pursue Him then and there, blessing whatever He is doing.

HOPE - *Settling*

Community Group – Fellowship Practice

Participating in a group of neighbors, of both believers and non-believers, so as to grow and learn in such company, and to be the aroma of God The Trinity for all who can smell Him.

Practicing The Presence – Devotional Practice

Seeking the moment-to-moment awareness of The Presence of The God of all time, learning from God the Eternal how to pray without ceasing in all circumstances.

Sabbath Times – Sabbath Practice

Recognizing The God of Peace through adopting short periods of rest throughout the day or week, dedicating such times to oneself and to Him, remembering to Whom we belong.

Whole Life Stewardship – Stewardship Practice

Recognizing The God Who gave His entire Life for us through expanding the fields over which we render our life to God, such that all we have and all that we are belongs to Him.

LOVE - *Sanctification*

Advocacy – Social Action Practice

Pursuing The God of Justice through standing with and advocating for those experiencing injustice, acknowledging one's own complicity in the many injustices in this world;

Interviewing – Study Practice

Studying the wonder of humanity by learning how to ask good questions of others, drawing out for their sake both their beauty as well as our common frailties and failings.

Christology – Prophecy Practice

Studying the wonder of God and humanity united in Jesus, as well as the wonder of human beings indwelt by God The Holy Spirit, so as to communicate one's fascination with Jesus.

Breathe Holy Spirit – Prayer Practice

Practicing breath prayer in one's personal prayer, breathing in The Holy Spirit, breathing out other spirits, as well as breathing out the God of Mercy upon others, as did Jesus.

God Omnipresent – Witness Practice

Giving testimony to the Presence of The God of Mercy in all circumstances, acknowledging that one cannot flee from His Presence, and that there is no pit so deep that Jesus is not deeper still.

Hospitality – Celebration Practice

Practicing this great gift of grace, opening one's home, one's life, and one's heart to God and to others, not for show, but for service, in which we and others can celebrate The God of Grace.

IN THE LOVE PERFECTING STAGE (Hagberg Stage 6 – The Life of Love)

FAITH - *Holiness*

Covering – Baptismal Practice

Seeing God The Redeemer in all circumstances, particularly the ones brought about by sins against us, believing and practicing that such forgiving love covers a multitude of sins.

Apple of God's Eye- Communion Practice

Reveling in the preposterous notion that, in Christ, we find ourselves in The Apple of God's Eye, in the constant acceptance of our Friend Who sees us as we are and changes us as we will be.

Abba / Amma – Church Practice

Taking our place in The Body of Christ as fathers and mothers to others, as seniors whose experience and wisdom is much-needed, as there are many advisors, but few parents in Christ.

Empowering Love – Filling Practice

Recognizing The Holy Spirit's desire to raise up the next generation of servant leaders, we take our place behind the scenes, empowering others in God's Love to take their place up front.

HOPE - *Satisfaction*

Mentoring Given – Fellowship Practice

Serving as an Elizabeth to a Mary, or as a Paul to a Timothy, we take our place alongside another to help in their growing into the measure of the stature of the fullness of Christ.

Centering – Devotional Practice

Seeing The Eternal God at the Center of all things temporal, devoting ourselves and our days to Him as The One in Whom all things hold together that in everything He might have supremacy.

Peacemaking – Sabbath Practice

Inviting The God of Peace into all situations, finding and pursuing Him Who desires to break down the dividing walls of hostility, making peace by the blood of His Cross.

Downsizing – Stewardship Practice

Stewarding our "stuff", we resist our culture's upward mobility, preferring the emptying stewardship of The One Who made Himself nothing so that, in Him, we might find fullness.

LOVE - *Surrender*

Loving the world – Social Action Practice

Resisting the temptation to see evil as the ruling power of the universe, we adopt the just perspective and actions of Him Who so loved the world that He gave His only Son.

Listening – Study Practice

Seeking The God of Truth, we learn how to give Him the listening attention He deserves, and to give others the loving curiosity of listening to their hearts, minds, and stories.

God's Love – Prophecy Practice

Declaring and embodying the major Truth about The God Who is Love, taking every opportunity to proclaim that Love which surpasses all others and that God Who has no rival.

Contemplation – Prayer Practice

Learning to be still in the Presence of God, the presence of others, and the beauty of God's world, contemplating Him in all things before we presume to comment or correct.

Life Service – Witness Practice

Recognizing that, ultimately, our life in its fulness is the media which communicates the message of God's Good News, our witness to The God of all Mercy.

Submission – Celebration Practice

Recognizing The God of Grace Who submitted Himself to humanity, we submit ourselves to others, allowing them even to lead us where we might not want to go.

IN THE STATE OF HOMECOMING**FAITH - *Faith to sight*****Making amends – Baptismal Practice**

Allowing God The Redeemer to remind us of those we may have hurt or harmed, making amends as we are able and as will be helpful, and not harmful, for them.

Holy detachment- Communion Practice

Embracing The God our Friend Who accepts us in Jesus, and into Whose Greater Kingdom we are heading, we begin to release our attachment to Him in this world in preference for the next.

Inviting prayer – Church Practice

We welcome prayer from The Church, The Body of Christ, that we would finish well, with a sure and certain hope of the Resurrection to encounter The Body of Christ in its fulness.

Anointing – Filling Practice

Encountering The Holy Spirit in receiving prayer with anointing, in asking for God our Strength to help in the transition to glory, and in receiving and giving anointing prayer, conveying blessing to those we will leave behind.

HOPE - *Expectancy*

Heavenly hosting – Fellowship Practice

Anticipating the relationships in the new world, we recall those who have gone before, imagining them as they will be, joining others and The Trinity to welcome us home to glory.

Final examination – Devotional Practice

Capturing The Love of The One Who has loved us forever, we examine ourselves in His Presence, and commend ourselves to His redeeming love and eternal care.

Slowing / Retiring – Sabbath Practice

Realizing that The God of Peace is calling us to enter more fully into His Rest, we learn to slow our pace and retire from the active life, in order to prepare for the restful labor yet to come.

Simplifying – Stewardship Practice

Recognizing that we, like Jesus, will need to empty ourselves of everyone and everything, we begin to simplify our hold on people, things, and activities, learning to find our rest in Him.

LOVE - *Finishing*

Blessing – Social Action Practice

Recognizing that The God of Justice sees this world and its people with compassion, we seek to offer a parting blessing to it and to them, that they may be reconciled to Him and to each other.

Eschatology – Study Practice

Out of a holy curiosity of what will be coming, we study the biblical truths about eschatology, those last things of earth, and the first things of the new earth in which we will soon dwell.

God's Sufficiency – Prophecy Practice

Recognizing The Truth of God's Presence, Provision and Protection throughout our life, we declare that, in the end, God's Grace is sufficient for all, as His Power perfects in weakness.

Praying for holy death – Prayer Practice

Confessing our awareness of the imminence of death, true for us and for everyone, we pray that we might have a holy death which will bring us to glory and bring glory to God of Mercy.

All shall be well – Witness Practice

Having experienced the God of Mercy all of our life, we join with St. Julian of Norwich in confessing that, in Christ, all shall be well and all manner of things shall be well.

Blessed – Celebration Practice

Preparing for the hour of our death, we celebrate and give thanks for the Grace of God throughout our life, such that it may be said of us, "they were blessed, and they knew it".