



Spiritual Habits & You

DAILY RHYTHMS FOR
A THRIVING FAITH

With Dan Wilt



welcome



our time together

IN THIS SEMINAR

INTRODUCTION

PART 1: SPIRITUAL HABITS & YOU

BREAK

PART 2: SPIRITUAL HABITS | PRACTICES

Q & A

A BLESSING FOR THE YEAR AHEAD



our time together

IN THIS SEMINAR

Answer in the Chat:

Where are you joining us from, how many are with you, and what do you hope you glean from today?



our time together

IN THIS SEMINAR

Today we will:

- Create an altar of devotion to start the year
- Document what the Holy Spirit is speaking to us
- Learn about habits, focus, and becoming like Jesus
- Experience a few habits



our time together

IN THIS SEMINAR

How We'll Proceed:

- Quiet your heart, and make this about you
- Power down your device (do not disturb)
- Journal meaningful words & phrases
- Decide on habits that (re)interest you
- Limit chat except to download a resource or post a question in the Q&A button
- Give yourself to the process
- Know that you'll be receiving this PDF, the video, and all the resources by email next week

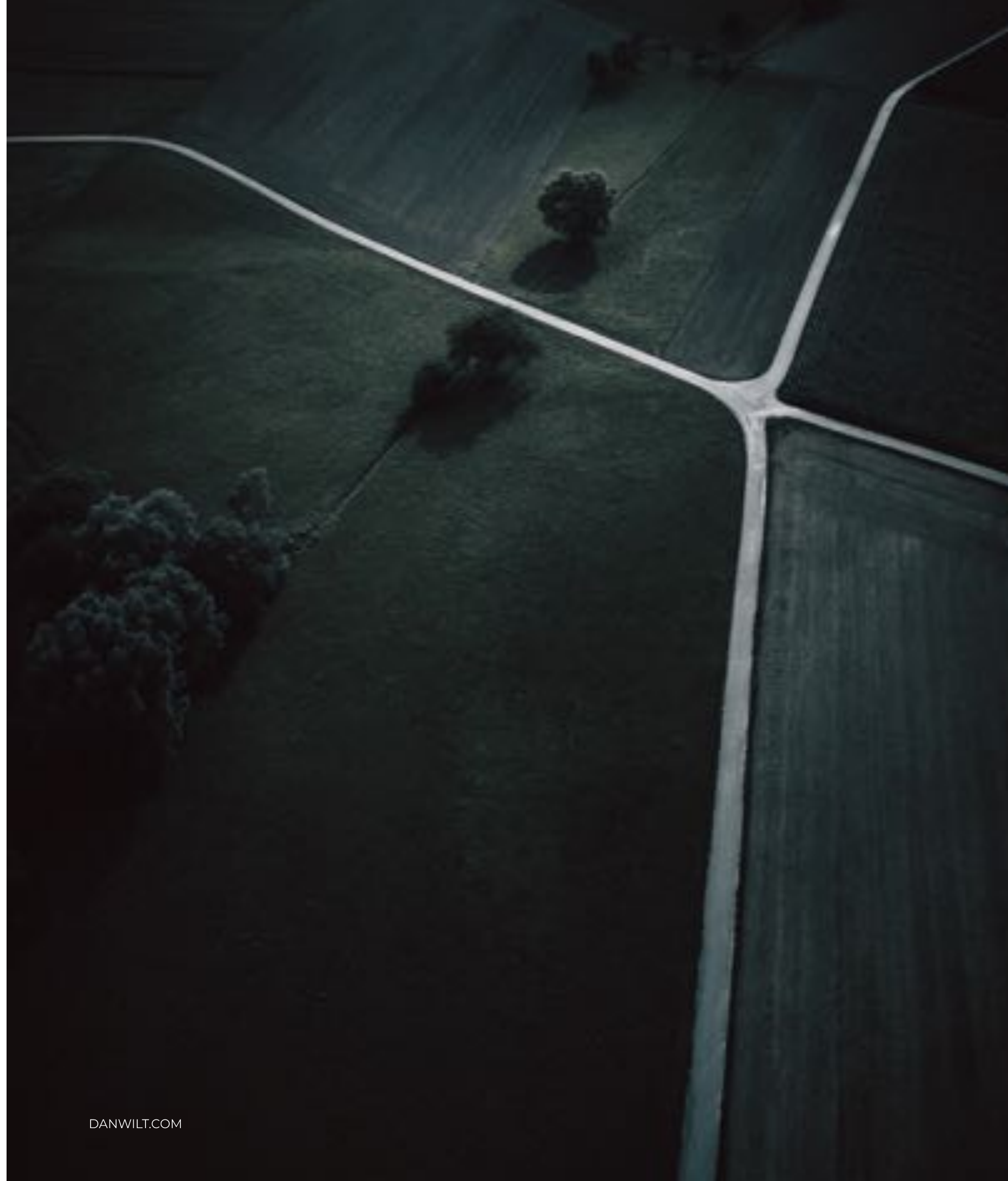
part 1

SPIRITUAL HABITS & YOU



my story

SPIRITUAL HABITS:
A CROSSROADS



spiritual habits

DISCIPLINES & HABITS

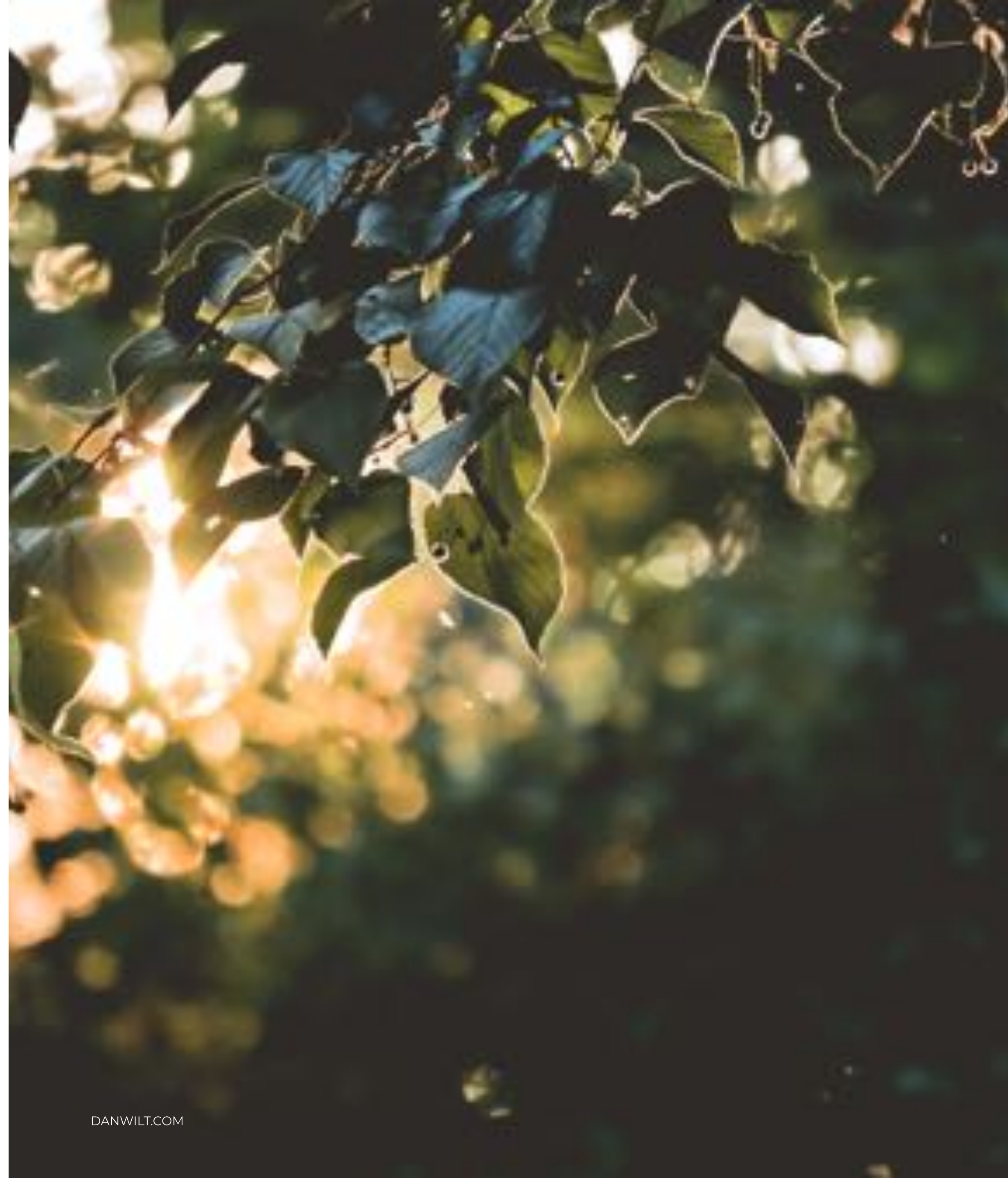
- Prayer
 - Meditation
 - Fasting
 - Study
 - Simplicity
 - Solitude
 - Submission
 - Service
 - Confession
 - Worship
 - Guidance
 - Celebration
 - Frugality
 - Chastity
 - Secrecy
 - Sacrifice
 - Fellowship
- ADD
- Presence
 - Thanksgiving
 - Compassion
 - Rest | Sabbath
 - Unhurried Focus
 - Silence & Stillness
 - Discernment
 - Patience
 - Perseverance
 - Writing
 - Health (all)
 - Belovedness



spiritual habits

DISCIPLINES & HABITS

Spiritual habits have to work (for you) everywhere—in any situation, at any time, and in any environment.

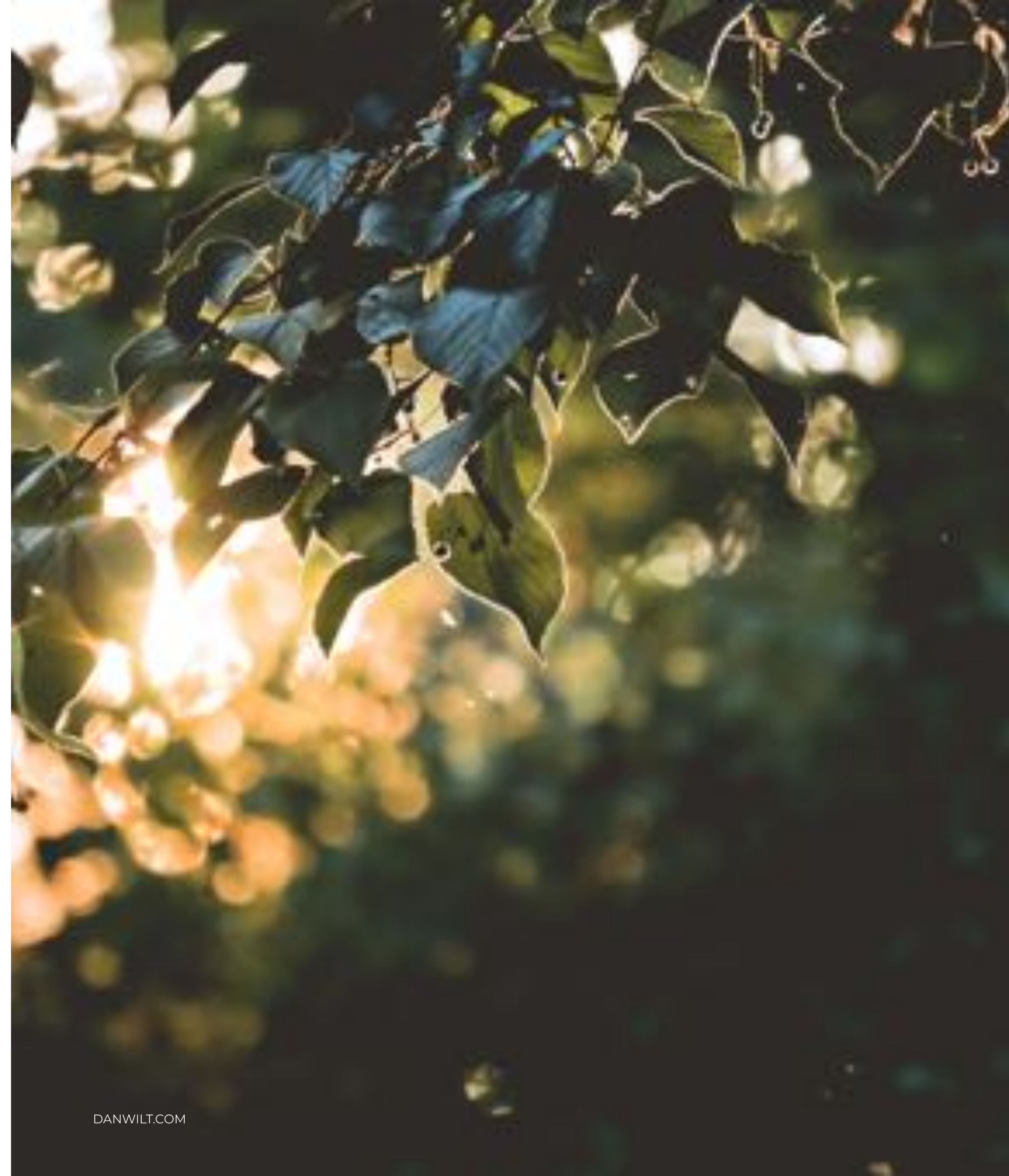


spiritual habits

DISCIPLINES & HABITS

We need spiritual habits that are:

- **Sticky:** If we connect desire to the habit, it becomes a delight rather than a duty
- **Asynchronous:** Habits can happen at the same time every day, or flexible
- **Mobile:** Portable, and can be done in our home, car, bedroom, work environment, hospital, or other living spaces are crucial for transformation



spiritual habits

DISCIPLINES & HABITS

I'd like to persuade of this: you were made by your Creator to live freely and fully and joyfully in this life—becoming like Jesus and using daily rhythms, patterns, routines, and habits to experience a flourishing life.



spiritual habits

DISCIPLINES & HABITS

“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, because anyone who serves Christ in this way is pleasing to God and receives human approval.”

Habits lead to fullness of life.



the way to life

THE TWO WAYS

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. (Ps. 16:11)

“There is a way... but in the end it leads to death.” (Prov. 14:12)

“Furthermore, tell the people, ‘This is what the Lord says: See, I am setting before you the way of life and the way of death.’” (Jer. 21:8)



the way to life

JESUS IS THE WAY —
TO LIFE

"I am the way and the truth and the life. No one comes to the Father except through me." (John 10:4-6)



the way to life

THE WAY IS TO STAY

*"**Remain** in me, as I also **remain** in you. No branch can bear fruit by itself; it must **remain** in the vine. Neither can you bear fruit unless you **remain** in me. I am the vine; you are the branches. If you **remain** in me and I in you, you will bear much fruit; **apart** from me you can do nothing." (John 15:4-5)*

"Remain" is the Greek word, *meno*, which means "to stay."



spiritual habits

THE WAYS WE CHANGE

Jesus, the Ascended Lord of Heaven and Earth, had habits that shaped desire. He didn't command us to do them (except prayer); He just did them and said "Follow me" (Comer, 113, 129)

- He practiced belovedness (a covenant life)
- He went to quiet lonely places (*eremos*)
- He embraced Sabbath
- He cared for the poor
- He memorized Scripture
- He laughed with friends
- He fasted and prayed



spiritual habits

THE WAYS WE CHANGE

- A disciple of Jesus is made through a complete transformation of the person, in disposition, values, bodily impulses, and ways of being in the world.
- Christians over the millennia, especially in the first centuries of the Church, understood this
- They applied habits and imitation to convert a pagan *habitus* to a Christian *habitus*.



spiritual habits

H A B I T U S

T R A N S F O R M A T I O N

*"Do not **conform** to the **pattern** of this world, but be **transformed** by the **renewing** of your **mind**. Then you will be **able** to test and approve what God's will is—his **good, pleasing** and **perfect** will." (Romans 12:2)*

Habitus transformation leads us to the good life.



spiritual habits

H A B I T U S

T R A N S F O R M A T I O N

Habitus speaks of one's reflexive, comprehensive bodily response to the world (Alan Kreider, *The Patient Ferment of the Early Church*, 2).

“Habitus ...comprises socially ingrained habits, skills and dispositions. It is the way that individuals perceive the social world around them and react to it. ...The habitus is acquired through imitation (mimesis) and is the reality in which individuals are socialized, which includes their individual experience and opportunities (“Habitus” Wikipedia). A person’s habitus is their “system of dispositions” (Bourdieu 130).



spiritual habits

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Habitus can and must be changed. We call this *discipleship*. We move from one way of being, to another.



habits & habitus

HOW DID THE EARLY CHURCH CHANGE HABITUS?

- Meeting frequently (to learn the way)
- Standing in prayer, arms raised (*ordo orans*)
- Praising and thanking God (words, songs)
- Making the sign of the cross (embodied)
- Eating together (sharing, laughing, joy)
- Giving the kiss of peace (interpersonal, sign)
- Memorizing texts (Scripture memory, speech)
- Visiting the poor, sick, and prisoners (the way)
- Exercising hospitality (gracious)
- Putting money in the collection box (giving)
- Replenishing the stocks of food and clothing
- Feeding needy people (blessed are the poor)
- Discerning carefully (listening; John 7)
- Being Truthful (deceit)
- Maintaining sexual purity (self-control/dignity)
- Observing disciplines that limit impatient behavior (slave-honor, business, waiting)
- Being willing to lose out (self-sacrifice, patience)
- Allowing people to leave the church (honor)
- Facing death without fear (way of Jesus)

(Excerpted from Alan Kreider, *The Patient Ferment of the Early Church*, 122-123)

spiritual habits

H A B I T U S

T R A N S F O R M A T I O N

In the early Church becoming like Christ meant:

- Counter-Cultural Values (celebrities, sex, politics)
- Embodied Actions (*ordo orans*, crossing, kiss of peace)
- Mentoring (1-3 year process to verify *habitus* change)
- Imitation (in proximity to others, sharing ways)
- Environment Change (homes, symbols)
- A New Family (fellow believers you'll die for and with)
- Blessing Their Neighbors and Cities (gracious, forgiving)
- Disciplines (prayer, worship, Scripture mem., fasting)
- Social Impact (food and clothes, funerals, care, honor)
- Engaging Art (music, visual art, writing - Phos Hilaron)
- Facing Death (ready to face martyrdom for faith)



spiritual habits

HABITUS REVELATION

What happened in 2020-2022 is a holy disruption for the Body of Christ. It has been a *habitus* revealing season:

- Many great things at work in the Body of Christ
- Deep anxiety and a lack of peace/self-control
- Biblical illiteracy or disorientation (deconstruction)
- Spiritual & cultural values blurring (Jesus as mascot)
- What to think vs. How to think/feel/act (early Church)
- Polarization in values (power vs. family principles)
- Loss of vital, healing presence in community
- Lack of present and sustainable faith habits
- Disorientation as to what it means to actually follow Jesus, the Way; the way to be human



spiritual habits

THE CHALLENGE

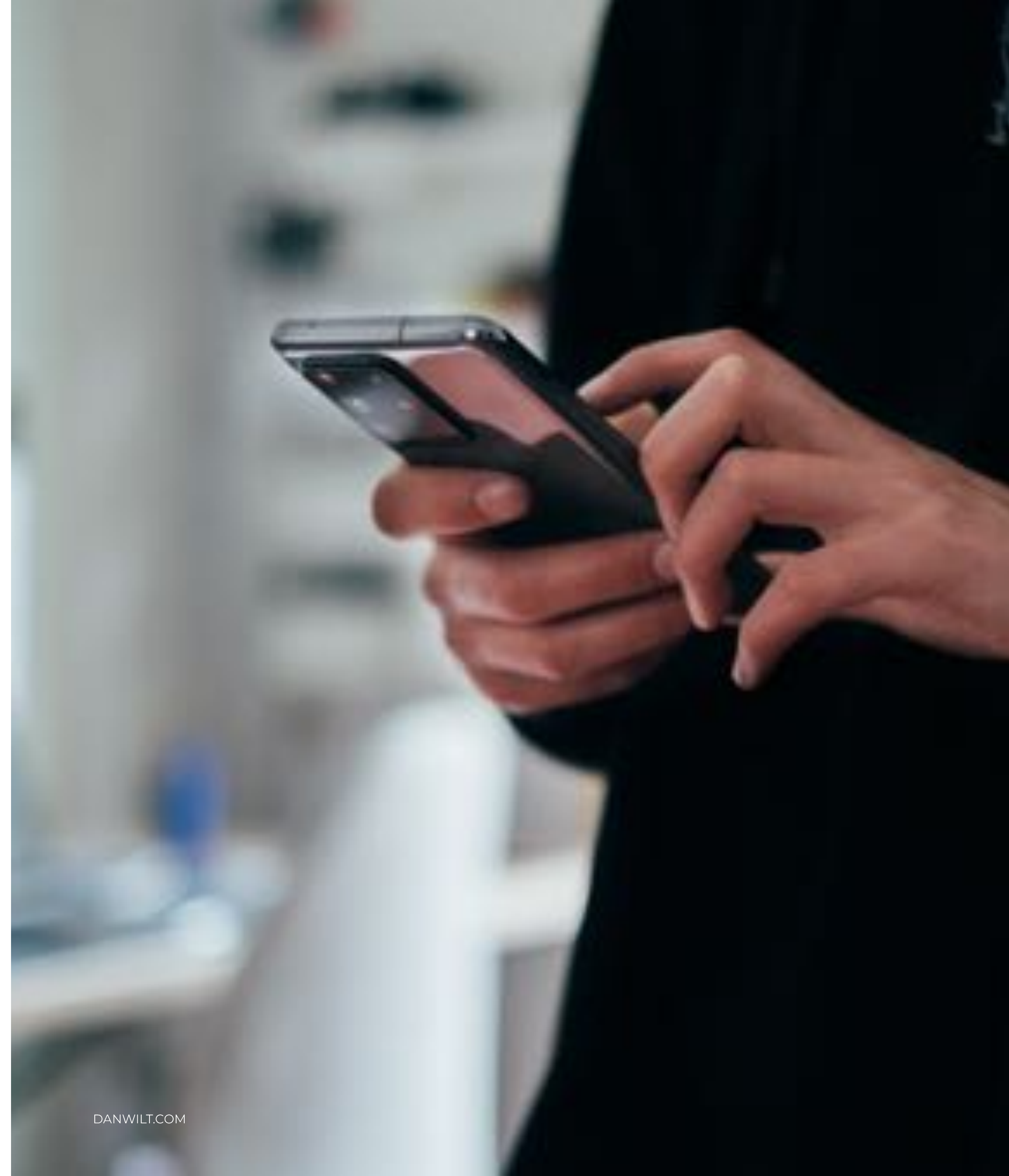
- The crisis in today's Christian experience is that, in many traditions, our spiritual habits proved inadequate for the nature of our time.
- A quiet time, Sunday worship and teaching, small group, and inspiring quotes on social media are good, but not enough to make a disciple into Christ, or to counter what Rolheiser called, "Distracting ourselves into spiritual oblivion" (Rolheiser, *Holy Longing*, 32)



spiritual habits

THE WATERS WE SWIM IN

- Average person touches smartphone 2600+ times per day (low estimate)
- Linked to decreased productivity
- Poorer relationships (inattention/presence)
- Leads to memory loss (brain drain)
- Habit-optimized device for dopamine hit
- Social media is a psychological “environment” and our focus becomes our reality
- We work for companies who manage our algorithms, guides to thinking, feeling, desiring
- Netflix (8 hrs., 52 min. per week average) is the most powerful discipleship tool of our time
- Hurry is an epidemic



spiritual habits

BECOMING LIKE HIM IN THIS WORLD

To grow our Christ-centered *habitus* we must:

- Establish good habits and counter bad habits
- Have desire and motivation (~~willpower~~)
- Self-lead rather than be led
- Calendar and systematize habits; takes between 18-254 days to form a new habit; 66 days for the habit to become automatic (Study in the *European Journal of Social Psychology*)
- Create and design environments around us that reinforce our desire, as we lean into a community for mentoring and imitation



spiritual habits

HABITS & NEUROSCIENCE

- "A habit is a routine or behavior that is performed regularly—and, in many cases, automatically" (Clear, *Atomic Habits*, 6).
- "The bridge between understanding and virtue is practice." AJ Sherrill, *Being with God*



about habits

HABITS & NEUROSCIENCE

- "What you repeatedly do ultimately forms the person you are, the things you believe, and the results you enjoy. It is so easy to overestimate the importance of one defining moment and underestimate the value of making better decisions on a daily basis. The daily choices we make shape our teams, our societies, and ourselves. Change your habits and you'll change your life" (from *jamesclear.com*).

**Change your habits and you change your brain,
your thoughts, your feelings, your desires**



about habits

HABITS & NEUROSCIENCE

- We have them; our brain/body loves shortcuts
- They are forming us, deforming us, or transforming us at all times
- Habits compound, one by one, day by day, to create change—spirit, mind, body, and more
- Take a moment to write down 3 good habits you have that are serving you, and 1-2 bad habits that are taking you where you don't want to go (celebrate, and become aware)



about habits

HOW NEW HABITS WORK

- The 1% principle of habit change (James Clear)
- Connecting habits to current habits (habit stacking)
- Connecting habits to desire
- Having a clear vision of the prize
- Repetition through to mastery
- What comes naturally leads us astray
- Virtue is achieved through practice
- Creativity generates desire
- Be willing to fail (1 min. vs. 1 hour)
- It's not about goals; it's about good systems (calendars eat goals for breakfast)



focus & environment

HOW NEW HABITS WORK

- “What you focus on becomes your reality.”
- Change your environment, change your focus, (driving patterns, music, decor, location, peer group, activities)
- Change your focus, change your reality (ex. the Daily Examen at bedtime)
- Studies show if you change environment you will better displace old habits by putting new ones in their place



spiritual habits & you

BRINGING IT ALL TOGETHER

Values we seek to obtain.

- **Christlikeness:** We want to become like Jesus in all respects. Fruits of the Spirit (Gal. 5:22-23)
- **Peace:** An interior life that healthily manages anxiety, emotional and mental pain, and suffering, turning it into trust
- **Joy:** Delight to be the norm, a pervading sense of hope and well-being that flows from God's promises rather than circumstances
- **Hope:** We want to believe in God's goodness and that His promises will not fail



spiritual habits & you

BRINGING IT ALL TOGETHER

We must become a spiritual athlete, going into training.

"Follow my example, as I follow the example of Christ." (1 Cor. 11:1)

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever." (1 Cor. 9:24-25)



spiritual habits & you

BRINGING IT ALL TOGETHER

- Spiritual habits are not an end in themselves. “The end is life to the full with Jesus. The end is to spend every waking moment in the conscious enjoyment of Jesus’ company, to spend our entire lives with the most loving, joyful, peaceful person to ever live.” (John Mark Comer, *The Ruthless Elimination of Hurry*, 107).



part 2

SPIRITUAL HABITS:
PRACTICES FOR PERSONAL
TRANSFORMATION



spiritual habits

PERSONAL SPIRITUAL HABITS
FOR A SELF-FEEDING
SPIRITUALITY

1. THE HABIT OF SILENCE, STILLNESS, & SOLITUDE
2. THE HABIT OF PRAYER
3. THE HABIT OF THANKSGIVING (DAILY EXAMEN)
4. THE HABIT OF PRAYING SCRIPTURE (LECTIO)
5. THE HABIT OF PERSONAL WORSHIP
6. THE HABIT OF SABBATH
7. A WAY OF LIFE STATEMENT



1. silence, stillness, and solitude

NOTICING GOD'S PRESENCE

Ways we can practice silence, stillness, and solitude to become aware of God and ourselves.

- Begin with a 10 minute time of quieting, body, mind, and spirit (*Jesus, I am Loved* prayer)
- Take a 10 minute silent walk, with no headphones, just seeing and listening
- Slow motion exercise (10 min.)

Tool: *A Well-Worn Path Spiritual Formation Study*



2. *prayer forms*

HOSTING CONVERSATIONS WITH GOD

Prayer forms that connect prayer with current activities.

- Prayer Walks
- Prayer Dishes
- Prayer Train Rides
- Conversational Prayer
- Cinematic Prayer
- Intercessory Prayer
- Written Prayer

Tool: Praying the Scriptures PDF



3. daily examen

A THANKFULNESS TRANSFORMATION

A thankfulness prayer form from Ignatius of Loyola

1. Be still (become aware of God's presence)
2. Give thanks (review the past hours)
3. Reflect (become aware of your emotions)
4. Pray (choose one feature of the day)
5. Hope (look forward with expectation and trust)

Tools: The Daily Examen Poster (fridge/bathroom),
The Daily Examen eBook, The Daily Examen 30-
Day Experience, The Daily Examen Audio



4. *lectio divina*

RESPONDING TO THE
HOLY SPIRIT AS YOU READ

Scripture reading with listening prayer

1. Read a short passage through, slowly, out loud
2. Read it again, choosing one word or phrase
3. Read it again, hearing the passage through the lens of that one word or phrase
4. Read it again, asking the Lord if there is a response
He is inviting you to
5. Write that word or phrase in a prominent place to come back to, and pray into

Tool: *A Well-Worn Path Spiritual Formation Study*



5. *personal worship*

IMMERSING YOURSELF IN THE MUSIC OF FAITH

Creating a worshipful, hope-soaked, and truth-heavy environment in your car, home, and headphones

- Create a music playlist of favorite worship songs by favorite writers and artists
- Get a Bose Soundlink III or comparable unit
- For 7 days, play worship music in the background for 3 hours per day when everyone is home

Tool: *Suggested Worship Playlist (email)*



6. *sabbath worship*

PRACTICING A 24-HOUR
PERIOD OF REST & DELIGHT

For one, 24-hour period each week, we rest from work, hurry, productivity, engagement

- Put work and provision in perspective
- Savor life rather than gulping it
- Worship and community
- Slow, peaceful practices (reading, walking, unplug)
- Light a Sabbath candle
- Take a walk through beauty (conversational prayer)

Tool: *A Well-Worn Path Spiritual Formation Study*



7. way of life statement

WRITING A PERSONAL VALUES PIECE

A Way of Life Statement (or Rule of Life) is a piece that you write expressing your values and habits

- Go away for a retreat
- Follow a Guide/Template (provided)
- Write down your values, how you will implement them daily in various areas, and review monthly or daily to stay focused and avoid drift

Tool: *Way of Life Statement PDF, A Well-Worn Path Spiritual Formation Study*



other habits

CREATIVE APPROACHES TO MORE LIFE HABITS

The following habit-building tools can reinforce the habitus of Christ in our minds, hearts, and bodies.

- Way of Life Statement
- Prayer Writing
- Phone Taming
- Life Cards
- Candle of Devotion
- Space Enhancement
- Journaling
- Spiritual Reading
- Caring for the Poor
- Creed Memorization
- Joy Practice
- Thanks Reminders

Tools: *A Well-Worn Path Study, Way of Life eBook*





resources

resources

HELPFUL HABIT-FORMING TOOLS TO SERVE YOU

Each resource is for your encouragement, support, and growth into habits. They'll be sent to you via email.

- A Well-Worn Path Spiritual Habits Video Study
- The Daily Examen eBook
- The Daily Examen Poster
- The Daily Examen 30-Day Experience
- Way of Life Statement eBook
- Book Recommendations & Links





a blessing



Spiritual Habits & You

DAILY RHYTHMS FOR
A THRIVING FAITH

With Dan Wilt