

2020 Virtual CRC Chaplains Training
Spiritual Disciplines and Self Study
Come to Me: Sufficient Grace, Perfect Power, and Humanity

We have created space in our Training for you to tailor Friday and Saturday morning to meet your specific spiritual needs. Our prayer is that these times will nourish you. Here is by no means a comprehensive but hopefully helpful resource for your time with God, nature, and yourself.

- Pray.
- Read Scripture. Read from the piles of books and articles that you were going to get to some morning when you have “extra time.” Read the books provided.
- Get outside and be active. Take time to pause and reflect on the beauty of God’s creation.
- Journal.
- Listen to music.
 - Suggestion: [The Porters Gate’s](https://www.theportersgate.com/) (<https://www.theportersgate.com/>) has two wonderful albums [Neighborhood Songs](#) which focuses on Community and [Work Songs](#) focusing on the Work God has called us to.
- Listen to a podcast
 - Suggestions: [Everything Happens](#) with Kate Bowler, [Turning to the Mystics](#), [On Being’s](#) with Kristen Tippet and Pauline Boss [Living The Questions](#) (Ambiguous Loss), [The Leader’s Journey](#), [Unlocking Us](#) by Brene Brown’s [I’m Sorry: How to Apologize and Why It Matters](#), [The Growing Edge](#) by Parker Palmer and Carrie Newcomer, [Evolving Faith](#), to name a few.
- Meet up virtually or in person (follow safety guidelines) with a mentor, spiritual director, therapist, friend, or family member.
- Check out the sections “[Making Room for God](#)” and “[Finding an Ongoing Rhythm](#)” sections in the [Pastor’s Spiritual Vitality Toolkit](https://www.crcna.org/spe/pastors-spiritual-vitality-toolkit) (<https://www.crcna.org/spe/pastors-spiritual-vitality-toolkit>).
 - Suggestions: Section on the [Practice of Abstinence: Silence and Solitude](https://www.faithward.org/lectio-divina-an-ancient-contemplative-spiritual-practice/), [Lectio Divina](https://www.faithward.org/lectio-divina-an-ancient-contemplative-spiritual-practice/) (<https://www.faithward.org/lectio-divina-an-ancient-contemplative-spiritual-practice/>), [How to Find Your Rhythm](#)
- Spend a night away from your home (from the dirty dishes and laundry) to relax either alone or with your loved ones. We’ll reimburse you up to \$150.

