

Spiritual Discipline Commitment

One of the most important things in cultivating a relationship with someone is time. Time allows us to get to know one another and to learn how to hear one another when we have something important to say. No one begins a relationship with someone and then expects that relationship to grow despite never again talking to each other. This is the point of spiritual disciplines, they are tools to allow us to build our relationship with God and thereby become able to live according to his rhythm in life rather than the rhythm of the world around us. Below is a commitment letter, meant to help guide us as we seek our spiritual rhythm with God.

I commit to:

living out the following disciplines for the duration of 2010 in order to cultivate my relationship with God. I hereby open myself up to be held accountable by the other members of this Sunday School class in order that we can better keep one another accountable:

A: I commit to ordering my year around Jesus by: _____

B: I commit to celebrate the Sabbath on _____ each week. I will prepare for this day by talking the following steps throughout the week: _____

C: I commit to spend time each day in prayer, worship, and study at the following times:

D: I commit to seek the face of Jesus in others by serving peoples needs in the following way:

I recognize that I am not doing these things because it will earn me Pious Points, or so that God will love me more, but because I love God and wish to cultivate my relationship with him. Neglecting these practices will not cause God to love me less, but such neglect does have the potential to lessen to depths to which I am able to reach with God.

signature: _____ **date:** _____