

## Celebration of Discipline

### 12 Steps to a Stronger Spiritual Life

#### **1. Meditation**

Get quiet and listen to God through your feelings and intuition.

#### **2. Prayer**

Talk to God (out loud or in your head) as if you were talking to a close, personal friend.

#### **3. Humility**

God is a higher power. You are a lesser power. You know this. You are humbled by it.

#### **4. Study**

Read, write, learn, listen.

#### **5. Simplicity**

Slow down. Experience and appreciate the simple things in life—nature, music, friends.

#### **6. Solitude**

Take some time to be alone and listen to your own inner music. Putter around your nest.

#### **7. Submission**

Surrender everything to God—as you understand God.

#### **8. Service**

Reach out to people in need and give of yourself and your resources.

#### **9. Confession**

Find someone you can trust and confide your deepest, darkest secrets to them.  
Release the shame.

#### **10. Worship**

Be in awe of your Higher Power. Bow your head—metaphorically or literally.  
Be thankful for the grace that has been freely given to you.

#### **11. Celebration**

Be grateful! Raise your hands in joy and celebration. Sing, dance and be merry.

#### **12. Guidance**

Work with a mentor who is in constant contact God.