

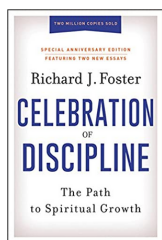


STEWARDSHIP OF TIME

Recommended Readings and Study Materials



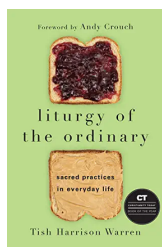
Books:



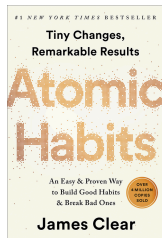
[Celebration of Discipline: The Path to Spiritual Growth](#) by Richard Foster explores the traditional spiritual practices of the Christian faith and shows how each of these areas contribute to a balanced spiritual life.



[Sacred Pathways: Nine ways to connect with God](#) by Gary Thomas. Discover the way God designed you to worship based on your unique temperament. This book strips away the frustration of a one-size-fits-all spirituality and guides you toward a style of relating to God that frees you to be you.



[Liturgy of the Ordinary](#) by Tish Harrison Warren. In the overlooked moments and routines of our day, we can become aware of God's presence in surprising ways. Framed around one ordinary day, this book explores daily life through the lens of liturgy, small practices, and habits that form us.



[Atomic Habits](#) by James Clear. The way we use our God-given time is often dictated by our repeated habits. This (secular) book breaks down the science of habit formation to help you make sustainable changes in your life, breaking bad habits and building good ones (like daily prayer or exercise).

Group Studies & Devotionals:

For your personal time with God:

- Get devotionals delivered to your email from BibleGateway.com
- Free reading plans, devotionals, and a Bible app from Bible.com (aka YouVersion)
- If your church uses the [The Bridge App](#), you have access to a Bible on your phone, as well as the Today devotional!
- "[A Habit Called Faith](#)" by Jen Pollock Michel - A 5-day email series to help you establish spiritual practices.

For a group study:

- [The Sanctuary Course](#): A study guide for small groups, designed to raise awareness and start conversations in local churches regarding mental health.

Websites:

Renovare.org - Provides resources about spiritual disciplines to help people become more like Jesus.

[Sanctuary Mental Health Society](#): Equipping churches to support mental health and wellbeing

Podcasts:

[Renovaré Podcast](#) - A place for honest conversations about interactive life with God.

Resources for non-traditional spiritual practices:

- [Spirituality of Gardening course](#): Learn how gardening can be used as a spiritual practice
- [Worship in the Garden](#): Resources for outdoor worship services
- [A Practical Guide to Prayer Walking](#): Pray while getting to know your community
- [Praying in Color](#): A visual, active, meditative, and playful way to pray.

Other resources:

[Toolkit for developing health-related ministries](#) (from South Carolina Department of Health)

[Faith & Fitness Magazine](#) - Articles to connect faith with health, fitness and outdoor activity. Includes a section about how churches can do fitness ministry.