

Below is a diagram of the six streams, arranged around the spokes of a wheel. Take a few moments and, using a scale of 1 to 10 (with 1 being the least proficient and closest to the center of the wheel), estimate where you are in each area on the wheel spokes. Place dots at those points; then connect the dots from spoke to spoke to form a ring around the hub.

You might feel that rather than a smooth roll, your wheel goes “bump, bump”. What does that bumping make you want to do?

Balance within the streams

Holiness

Having pure thoughts, words, and actions, and overcoming temptation.

Charismatic

Welcoming the Holy Spirit while nurturing and exercising my spiritual gifts.

Contemplative

Spending time with God in prayer and meditation.

Social Justice

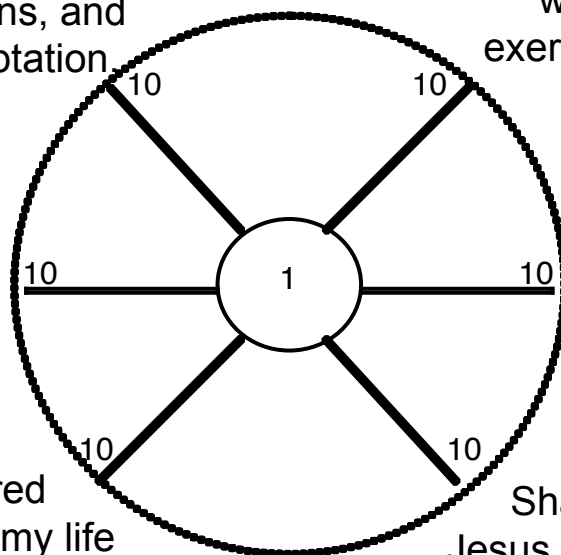
Helping others less fortunate than I.

Incarnational

Unifying the sacred secular areas of my life while showing God’s presence.

Evangelical

Sharing the gospel of Jesus Christ and reading the Scriptures.



Contemplative Stream	The Holiness Stream	The Charismatic Stream
<ul style="list-style-type: none"> Set aside five to ten minutes each day for prayer. Spend five to ten minutes each day in silence. Read selections from a devotional book. Pray the same prayer for ten minutes each day. Write an original prayer. 	<ul style="list-style-type: none"> Pray for the Holy Spirit to purify your heart and mind; then listen. Respond to temptation with the word of God. Try a twenty-four-hour partial fast. Practice disciplines of taming the tongue: <ul style="list-style-type: none"> Go a day without saying anything negative. Go a day without saying anything dishonest. 	<ul style="list-style-type: none"> Yield to the work of the Spirit. Nurture the fruit of the Spirit. Discover your spiritual gifts. Read the Scriptures with the Holy Spirit. Listen to the Advocate (Holy Spirit) when making decisions.
The Social Justice Stream	The Evangelical Stream	The Incarnational Stream
<ul style="list-style-type: none"> Write a kind, encouraging letter. Volunteer to help at a local food bank or soup kitchen. Guard the reputation of another person. Look for an injustice and address it. Take a stand. 	<ul style="list-style-type: none"> Memorize a verse of Scripture. Read one of the shorter books of the Bible out loud. Meditate on a verse or brief passage about Jesus Christ. Look for an opportunity to tell someone about your faith. Proclaim the gospel by your actions. 	<ul style="list-style-type: none"> Take an inventory of your life. Remove the barrier that keeps God outside. Do your work in honor of God. Read a book by Dostoyevsky, Tolstoy, or Solzhenitsyn. Receive the sacrament of Communion. Write a spiritual “Rule of Life”.

Lectio Divina

On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." Then he put his hands on her, and immediately she straightened up and praised God. Indignant because Jesus had healed on the Sabbath, the synagogue ruler said to the people, "There are six days for work. So come and be healed on those days, not on the Sabbath." The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie his ox or donkey from the stall and lead it out to give it water? Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?" When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.

Luke 13:10-17

Steps of *Lectio Divina*:

1. ***Silencio:*** Inner release, letting go of self control, readying the heart to receive God's desires.
2. ***Lectio:*** Reading or hearing God's word with the ears of the heart (taking in the word as one takes in food).
3. ***Meditatio:*** Hearing what God is speaking uniquely to one's heart; wrestling with the words feelings, thoughts, ideas that God brings to mind ("chewing" on the words of *Lectio*).
4. ***Oratio:*** Speaking back one's heart to God, a deep and honest outpouring of deep speaking unto deep.
5. ***Contemplatio:*** Waiting in stillness before the Lord, seeking to become pliable in God's hands, holding one's self open to whatever God chooses to give, take, do, or change in you.