

Quick-Read Resources

Below is a list of resources to help you:

- [The Purpose of the Disciplines](#)
- [What is Silent Prayer?](#)
- [Journaling Resources](#)
- [The Spiritual Practice of Journaling](#)
- [Keeping Your Clock Ticking](#)
- [Practicing Silence](#)
- [The Practice of Spiritually Reading the Bible](#)
- [Devotional Reading](#)
- [What Awakens You to God's Love?](#)