

**Sin** - repent and receive forgiveness

**Wounds** - acknowledge and receive  
healing

**Weaknesses** - own so others can  
forebear with me

## Cultivate Contemplative Disciplines

**Purpose of disciplines is to integrate our conscious and unconscious selves with the gospel**

- 1) Solitude and Silence**
- 2) Contemplative Reading of Scripture and Prayer**
- 3) Sabbath**
- 4) Friendship**