

CHAPTER 8 - SPIRITUAL DISCIPLINES

EXERCISE 2: MEDITATION

- [The Bible as Ancient Jewish Meditation Literature Bible Intro](#)

EXERCISE 3: WORSHIP

- [Psalm 148 - Creation Series Visual Bible Commentary](#)

EXERCISE 4: WORK AND REST

- [Sabbath Biblical Theme](#)
- [The Art of Rest: Faith to hit pause in a world that never stops](#)