

Here are some ideas for **Practicing Availability:**

(largely from Adele Ahlberg Calhoun's *Spiritual Disciplines Handbook*)

- Every morning for the next two weeks ask your roommate, spouse, colleague or someone else you are with regularly: "What can I do for you today?" Then do it. Talk to God about what this is like for you. What do you see about yourself?
- Develop a yearly practice of involving yourself in one intentional service, mission or relief project. Consider which type of project speaks to some of the longing of your own heart.
- Divide a paper into three columns: 1. For Me. 2. For Others. 3. For God. Review the past week or month. Jot down in each column the things you have bought and done with money for yourself, others and God. What does this inventory reveal about your life? Listen to God's promptings.
  - Do this again with tracking your time for a week or two.
  - How would you like these columns to look over the next months?