

# Spiritual Disciplines for the 21<sup>st</sup> Century that Condense 42 Centuries of Spirituality.

*I have found that “Getting to Know God” (GTKG) is good for my own soul. I have tried it myself for a few moments a day and discovered that the program is a good way of helping to break down resistance to God and discovering prayer as fresh and new. Rev. Howard Rice, PhD, author of *The Pastor as Spiritual Guide and Reformed Spirituality – An Introduction for Believers*.*

*I have “Getting to Know God” in my toolbox. Kevin Burke, airplane mechanic.*

*As I make these simple spiritual disciplines a habit, my mind, heart and life are being transformed to be more like Christ, even this multitasking, activist minister and mother of teenagers!! God is using “Getting to Know God” to facilitate what Eugene Peterson refers to as meditation on Scripture that results in “congruence” between who Christ is and who I am becoming. Rev. Kathy Goodrich, Co-General Presbyter, Yellowstone Presbytery, Montana.*

*As a pastor, I have found “Getting to Know God” one of the most effective tools to help people. I instruct them to go through “Getting to Know God” once in 7 days. They come back to me changed, refreshed with hope and connected to the beneficial presence of God. Pastor John Loppnow, Young Nak Celebration Church, Los Angeles, California.*

## Steeped & Anchored in God’s Creation and Word

These spiritual disciplines are shaped by prayer in the Holy Spirit, defined by the Sermon on the Mount and grounded in the Scriptures. While valid in and of themselves, these spiritual disciplines find affinity—as would be expected—in the laws imbedded in God’s created order that are, to some degree, discernable by disciplined observation and reason applied to the human experience yesterday, today and tomorrow. Some of the emergent data of the 21<sup>st</sup> century from quantum physics, neurobiology, the relationship sciences, and cognitive research as well as from attachment theories, systems theories, humanistic psychologies, trans-cultural anthropologies, and universalistic gestalt philosophies allow for the usefulness of such spiritual disciplines through the self-engineering of one’s thoughts.

## Life Transforming Habit in Christ

The author, who holds a degree in Philosophy and three postgraduate theological degrees, is the founder of the Santana-Grace Institute and the father of *Reversing Experiential Physiology by Reversing Interpretive Thoughts, (REPRIT Pedagogy)*, an effective educational tool to create experiential awareness of the profound effects of one’s micro as well as one’s macro interpretative thoughts on the quality of one’s life. He is also the creator of an effective relationship enhancement and interpretive thought engineering program, **Life Transforming Habits**. In conjunction with GTKG and Scripture, it becomes by faith in God’s word and in God’s Son’s incarnation, saving death and resurrection, **Life Transforming Habits (Virtues) in Christ**.