

# Spiritual Practices: Suggested Resources from Jodie Niznik

A **general overview** of spiritual practices and why we should consider them:

[Practicing the Way: Be With Jesus, Become Like Him, Do as He Did](#) by John Mark Comer

## **Sabbath:**

[Embracing Rhythms of Work and Rest: From Sabbath to Sabbatical and Back Again](#) by Ruth Haley Barton

[The Rest of God: Restoring Your Soul by Restoring Sabbath](#) by Mark Buchanan

## **Fasting:**

[Fasting](#) by Scot McKnight

[God's Chosen Fast: A Spiritual and Practical Guide to Fasting](#) by Arthur Wallis

## **Silence and Solitude:**

Digital Silent Retreats, <https://laurabmurray.com/retreats>

New Season Guided Retreat by Jodie Niznik <https://www.jodieniznik.com/guided-retreat>

## **Community**

[The Good and Beautiful Community](#) by James Bryan Smith