



In Christ  
God was  
reconciling  
the world  
to himself.

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**2 CORINTHIANS 5:19**



## ABOUT SPIRITUAL DISCIPLINES

James K.A. Smith, one of the authors featured in the 5280 Fellowship, suggests that our culture is full of “de-formative liturgies.” Applying this phrase to our work, he might suggest that our companies and industries have certain visions of success and flourishing. These visions drive workers toward certain practices (i.e., “liturgies”). Over time, those practices can shape our inner desires toward lifestyles and practices that miss God’s transforming presence to us at work (i.e., “de-formative”). The shaping power of our workplace practices are subtle and often subconscious, creeping up on us over time.

To promote “formative liturgies” instead, we’ve written this guidebook of spiritual disciplines for your work. Your relationship with Denver Institute for Faith & Work demonstrates your desire for a different kind of work experience — one that better captures who you are, attends to the needs of the world, and accomplishes your duties with and for God. For centuries, Christians have recognized that desires and actual transformation are connected through spiritual disciplines. These are practices that we engage with regularity and intentionality, but not legalistically. They do not help us earn God’s favor, and they are not a means of self-betterment. Rather, spiritual disciplines are habits that open us to God’s already-presence with us so we can more faithfully respond to him with the whole of our lives.

Over the course of a long career, the one common element of all the work

we will ever do is the worker — *us*. Therefore, we strive toward personal transformation in Christ as a key aspect of both our mission to the world and the integration of our faith and the workplace. We commit to practicing spiritual disciplines that the Church has engaged for thousands of years which help us become like Christ and with Christ in our work.

Each month we will practice a different theme together, including both practices and reflections that are intended for our workplaces. Most of us do not get paid to engage these types of practices as part of our jobs. Therefore, we have selected practices that are simple and brief that can be done at work, or ones that would naturally fit within our personal time that will influence our worklife.

It is our prayer that you will feel nurtured in the integration of your own faith and work. As we say in the 5280 Fellowship, we offer these shared practices in support of our lives “*with God for the world, through work.*”

A handwritten signature in black ink that reads "Brian Gray". The signature is written in a cursive, flowing style.

**Brian Gray**

*VP of Formation*

Denver Institute for Faith & Work