

Eugene Peterson's Spiritual Disciplines (His "My Daily Bread")

In the summer of 2009, I meet Eugene Peterson while I was training Montana pastors and church leaders in LTH in Christ in the afternoons at Flathead Presbyterian Camp and retreat Center in Montana. Eugene was having morning conversations with the pastors. After one of the sessions, I interviewed him primarily to learn about his daily spiritual disciplines. It is a very short interview but one of the most profound I have ever done on the subject.

Question: Do you have a set of spiritual disciplines that you practice each day?

Eugene: Well, I am an early riser. I have always been an early riser. I get up about two hours before anyone else. What I do in those two hours is that I read Scripture thoughtfully for about 90 minutes. In the last 30 minutes, I write down what I think God was trying to say to me. I did that for 30 years, every day during my ministry. That is what I call, "Time in Conversation with God".

Question: Do you have any other spiritual disciplines?

Eugene My first spiritual discipline is to see the first person that I meet after my conversation with God, as a child of God. And I strive to practice that spiritual discipline with each person I meet all day long.