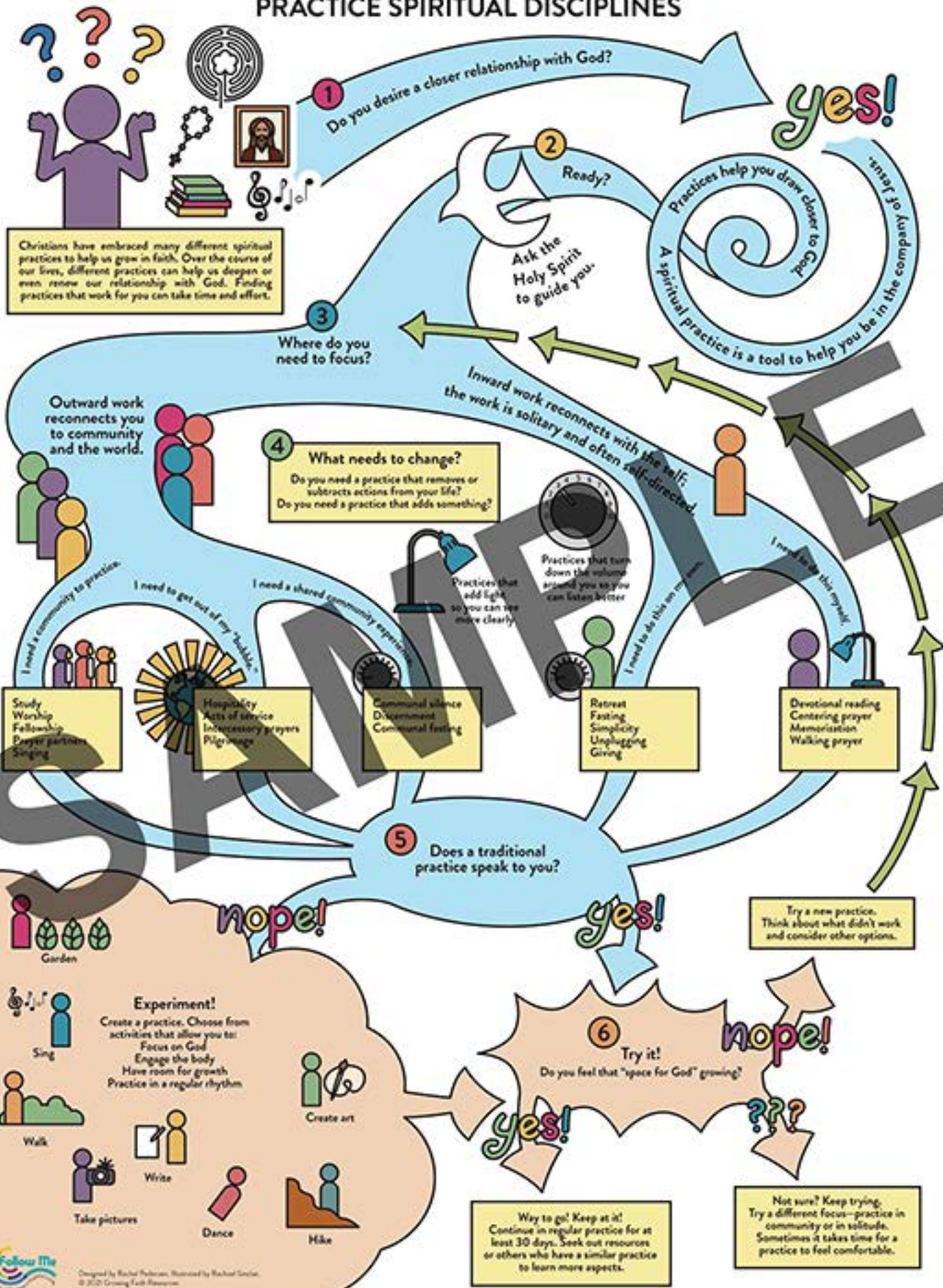


PRACTICE SPIRITUAL DISCIPLINES



Christians have embraced many different spiritual practices to help us grow in faith. Over the course of our lives, different practices can help us deepen or even renew our relationship with God. Finding practices that work for you can take time and effort.

I need a community to practice.

Study
Worship
Fellowship
Prayer partners
Singing

I need to get out of my "bubble."

Hospitality
Acts of service
Intercessory prayers
Pilgrimage

I need a shared community experience.

Communal silence
Discernment
Communal fasting

I need to do this on my own.

Retreat
Fasting
Simplicity
Unplugging
Giving

I need to do this in my own space.

Devotional reading
Centering prayer
Memorization
Walking prayer

- nope!**
- Garden
 - Sing
 - Walk
 - Write
 - Take pictures
 - Dance
 - Hike
 - Create art
- Experiment!**
Create a practice. Choose from activities that allow you to:
Focus on God
Engage the body
Have room for growth
Practice in a regular rhythm