Table of Contents

FOLLOW ME INTRODUCTION	2
PRACTICE SPIRITUAL DISCIPLINES OVERVIEW	4
PRACTICING THE PRACTICE AT HOME	5
FAST ESTHER 2-7	7
PRAY MATTHEW 6:5-13	15
LISTEN TO GOD JOHN 10:1-5, 14	25
EMBRACE SIMPLICITY MATTHEW 6:19-21	31
UNPLUG ECCLESIASTES 3:1-8; MARK 1:35-39	45
TRY NEW SPIRITUAL DISCIPLINES HEBREWS 4:14-16	55
FOUNDATIONAL ESSAY	62



Multiage Children editor: Meg Rift

Foundational Essay author: **Lynne Baab** is a Presbyterian minister, writer, and teacher, New Zealand. (<u>lynnebaab.com</u>)

Session writer: **Priscilla Andre-Colton** is a retired Certified Christian Educator, Alexandria, Virginia. Published by Growing Faith Resources, imprint of Presbyterian Publishing Corporation

Unless otherwise indicated, Scripture quotations in this publication are from the New Revised Standard Version (NRSV) of the Bible, © 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A., and are used by permission. In some instances, adaptations have been made to make the language inclusive. Scripture quotations marked (CEB) are from the Common English Bible, copyright 2011. Used by permission. All rights reserved. Scripture quotations marked (GNT) are from the Good News Translation (Today's English Version, Second Edition), © 1992 by American Bible Society. Used by permission.

Every effort has been made to trace copyrights on the materials included here. If any copyrighted material has nevertheless been included without permission and due acknowledgment, proper credit will be inserted once notice has been received.

Copyright law provides an exemption for the performance or display of a portion of videos, DVDs, and other copyrighted works by instructors or participants in face-to-face educational instruction if the following stipulations are met: the video or DVD (or book) is a legal copy; it is shown in a classroom (a place devoted to instruction); it is part of the curriculum for the class; only teachers and participants may watch, and you are a nonprofit educational institution.

Table of Contents

FOLLOW ME INTRODUCTION	2
PRACTICE SPIRITUAL DISCIPLINES OVERVIEW	3
FAST MATTHEW 4:1-4; 6:16-18; ACTS 13:2-3	4
PRAY MATTHEW 6:9-13; PHILIPPIANS 1:3-11	9
LISTEN TO GOD 1 SAMUEL 3:1-11; MARK 1:35-39	15
EMBRACE SIMPLICITY MATTHEW 6:19-21; PHILIPPIANS 4:11-13	21
UNPLUG GENESIS 2:1-3; MARK 1:35-39; 6:30-34	26
TRY DIFFERENT PRACTICES ISAIAH 43:19; HEBREWS 4:15-16	31
FOUNDATIONAL ESSAY	37



Adult editor: David Maxwell

Foundational Essay author: **Lynne Baab** is a Presbyterian minister, writer, and teacher, New Zealand. (<u>lynnebaab.com</u>)

Session writer:

Beth Herrinton-Hodge is Director of the Academic Support Center at Louisville Presbyterian Theological Seminary, Louisville, KY. Published by Growing Faith Resources, an imprint of Presbyterian Publishing Corporation

Unless otherwise indicated, Scripture quotations in this publication are from the New Revised Standard Version (NRSV) of the Bible, © 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A., and are used by permission. In some instances, adaptations have been made to make the language inclusive.

Every effort has been made to trace copyrights on the materials included here. If any copyrighted material has nevertheless been included without permission and due acknowledgment, proper credit will be inserted once notice has been received.

Copyright law provides an exemption for the performance or display of a portion of videos, DVDs, and other copyrighted works by instructors or participants in face-to-face educational instruction if the following stipulations are met: the video or DVD (or book) is a legal copy; it is shown in a classroom (a place devoted to instruction); it is part of the curriculum for the class; only teachers and participants may watch, and you are a nonprofit educational institution.

TABLE OF CONTENTS

FOLLOW ME INTRODUCTION	3
PRACTICE SPIRITUAL DISCIPLINES UNIT OVERVIEW	4
FAST MATTHEW 4:1-4; 6:16-18; ACTS 13:2-3	6
PRAY MATTHEW 6:9-13; PHILIPPIANS 1:3-11	17
LISTEN TO GOD 1 SAMUEL 3:1-11; MARK 1:35-39	29
EMBRACE SIMPLICITY MATTHEW 6:19-21; PHILIPPIANS 4:11-12	41
UNPLUG GENESIS 2:1-3; MARK 6:30-34	50
TRY DIFFERENT PRACTICES ISAIAH 43:19; HEBREWS 4:15-16	59
FOUNDATIONAL ESSAY	68



Adult editor: David Maxwell

Foundational Essay author: **Lynne Baab** is a Presbyterian minister, writer, and teacher living in New Zealand. (<u>lynnebaab.com</u>)

Session writer: Julie Hester is a pastor and writer, Asheville, North Carolina. Published by Growing Faith Resources, an imprint of Presbyterian Publishing Corporation

Unless otherwise indicated, Scripture quotations in this publication are from the New Revised Standard Version (NRSV) of the Bible, © 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A., and are used by permission. In some instances, adaptations have been made to make the language inclusive. Scripture quotations marked (CEB) are taken from the Common English Bible, copyright 2011. Used by permission. All rights reserved. Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2007. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

Every effort has been made to trace copyrights on the materials included here. If any copyrighted material has nevertheless been included without permission and due acknowledgment, proper credit will be inserted once notice has been received.

Copyright law provides an exemption for the performance or display of a portion of videos, DVDs, and other copyrighted works by instructors or participants in face-to-face educational instruction if the following stipulations are met: the video or DVD (or book) is a legal copy; it is shown in a classroom (a place devoted to instruction); it is part of the curriculum for the class; only teachers and participants may watch, and you are a nonprofit educational institution.

Table of Contents

FOLLOW ME INTRODUCTION	2
FOUNDATIONAL ESSAY	4
WORSHIP HELPS	15
CAFÉ DISCUSSION GUIDE	27
INTERGENERATIONAL SESSION	41
CURRICULUM CONNECTIONS	51
PRACTICING THE PRACTICE AT HOME	55
CHILDREN'S WORSHIP LEAFLETS	57



Congregational Guide editors: **David Maxwell** and **Meg Rift**

Foundational Essay author: **Lynne Baab** is a Presbyterian minister, writer, and teacher, New Zealand. (<u>lynnebaab.com</u>)

Worship Helps writer: **Phillip Morgan** is Director of Music at Central Presbyterian Church, Louisville, Kentucky.

Café Discussion writer: **Benjamin Howard** is a Senior Developmental Editor at Upper Room Books, Nashville, Tennessee.

Intergenerational Session writer: **Priscilla Andre-Colton** is a retired Certified Christian Educator, Alexandria, Virginia.

Practicing the Practice at Home writer: Jennifer Ikoma-Motkzo is an American Baptist Churches USA ordained minister, Minneapolis, Minnesota. Published by Growing Faith Resources, an imprint of Presbyterian Publishing Corporation

Unless otherwise indicated, Scripture quotations in this publication are from the New Revised Standard Version (NRSV) of the Bible, © 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A., and are used by permission. In some instances, adaptations have been made to make the language inclusive. Scripture quotations marked (CEB) are from the Common English Bible, copyright 2011. Used by permission. All rights reserved.

Every effort has been made to trace copyrights on the materials included here. If any copyrighted material has nevertheless been included without permission and due acknowledgment, proper credit will be inserted once notice has been received.

Copyright law provides an exemption for the performance or display of a portion of videos, DVDs, and other copyrighted works by instructors or participants in face-to-face educational instruction if the following stipulations are met: the video or DVD (or book) is a legal copy; it is shown in a classroom (a place devoted to instruction); it is part of the curriculum for the class; only teachers and participants may watch, and you are a nonprofit educational institution.