



### **Silence and Solitude**

Sit quietly (outside if possible) for 10-15 minutes each day. Turn your cellphone off, and avoid distracting noises or places. Pray if it comes naturally, recite poetry or scripture. But mostly sit still and appreciate that every breath you have is a gift that comes from God



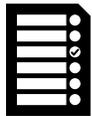
### **Self Denial and Sacrifice**

Say no to something you want at least once a day to say yes to something Jesus would want or something that would benefit someone else. Fast two meals a day once a week, and use that time to pray and reflect. Each week, find something you can give away, or someone that you can generously aid.



### **Sabbath**

Take a day each week where you turn off your cellphone, don't check your email or work. Nap, eat clean healthy food, get outside and enjoy all the good and beautiful things God has put into your life. Reflect on what is wonderful instead of what is wrong.



### **Simplicity**

Say no to most things, so you can say yes to the best things. Prioritize God. Clear out the clutter in your home and in your schedule. Do less things better! Make room in your day for God, community, and sabbath.



### **Submission**

Find someone to be a spiritual authority for you and give them permission to push you and correct you. Start every day by saying, "God you are in charge of my life, I am not. If there be anything good in me today, may it be you in me, working through me."



### **Worship**

At the end of every day, write down three things you are thankful for. Sing praises to God every day regardless of your musical talent! Find informal ways to gather with others so you can share what God is doing with each other!



### **Prayer**

Take fifteen minutes each day where your cellphone is off, and you are alone and can sit and listen for God to speak. Focus on thanking Him and praising Him, instead of asking for things. When you ask for things, ask for what Jesus would pray for if He were in your place.



### **Scripture**

Read the Bible each day. Invite the Holy Spirit to speak through the words. Ask questions as you read. Then be silent and reflect. Play the events of the passage out in your head. Listen quietly for the voice of God. Memorize a verse from the passage. Pray the passage out loud to God. Dialogue with God about the passage. Take time to contemplate: What is God saying to you through this passage? What does He want you to feel? Finally, what do you need to practice as a result of this passage. Go do it!

## Spiritual Disciplines in Your Week

FIND TIME TO BE QUIET AND STILL.



GO WITHOUT FOOD. SERVE SOMEONE.



TAKE DAYS TO REST AND BE THANKFUL.



PRIORITIZE GOD AND OTHERS. SAY NO.



INVITE CORRECTION FROM AUTHORITY.



BE THANKFUL. SING. GATHER AND SHARE.



GET ALONE WITH GOD AND LISTEN.



MEDITATE ON THE BIBLE. EXPERIENCE GOD.

