



helpful spiritual practices

Spiritual practices are not for those who are super spiritual or who have been walking with the Lord for a long time. They are meant to be practiced by all believers to grow in one's intimate relationship with the Father. Spiritual practices grow, strengthen, and refine your relationship with Him. They are focused and specific in order to feed our souls intentionally, in ways that we might not otherwise do.

Meditation and memorization are important spiritual practices because they help reorient our thoughts in Truth. Our minds are prone to wander.

Prayer and journaling are important spiritual practices because we have direct access to God the Father and He hears, sees, and cares for the things that are on our hearts. Sometimes writing things down or praying our thoughts out help us to stay focused and think in a linear way.

Fasting is an important spiritual practice because it prompts us to turn our attention and thoughts to the Lord, rather than to that which we are desiring (food, coffee, social media, etc.).

Fellowship is an important spiritual practice because we are not meant to do life alone. We are meant to build one another up in the faith and carry one another's burdens.

Giving is an important spiritual practice because nothing we have is truly ours. The Lord is the one who has blessed us with all that we have (including finances), so they aren't ours to keep.

Confession and celebration are important spiritual practices because confessing our sins before the Lord keeps us living a life of integrity, honesty, humility, and purity. Celebration allows us to move from this solemn place of confession into joy as we rest in the truth that we are forgiven.

read

- **Joshua 1:8** - Meditation and Memorization (Also see: Psalm 1:2, Philippians 4:8)
- **Ephesians 6:18** - Prayer and Journaling (Also see: Matthew 5:44, Matthew 26:41, Psalm 141:2, Romans 12:12)
- **Acts 14:23** - Fasting (Also see: Daniel 10:3, Esther 4:16, Exodus 34:28, Luke 2:27)
- **1 Thessalonians 5:11** - Fellowship (Also see: Hebrews 10:25, Ecclesiastes 4:9-12)
- **Deuteronomy 8** - Giving (Also see: 2 Corinthians 9:6-15)
- **1 John 1:9** - Confession and Celebration (forgiveness of sins) (Also see: Psalm 32:5, Psalm 32:3, 2 Chronicles 7:14, Psalm 86:5, Ephesians 1:7)

reflect & journal

1. Pick one spiritual practice to focus on and engage in this week. (You can continue engaging in one per week and use the same questions below for each one).
2. What did you learn from this spiritual practice?
3. How has this impacted, influenced, changed, and/or deepened your relationship with the Father?
4. What were your feelings before you started this practice? What are your feelings after spending a week engaging in this practice?
5. How has this impacted your interactions with others, non-believers, family, those in your local context, etc.?

pray

- Pray through which spiritual practice to focus on this week.
- For the Lord to meet you where you're at as you approach Him in this spiritual practice.