



practice makes perfect

Spiritual disciplines are not confined to a specific day, time, season, or even place. There is no set rule or standard and Scripture doesn't lay out when, how often, or where to practice them. However, as followers of Christ, we should be investing in our spiritual lives consistently. We get to know someone by spending intentional time with them; it is no different in our relationship with our Heavenly Father.

Spiritual disciplines are not a one-and-done type deal because the Christian life is about sanctification and we will *never* not need to engage in them. When you involve yourself in spiritual practices you are opening up space for the Holy Spirit to do his refining work in your life. The goal is not necessarily to become good at the practices themselves, but instead to incorporate them into your life in a manner that enables you to draw near to the Father in intimate ways. So pick one to try and see what happens!

read

Psalm 1:1-3 (meditating)
Matthew 6:16-18 (fasting)
2 Corinthians 9:6-8 (giving)
Romans 12:12 (prayer)

reflect & journal

1. What are your personal thoughts about the frequency of engaging in a spiritual practice? How does regularity and longevity help in other practices in life (think workouts or study habits)?
2. Which practice would be helpful and most beneficial for your walk with the Lord?
3. What is the frequency of each of the spiritual practices in the verses above?
4. What do you feel the Lord prompting you to engage in, grow in, and develop into a habit?

pray

- What you want this to look like in your life.
- The frequency of your spiritual practice (don't need to focus too much on a timeline, but these can also be unnecessarily drawn out more than need to be, i.e., fasting).
- To make these a part of your daily life/routine.