

Spiritual Practices

Disciplines of Abstinence	How God May Grow You	Practical Ideas
Solitude	Learning to just be with God and enjoy his loving presence when no one else is around.	Take a walk by yourself without any music or distractions.
Silence	Detaching from technology, media, and other "noise."	Spend five minutes in silence every day.
Fasting	Slowing down our impulses to eat, be on social media, consume caffeine or sugar, etc.	Fast from social media for 24 hours, abstain from a meal a week, or from something you enjoy like caffeine or sweets.
Frugality	Taking a closer look at how we view money and participate in materialism.	Try to go 24 hours without spending money. Limit discretionary purchases (coffee, snacks) and donate the extra money.
Secrecy	Learning to serve others without getting noticed or credited.	Commit to doing one thing to anonymously serve or bless someone each week.

Disciplines of Engagement	How God May Grow You	Practical Ideas
Study	Grow in hearing God's voice through Scripture.	Start using a daily Bible reading plan or commit to reading a Psalm every day.
Worship	Communal and individual praise of God's goodness.	Create a worship playlist that you can listen to on your walk or commute.
Service	Practicing humility by helping with the practical needs of others.	Find a ministry where you can volunteer on a regular basis.
Prayer	Talking and listening to God about the things he cares about in your life, your community, and the world.	Start a prayer journal where you record prayers, prayer requests, and things you're hearing from God.
Confession	Learning to name our areas of brokenness and receive forgiveness.	Use Psalm 51 as a model for confession.