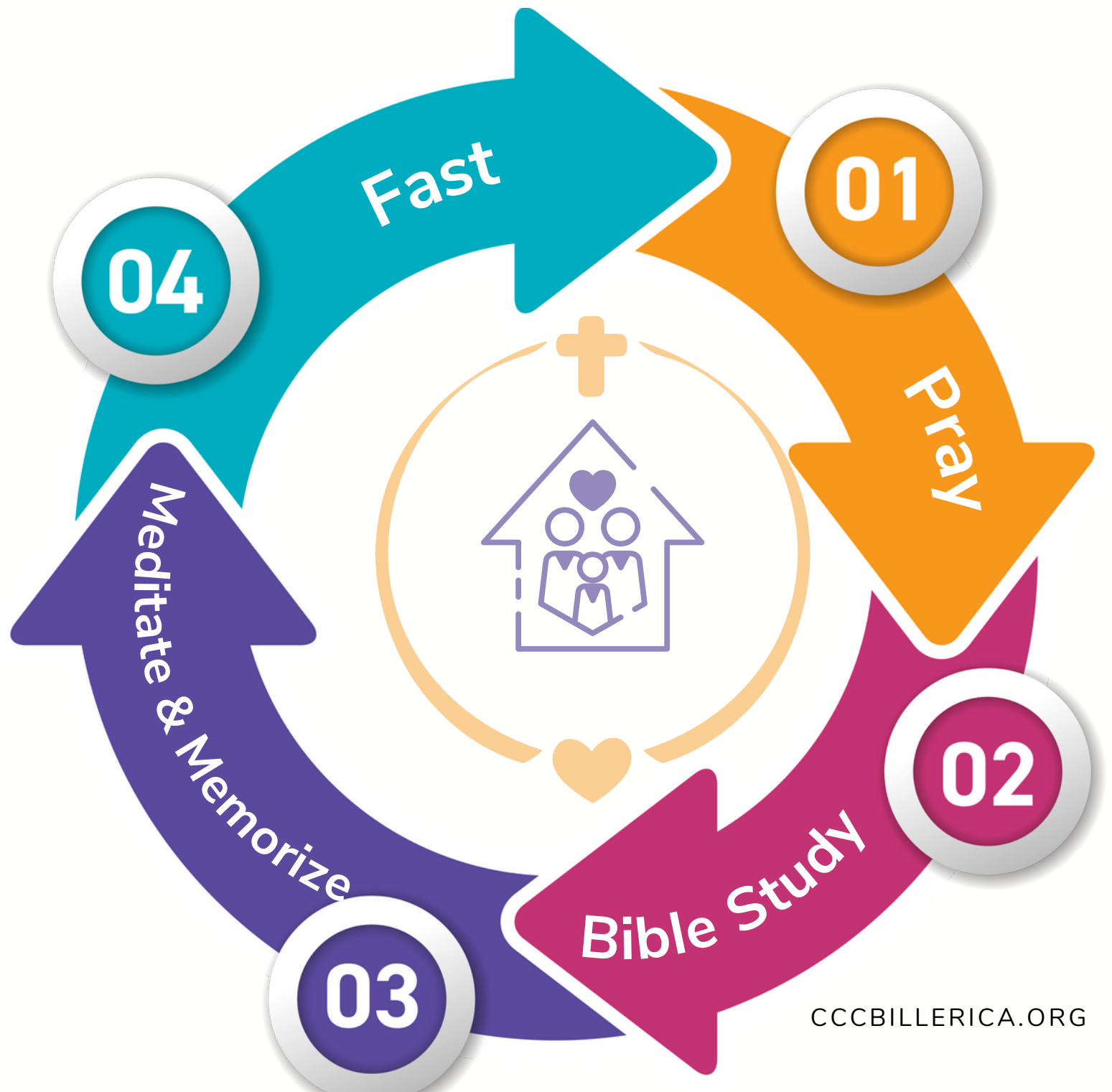


FOUR

Spiritual Practices
for individuals & families



FOUR

Spiritual Practices *for individuals & families*

Pray

Prayer is communication with God. Pray with your kids, pray as a family, and teach kids to pray throughout the day - inviting God to be a part of all aspects of their life.

Bible Study

Bible study allows us to know God and his ways. The more we know God the more our lives & thinking change. Join an adult study, do a weekly family Bible study. Be in the Word consistently.

Meditate & Memorize

Meditation allows us to intentionally take time to think about God's Word. We can cultivate a real understanding of what He says to us. **Memorization of God's Word gives a better understanding of God's will.** It gives us direction.

Fast

Fasting as a discipline frees us to focus our attention squarely on God. We can fast from food, tv, social media, etc. Spend time with God in place of what you're fasting from.