






Spiritual Practices

This chart shows what we might be doing at different stages of the discipleship journey (Beginning, Growing, and Centering). The goal of the chart is to help us move from beginning our new life in Christ to centering our whole life in Christ. As disciples, we must dedicate our lives to these practices so that we have opportunities to be in the presence of the Holy Spirit and receive the gift of being transformed into our new identity in Christ.

Spiritual Practices	BEGINNING <i>Learning About My New Life In Christ</i> “I believe in Jesus and I am working on what it means to follow him.”	GROWING <i>Going Deeper in My Walk With Christ</i> “My relationship with Jesus makes a difference in how I live my life.”	CENTERING <i>Living My Whole Life In Christ.</i> “I set out each day to love God and my neighbor.”
 Worship	Regularly attend worship.	Prepare hearts before worship. Participate in worship. Celebrate being in worship with others. Worship and praise God each day.	Try a variety of worshipping styles. Live your whole life and all you do as a means of worshipping and praising God.
 Prayer	Pray 5 times a day. First thing in the AM, breakfast, lunch, dinner, and at bedtime. Say “Thank You Jesus, I love you!”	Practice being still. Listen. Use different methods of praying to seek, hear, and respond to the voice of the Holy Spirit.	Be in constant conversation (talking & listening) with God.
 Study (Scripture)	Read and reflect on 5 verses a day. Join a Bible study.	Read the Bible every day for both <i>information</i> and <i>formation</i> ; seeking to find our place in God’s story. Lectionary reading may be helpful in working through the Bible every 3 years.	Read scripture daily. Yield yourself to God so that God can do as God desires. Use different techniques to read the Bible so that you can allow the Holy Spirit to transform you through the Living Word.
 Tithing/Giving	List 5 things you are grateful for each day. Give regularly. Strive for proportional giving. Trust God to use these offerings to best serve the Kingdom.	Recognize that all we have comes from God. Out of gratitude, tithe to the church (10% of income).	Live a lifestyle of generosity as an expression of worship and gratitude to God. Give above and beyond tithing to the church.
 Serving	Pursue one act of kindness each day as a way of sharing Christ’s love.	Serve recognizing God’s primary way of working in the world is through people.	Listen to the Holy Spirit’s guidance. Serve God by serving others. Live out God’s call to serve inside and outside of the church.
 Sharing/Witness	Tell those close to you about the sermon or your faith formation class. Leave positive comments about your church and its programs on line.	Invite others to worship, faith formation classes, and fellowship gatherings. Have a short sentence (7 words or less) that describes your faith and how it has influenced your life.	Look for and seize opportunities to share how worship, prayer, scripture, service, and Christ’s redeeming love have changed your life.