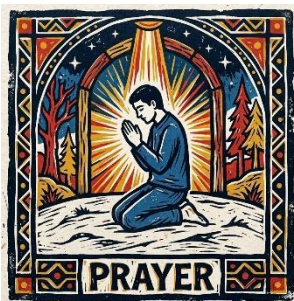


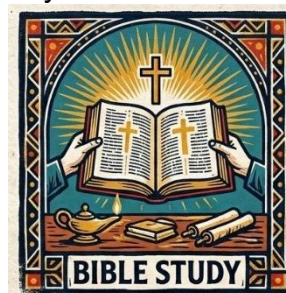
Five Disciplines to Strengthen Your Walk with God



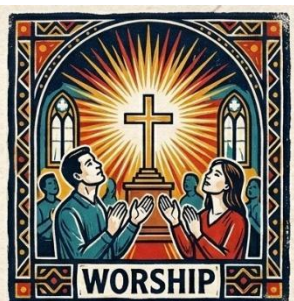
Prayer: Regular, intentional prayer fosters your relationship with God, opens lines of communication through which you can hear God's voice, and helps you to understand God's will. Setting aside specific times for prayer – either individually or with others – will enhance this practice.

Truth. The more you know God's Word, the more you will connect what is happening in the world around you with God's plan and God's will.

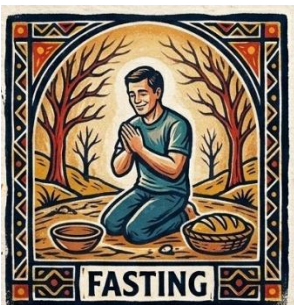
Bible Study: Engaging scripture through study and reflection helps to ground your faith in Biblical



Worship: Participating in worship, whether individually or in community cultivates a heart of gratitude and reverence towards God. We primarily worship with others in church services, but can worship God individually in song, dance, service to others, and in prayer or meditation.



Service: Serving others imitates Christ, who “did not come to be served, but to serve” (Mt. 20:28), and reflects Christ's love to the world. Serving others strengthens your faith. Engaging in acts of loving kindness and service helps build community, and fulfills Christ's command to “Love One Another, as I have Loved You” (Jn 13:34-35). It shifts our focus away from ourselves, enlarges our empathy, creates compassion for others, and helps us express our gratitude for the blessings in our own lives.



Fasting: Fasting can be a powerful discipline that encourages reliance on God and provides spiritual clarity. It often leads to deeper insights and a stronger commitment to prayer. Though we usually think of fasting as all about food – and not available to those with medical conditions – fasting extends to **abstinence** from any habit or distraction that keeps us from communicating

with God. Giving up these distractions or habits – even for a short period of time – allows us to hear God more clearly.