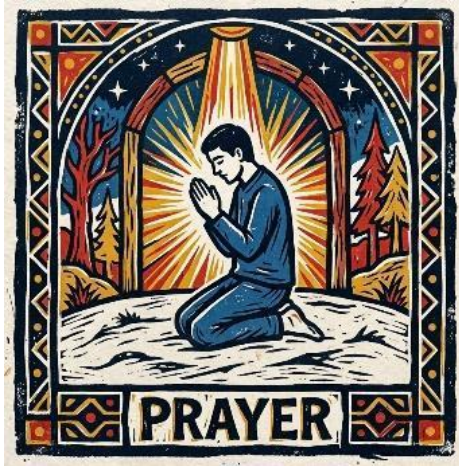
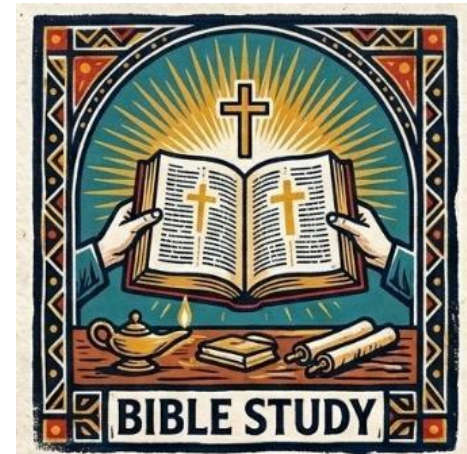
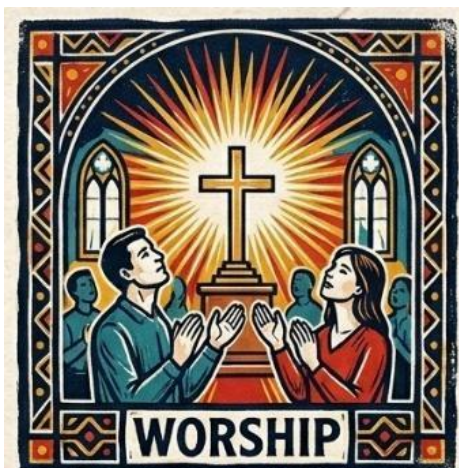


Six Disciplines to Strengthen Your Walk with God



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. "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me" (John 15:4).

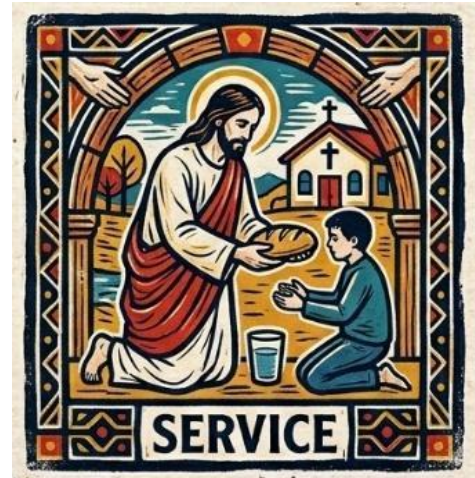
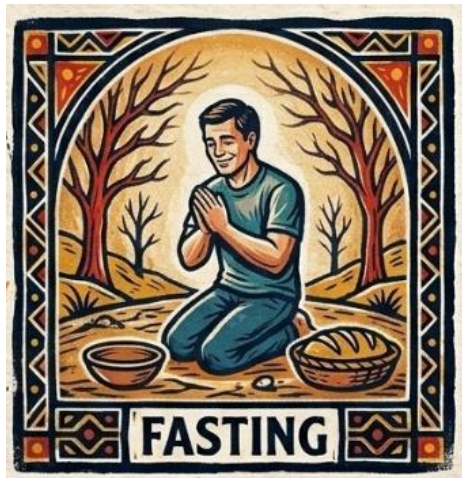
Bible Study: Engaging scripture through study and reflection helps to ground your faith in Biblical Truth. The more you know God's Word, the more you will connect what is happening in the world around you with God's plan and God's will. "All Scripture is breathed out by God, and profitable for teaching, for reproof, for correction, and for training in righteousness, that God's children may be complete, equipped for every good work" (2 Timothy 3:16-17).



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. "What then shall we say, brothers and sisters? When you come together, each of you has a hymn, or a word of instruction, a revelation, a tongue or an interpretation.

Everything must be done so that the church may be built up” (1 Cor. 14:26).

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.

Stewardship: King David prayed to God and said, “Everything we have has come from you and we give only what you first gave us” (1 Chron. 29:14). Stewardship is built around the idea that everything we have is a gift from God. Our practice of regularly returning a portion of that gift to God teaches us to create a life built on trusting God not only for our current needs, but all of our future needs. It allows us to take part in God’s work here in this world, and to do the work God has called *each* of us to do, by using



what God has given to each of us. In the Episcopal Church, we teach that what God has given us includes Time, Talent, and Treasure.