

# Spiritual Disciplines

Do what works. Do what fits. Discover the way God designed for *you* to connect with Him. Here are a few ideas. Whatever you do, set your mind on God - what He's like, what He does, what He cares about - and strive to know Him better.

- \* reading Bible stories
- \* praying
- \* music
- \* memorizing scripture
- \* praying for others
- \* solitude
- \* serving others
- \* writing poetry
- \* visual art
- \* journaling
- \* family worship
- \* scripture meditation
- \* fasting
- \* spending time in nature
- \* worship
- \* Bible study

This is the way to have  
eternal life – to know you,  
the only true God.  
John 17:3

