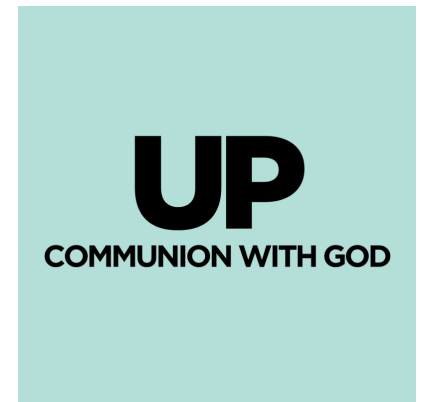


UP | Communion with God

We are created for communion with God. The Bible says, “In Him we live and move and have our being” (Acts 17:28). This idea of lifegiving connection to God impacts and informs everything we are and do.

Examples of Spiritual Disciplines:

- **Worship** – personally and corporately setting aside time to bring honor and devotion to God.
- **Bible study** – seeking to know God better through reading His Word (the Bible).
- **Meditation** – pondering a verse or passage from Scripture so that its truth can sink deeply into our being.



IN | Authenticity with Ourselves

God wants us to be real with Him and others. We can't do that without first being truthful with ourselves. In the spirit of “Search me, O God, and know my heart” (Psalm 139:23), we want to be honest about, aware of, and able to address anything that's off in ourselves.

Examples of Spiritual Disciplines:

- **Prayerful Listening** – processing life in prayer, asking God's perspective and insight.
- **Journaling** – recording insights, feelings, and experiences to clarify the progress of your spiritual journey.
- **Self-care** – evaluating and addressing our physical, emotional, mental, and spiritual needs for the sake of our best health and effectiveness.



OUT | Connection to Others

A regular, expected part of the Christian experience is connection to others. We leverage relationships and interactions to serve, encourage, and “stir up one another to love and good works” (Hebrews 10:24).

Examples of Spiritual Disciplines:



- **Serving** – without a hope for recognition, we prioritize others in a way that demonstrates honor, kindness, and concern.
- **Fellowship** – being purposefully present with other Christians in environments like Grace Groups, Bible studies, and regular church attendance.
- **Witness** – actively sharing Jesus with others is core to the Christian experience.

DOWN | Denial of Self

The Christian who wants to follow Jesus must be familiar with the work it takes to “deny themselves and take up their cross daily” (Luke 9:23). Doing so functions as a reminder that God – and not our desires – are the authority, and that we do not ultimately depend on anything except for God.

Examples of Spiritual Disciplines:

- **Sabbath** – saying no to the toil and distraction of work in order to simply rest.
- **Fasting** – saying no to food or pleasure for the purpose of increased awareness of our dependence on God.
- **Simplicity** – saying no to extravagance, materialism, and consumerism to instead choose contentment and gratitude for what we have.

