



This year I commit to a new spiritual practice:

Prayer

5—20 minutes per day
(spoken prayer, walking prayer or contemplative prayer)



This year I commit to a new spiritual practice:

Prayer (set times)

throughout the course of my day



This year I commit to a new spiritual practice:

Gratitude

begin a gratitude journal



This year I commit to a new spiritual practice:

Seeking

Looking for God in everyday life:
music, nature, people, the world



This year I commit to a new spiritual practice:

Study (through listening)

to a faith-based podcast daily



This year I commit to a new spiritual practice:

Study (through reading)

book(s) on the theology and practices of prayer



This year I commit to a new spiritual practice:

Daily Scripture

set aside time daily to read scripture



This year I commit to a new spiritual practice:

Lectio Divina

and asking the Spirit to speak to me through scripture



This year I commit to a new spiritual practice:

Sabbath

set time aside for rest and focus on God



This year I commit to a new spiritual practice:

Fasting

find a method that works for me



This year I commit to a new spiritual practice:

Accountability

find a "spiritual friend" and share experiences with each other



This year I commit to a new spiritual practice:

Proclamation

develop a statement that expresses why I am a person of faith and attend church