

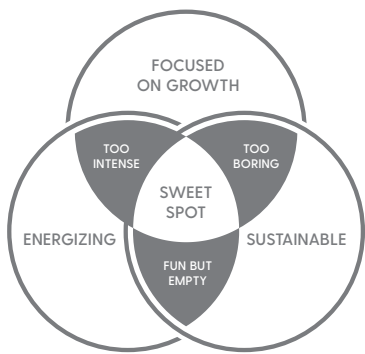
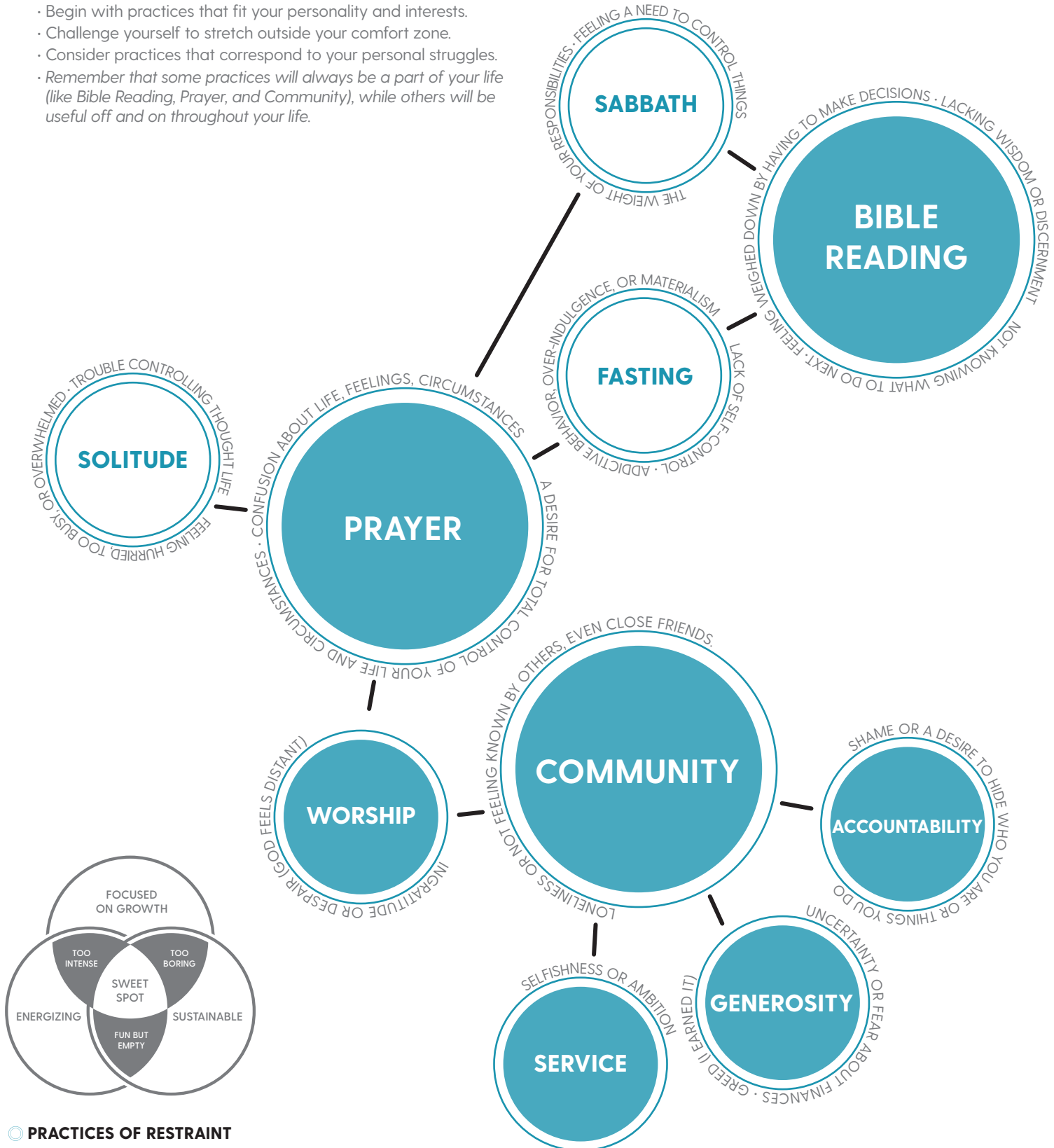
CONNECT *with* GOD

SPIRITUAL PRACTICES

IF YOU FEEL CONTROLLED BY...
TRY THIS PRACTICE

FINDING A GOOD PLACE TO START

- Begin with practices that fit your personality and interests.
- Challenge yourself to stretch outside your comfort zone.
- Consider practices that correspond to your personal struggles.
- Remember that some practices will always be a part of your life (like Bible Reading, Prayer, and Community), while others will be useful off and on throughout your life.



- PRACTICES OF RESTRAINT
- PRACTICES OF ENGAGEMENT

LEARN MORE: GROUPLIADERS.ORG/CONNECTWITHGOD