

Get Connected... Stay Connected

Here's a guide to help you saturate in this week's Scripture.

THRIVE with A New Habit!

Episode #30: September 12, 2022

Key Scripture - 2 Corinthians 4:7 (NIV) – *But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.*”

DISCOVER IT - Our one key idea for this week: (see chart on next page)

Choose one new spiritual discipline to try – just one! Make it a new habit – and Thrive!

TRY IT – Add one new discipline to help you THRIVE in your relationship with God. Experiment with what you heard; put it into practice and begin to see the positive effect it can have. Don't rush – SATURATE!

In what ways did you try it out?

IT'S YOURS! Did you make a meaningful connection with God?

Journal observations from your experience...

Choose one new; mark with an X	Inward Domain	Choose one new; mark with an X	Outward Domain	Choose one new; mark with an X	Corporate Domain
	This domain centers on the internal righteousness of the person and typically involves disciplines like meditation, prayer, fasting, and study.		This domain focuses on the person's call to discover the social implications of simplicity, submission, and service.		This domain helps people explore the disciplines of confession, worship, guidance, and celebration as members of a community of faith.
	<i>Spiritual Practices</i>		<i>Spiritual Practices</i>		<i>Spiritual Practices</i>
	Prayer		Blessed Subtraction		Confession
	Scripture Reading		Solitude		Worship (Liturgy)
	Meditation		Acts of Mercy		Spiritual Direction
	Silence		Exercise		Celebration
	Fasting		Rest/Sabbatical		
	Journaling		Tithing		

Spiritual Formation: a wesleyan paradigm. By Diane Leclerc and Mark Maddix
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Chart 7:1: Domains of Spiritual Formation

From Chapter 7: "Finding the Means to the End: Christian Discipleship and Formation Practices" by Diane Leclerc

Choose one new spiritual discipline to try – just one!

Make it a new habit – and Thrive!