

Mentoring	Journaling
Silence	Quiet Times
Solitude	Scripture Memorization
Prayer	Accountability Partner

<p>Why Journaling? <i>Slowing down & reflecting on where God shows up in ordinary routines, Remembering God's faithfulness, Establishing a record of stages in your journey of faith.</i></p>	<p>Why Mentoring? <i>Learning from example, Practicing teachability and humility, Developing and encouraging new leaders.</i></p>
<p>Why Quiet Times? <i>Establishing a daily routine of soaking in God's presence, through Scripture and prayer, reminds us who is sovereign and helps us to live reflecting God's glory.</i></p>	<p>Why Silence? "Be silent before the Sovereign LORD, for the day of the LORD is near. The LORD has prepared a sacrifice; he has consecrated those he has invited." Zephaniah 1:7 <i>Deeper intimacy with God, Being attentive to the voice of Jesus.</i></p>
<p>Why Scripture Memorization? "I have hidden your word in my heart that I might not sin against you." Psalm 119:11 <i>It is a useful tool for countering temptation – as Jesus did in the desert. (Matthew 4:1-11)</i></p>	<p>Why Solitude? "But Jesus often withdrew to lonely places and prayed." Luke 5:16 <i>We meet God on his terms in a quiet place alone. Take little or nothing with you so there are no distractions from everyday life.</i></p>
<p>Why an Accountability Partner? "And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-and all the more as you see the day approaching." Hebrews 10:25</p>	<p>Why Prayer? "Pray in the Spirit on all occasions with all kinds of requests." Ephesians 6:18 <i>We talk to the Father and wait for his response. Using the prayer forms of petition, intercession and contemplation maintains balance in our conversations with God.</i></p>

Serving	Fasting
Meditation	Christian Friends
Celebration	Attending church

<p style="text-align: center;">Why Fasting?</p> <p><i>Fasting is a good discipline for developing self-control and moderation. Jesus himself fasted as part of other activities such as spiritual struggle, prayer and evangelism. Fasting reminds us that we are utterly dependent on God.</i></p>	<p style="text-align: center;">Why Serving?</p> <p>“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.” Galatians 5:13</p>
<p style="text-align: center;">Why Christian Friends?</p> <p>“Accept one another, then, just as Christ accepted you, in order to bring praise to God.” Romans 15:7</p> <p style="text-align: center;"><i>Gaining perspective and support from a trusted source</i></p> <p style="text-align: center;"><i>Experiencing God’s love through the love of a friend.</i></p>	<p style="text-align: center;">Why Meditation?</p> <p><i>Meditating on the Word of God transforms the information we store in our brain into God’s personal work in our heart.</i></p>
<p style="text-align: center;">Why Attending Church?</p> <p><i>For fellowship and to journey with others, to exercise your gifts and demonstrate community.</i></p> <p>“You will know how people ought to conduct themselves in God’s household, which is the church of the living God, the pillar and foundation of the truth” 1 Timothy 3:15</p>	<p style="text-align: center;">Why Celebration?</p> <p><i>Celebrating orients our spirit towards worship, praise and thanksgiving.</i></p> <p style="text-align: center;"><i>Participating in the joy of the Trinity</i></p> <p><i>Rejoicing always in God, and remembering His good gifts.</i></p>

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