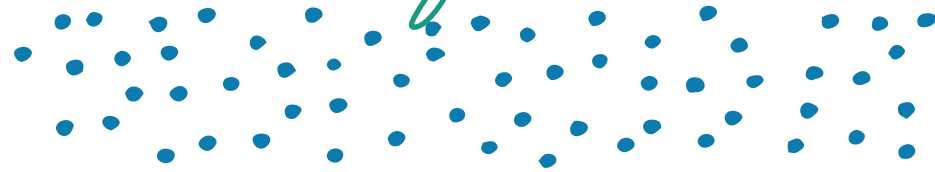


SESSION *four*



spiritual disciplines



Spiritual disciplines are tools that help us create space in our lives so God can work within us.



Spiritual disciplines aren't laws or rules to follow.



A composite image featuring a person in profile with their hands clasped in prayer. The background is a warm sunset or sunrise. The image is overlaid with several text boxes: a light orange box in the top left, a yellow box in the top right, a yellow box in the bottom left, and a dark blue box at the bottom containing the main title.

RETREATS

**GETTING AWAY
FROM NORMAL LIFE**

PRAYER

**TALKING AND
LISTENING TO GOD**

Types of Spiritual Disciplines



FASTING

**GIVING SOMETHING
UP FOR A TIME**

BIBLE

**SPENDING TIME
IN GOD'S WORD**

You've learned
so much in four
short sessions.

- ✔ The need for self-care.
- ✔ Examining time usage.
- ✔ How to make SMART goals.
- ✔ Practicing spiritual disciplines.



Remember, to serve,
we need to be healthy.

