

LET THE GAMES BEGIN

...OLYMPIC TRAINING FOR THE LIFE OF FAITH



July 26 - Training for More!

Practice, Practice, Practice... Spiritual disciplines begin with scripture as the basis for prayer, study, worship and reflection. We practice our faith so that we can grow beyond where we have been before. God's word, the living word, continually invites us further to new people and places of love, each encounter brings us closer to Christ, strengthening our faith.

SCRIPTURE, BODY, MIND AND SOUL.

Set a family/personal goal this week in each area:

Physical: 25 sit ups, 5 stretches, etc.

Intellectual: play a board game

When alone: make a puzzle, write a poem

Spiritual Discipline: Lectio Divina.

Begin using the breakthrough prayer daily!