

Spiritual Disciplines for Lent ... and Beyond

Worship & Prayer

Study: Listen, Pay Attention, Read Scripture



Challenge

1. **THINK** - about the 2 ways we are called by God to:
 - a. **Worship & Pray**
 - b. **Study – by Listening, Paying Attention, and Reading Scripture**
2. **ACT** – put these Spiritual Disciplines ... into practice this week.
 - Let your prayer life be worship and your worship be prayerful:
 - Show up for God in all these ways this week!
3. **PAY ATTENTION** to the Holy Spirit's movement in and through your life
 - Read and study God's Word – read 5 verses in one setting each day.
 - Begin in prayer saying, "Lord, here I am to hear your voice to me. Speak, for your servant is listening."
4. **Allow the rhythm of your life to be transformed!**

All this for a closer Walk with God in Christ Jesus this Lenten Season!