

CULTIVATING SPIRITUAL HABITS

NOVEMBER GROUPS

Couple things for everyone:

- So we can get to know each other a bit, try to stick with same day and time for three weeks
- To respect everyone's time, attempt to keep meetings to 20-30 minutes!
- Since our meetings are short, make sure everyone has a chance to contribute before you wrap up



Week 1

We all have hundreds, maybe thousands, of habits that shape our daily routines. **Rather than adding one more thing to an already busy day, is there something you already make time to do that you'd like to tweak?** For example, every day at 2pm I think "I need a snack", but instead of trying to satiate that reminder for a boost and a break by scouring the cupboard I might go for a 10 minute walk.

There are three types of spiritual habits we've been thinking about: prayer, fasting, and almsgiving.

PRAYER

Think of prayer as making space for both listening and sharing. Prayer can be a way to slow down and silence the noise to listen for God's presence in your life, or can also be a space where we're able to unload all of the thoughts and concerns we've been carrying around to God who walks along side us in those moments.

FASTING

Fasting has often been associated with giving up food for a period of time, but can also translate to intentionally giving up anything that helps us to be more aware because of its absence. If you skip a meal, you feel hungry and can reflect on that feeling. If you silence your phone, you can experience less interruptions and intentionally fill that space with something else.

ALMSGIVING

While almsgiving has traditionally been associated with personal charity toward those in need, we're expanding that definition a bit: generously sharing of our resources, time, or skills simply for the sake of sharing our abundance. First recognizing how much we truly have is the key to being able to then share that with others.

So, at the end of the day, it comes down to:

- Habits that create space for us to listen for God or share our thoughts and concerns rather than holding them in.
- Habits that help us give something up and reflect on that change.
- Habits that help us to appreciate how much we have, or share our time, resources, or knowledge generously.

Brainstorm together some ideas of something small and simple you can try in the coming week to make space for one of these spiritual habits. *It could be listening to one less podcast, waking up ten minutes early and leaving your phone on the charger, making a little extra time for someone. Before you wrap up, make sure everyone has shared something they'd like to try and check back in on next week.*