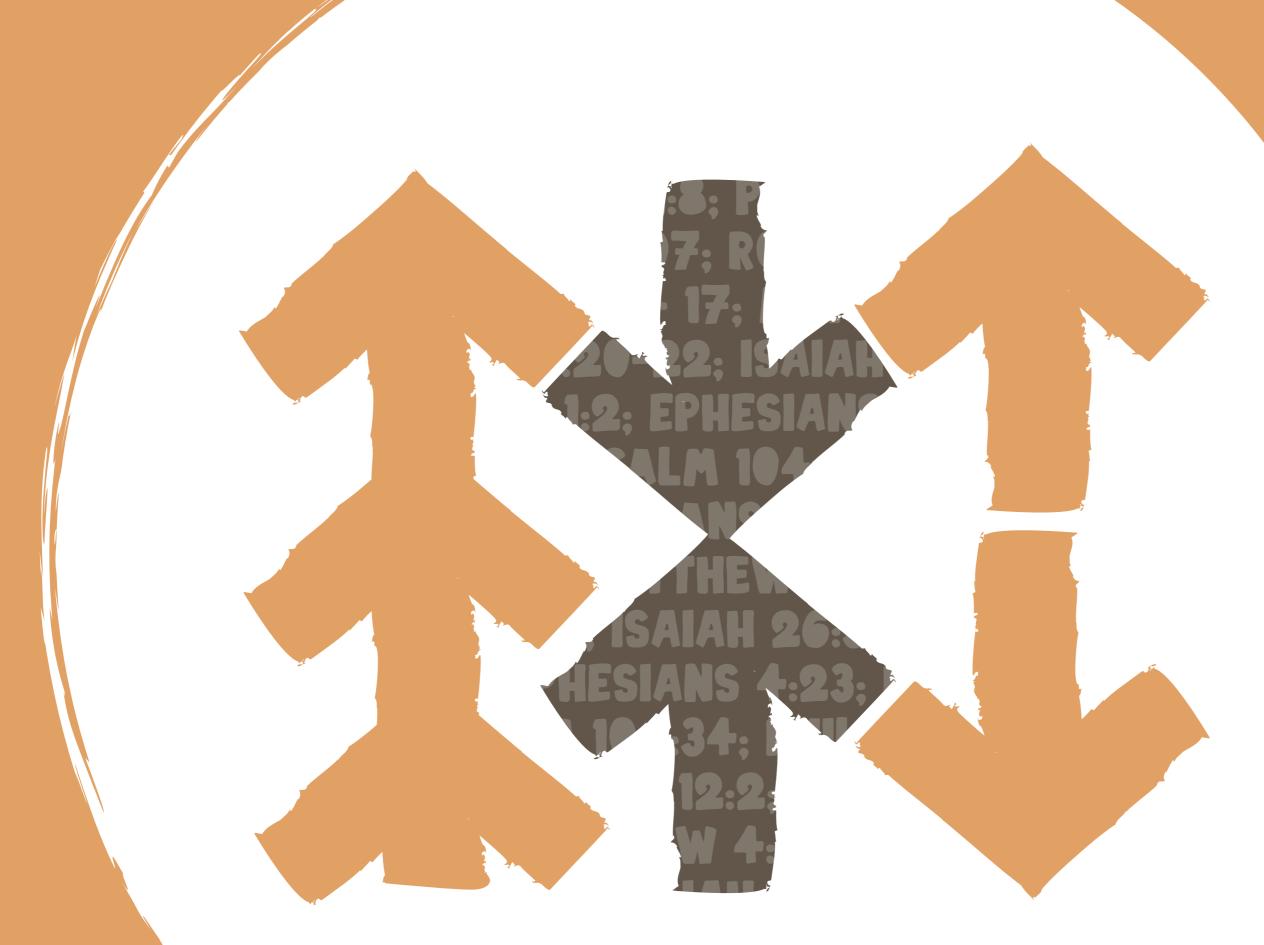
## COMMECT

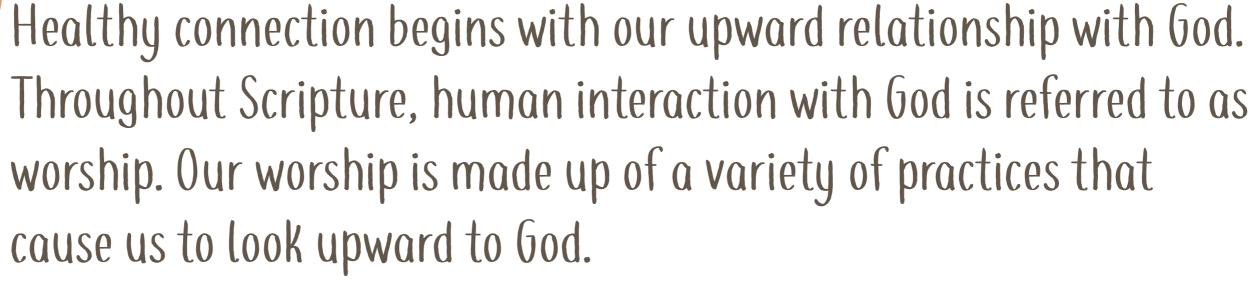


**UPWARDINWARDOUTWARD** 

One of the key practices for a Jesus follower is learning the balance between God, self, and others. Jesus consistently models the need to be with God; even escaping to a quiet place to be alone with Him (upward). But we also see Him doing life alongside others, loving and laughing as He built community and served them (outward). Through the midst of this, Jesus practiced self-care by having a deep self-awareness of His own thoughts and motivations (inward).

To find the balance in the connection between our upward, inward, and outward relationships, we will have to follow the path of Jesus and develop the practices that He did.

**IIPWARD** 



Practices: Prayer, Fasting, Scripture, Worship

I WILL CROW UPWARDS BY:

## INWARD

Healthy connection requires us to grow inward, growing a deep self-awareness with which we can understand our personal desires and motivations. SOLITUDE is the practice of creating space to be alone. This space is necessary for meaningful reflection and self correction. Set aside a few minutes each day to enter this space, being still and silent. When ready, try growing this space by expanding the amount of time or by setting aside one day per quarter to enter into the space of solitude on a retreat.

Practices: Solitude, Sabbath, Meditation, Journaling

I WILL PRACTICE SOLITUDE BY:

## UTWARD

Our upward and inward connection overflows into our outward connection with others. We develop COMMUNITY in the midst of a group, we develop GENEROSITY by becoming a giver, and we develop SERVICE by discovering our SHAPE.

Practices: Service, Generosity, Community

I WILL GROW OUTWARDS BY: