

CONNECT



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.

UPWARD



Healthy connection begins with our upward relationship with God. Throughout Scripture, human interaction with God is referred to as worship. Our worship is made up of a variety of practices that cause us to look upward to God.

Practices: Prayer, Fasting, Scripture, Worship

I WILL GROW 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:

OUTWARD



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: