

January 9, 2022

Hello Berkey friends!!

The attached **Spiritual Practices handout: Rooted and Grounded in Christ's Love** offers some ideas for growing deeper in our relationship to God. We hope you will keep it handy for the whole year! You are welcome to engage these practices in different ways and settings, such as:

- Small Groups- Consider trying a spiritual practice together each time you meet over this year. You may find it meaningful to discuss what you experience with different practices, what benefits you can imagine, and what challenges you experience or foresee.
- At Home individually or with someone you live with
- Sunday School- Teachers, feel free to experiment with these practices in your Sunday school classes. We will have a focus practice for kids periodically and would LOVE if kids get to practice these in different settings, at home and church. Or bring your own ideas to share with your Sunday school class!

TIPS:

\*Instead of adding these practices to your to-do list, consider *trading* something out for them, even 5-10 minutes a day of phone time for spiritual practice time, for example.

\*Try building a habit of doing something new (like a spiritual practice 😊) for 5 minutes before moving into your normal evening/morning routine.

\*Set your phone aside or to silent for this time.

\*Light a candle.

\*Remember these are *practices*. You may not experience fruits today and certainly not every time. Trust the process of pausing and opening. God is here. Fruits will come.

Blessings on your journey,

Berkey's Spiritual Leadership Team

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